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JANUARY 2024

NORTH YORKSHIRE EDITION

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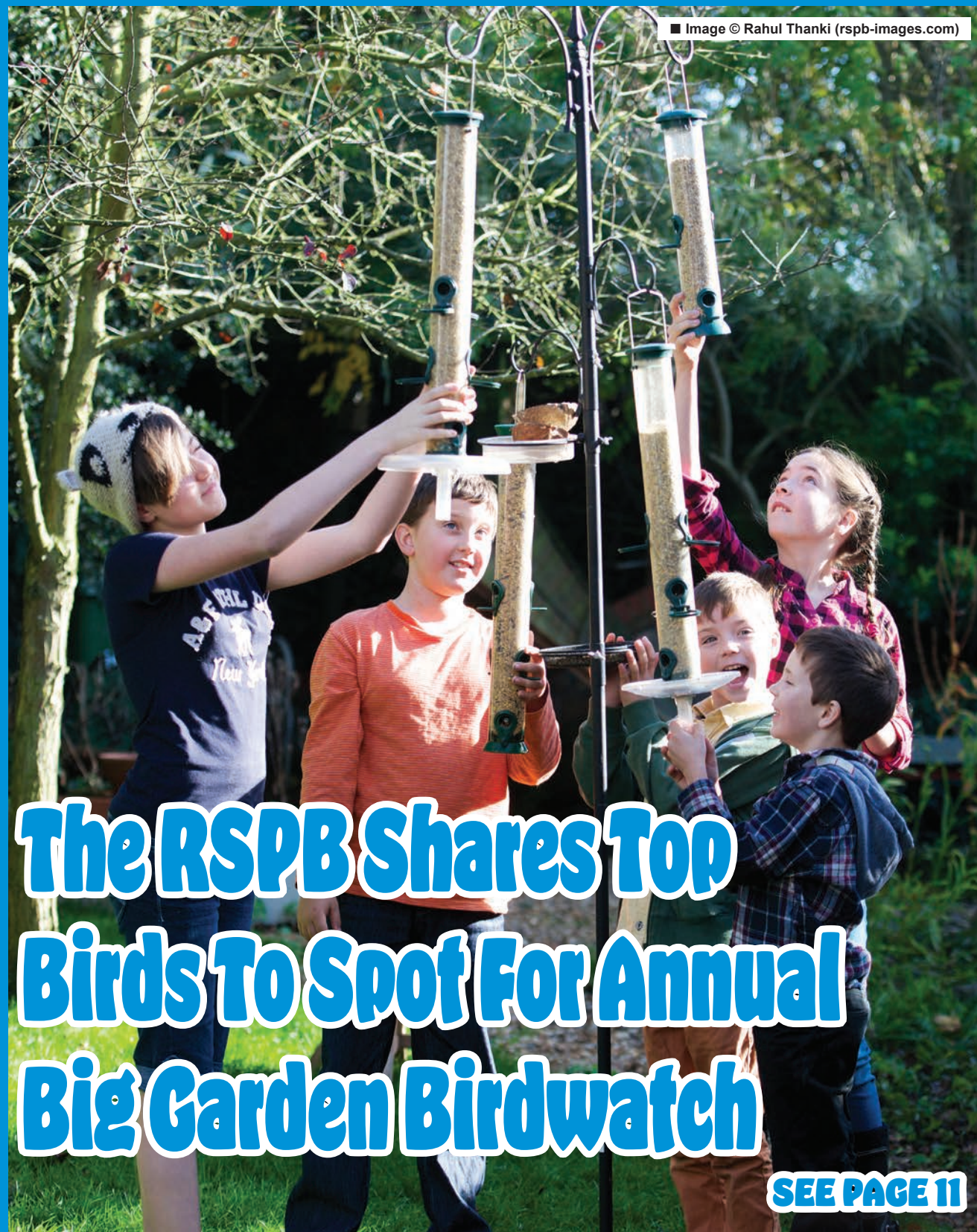


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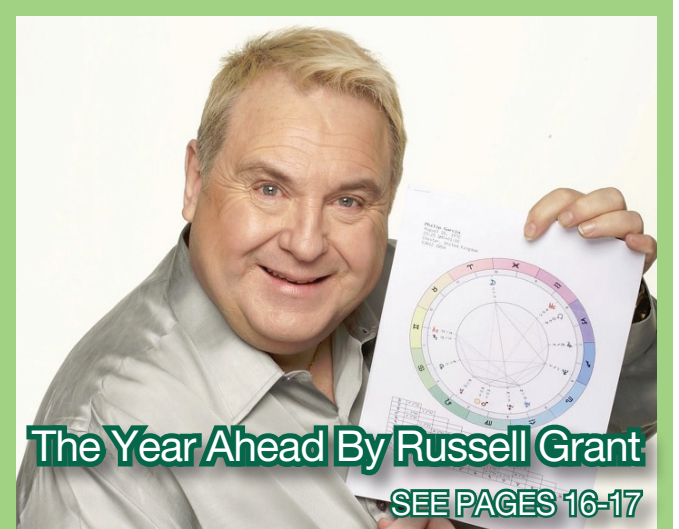
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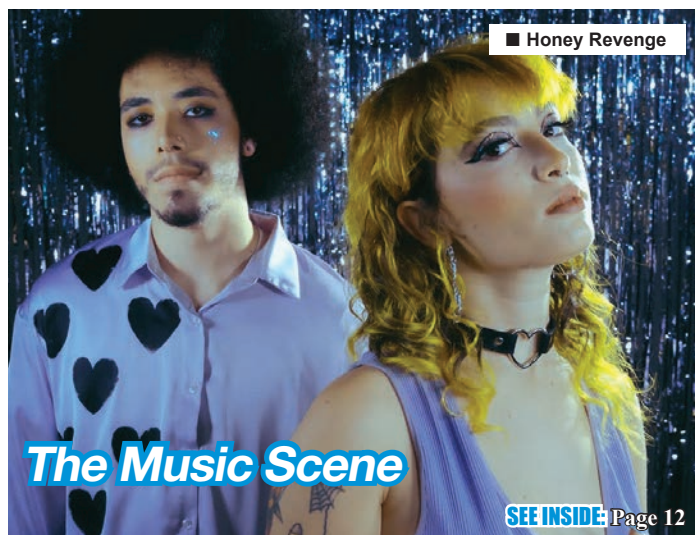
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New Affordable Home Scheme In Yorkshire Underway



WORK on a new £19.5 million affordable housing development in a North Yorkshire village is now underway.

Broadacres Housing Association is working in partnership with top 10 UK homebuilder Keepmoat to provide 88 new homes in the village of Aiskew, near Bedale.

All of the homes, which are being built by Keepmoat on behalf of Broadacres, will be affordable with 49 for rent and 39 for shared ownership, the latter enabling people to get a foot on the property ladder without having to secure large mortgages.

The development will feature a mixture of one, two, three and four-bedroom houses to benefit a cross-section of the community.

The scheme, just off Blind Lane and beside the Wensleydale Railway, was given the go-ahead by North Yorkshire Council last year and meets the authority's objective of increasing the number of two and three bedroom homes in the area, improving options for smaller families and couples and allowing older people to downsize.

Helen Fielding, Broadacres' Director of Development and Investment, said: "We are pleased to be working in partnership with Keepmoat to deliver these much-needed affordable homes in this part of rural North Yorkshire.

"People living in Aiskew, and surrounding areas will be given

first priority when we complete the homes in 2026 and this forms part of Broadacres' drive to ensure our rural communities remain sustainable for future generations."

All 88 homes will be heated by renewable energy air source heat pumps and have other energy saving features, such as triple glazed windows and have enhanced levels of insulation to make them net zero ready.

Helen added: "Not only do we want our homes to be affordable to rent or buy, but we also want them to be cheaper and more efficient to run and this ties in with our sustainability strategy and the progress we are making to become a net zero carbon organisation by 2050."

Ian Worgan, Regional Managing Director at Keepmoat, North East added: "We're thrilled to be working with Broadacres Housing Association to deliver much needed sustainable, affordable homes for local residents. At Keepmoat we're committed to partnering with housing associations and local authorities to deliver homes of the future for those who need them. We're also proud to prioritise creating homes that cost less to run due to their excellent sustainability credentials."

£9.2 Million Approved For Brownfield Housing

Funding to build 700 homes across York and North Yorkshire has been approved.

Investment is a result of the region's proposed devolution deal and will unlock housing development on brownfield land. It will help deliver affordable, accessible, and low carbon housing, creating sustainable and high-quality places.

Nine schemes – which include 252 affordable homes – will receive a share of the York and North Yorkshire Brownfield Housing Fund. A total of £9,177,000 has been allocated.

Projects are addressing housing needs in both rural and urban areas. Examples include plans to build 18 affordable homes on the site of a demolished school in the village of Ingleby Arncliffe, where good quality affordable housing that will attract young families is sought.

One of the fund's urban projects includes plans for 19 affordable homes at Lowfield Green in York. This will be developed as a pilot for an innovative Mutual Home Ownership (MHO) model, a new form of home ownership with affordability at its heart.

North Yorkshire Council's leader, Cllr Carl Les, said: "North Yorkshire is one of the most desirable places to live in the country, but with that comes a massive demand for housing, especially for more affordable homes.

"We want people to be able to continue to live in the communities where they grew up, while also allowing others to move to the county to help to bring in the skills and experience which are needed to boost the economy.

"This is a significant moment for both York and North Yorkshire to see more than £9 million being used to fund hundreds of new properties, especially with more than a third of them being affordable homes.

"It is another indication of the benefits that are being realised ahead of the proposed devolution deal for York and North Yorkshire, bringing in additional funding from the Government to help to address some of the biggest issues which we face."

Councillor Claire Douglas, Leader of City of York Council, said: "It is so important to us that York not only has the number of homes it needs but that they are at prices that people can afford and are both for sale and to rent.

"Increasing the supply of good quality, affordable housing is a key priority for us. We are making good progress on our own Housing Delivery Programme and this funding for York and North Yorkshire is very welcome as it means more quality, affordable homes of mixed tenures and ownership models for the city and wider region. We are keen to explore further opportunities with the Combined Authority when it is set up early this year to ensure that more homes can be built."

Funding was agreed, subject to further due diligence, at a meeting of the York and North Yorkshire Joint Devolution Committee.

If progressed, the York and North Yorkshire Combined Authority will administer the fund. Investment has been secured from the Department for Levelling Up, Housing & Communities.

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 this month and formally launched in February. A mayoral election would take place on 2nd May 2024."

Once elected, the York and North Yorkshire Mayor will have certain powers and responsibilities, devolved to them by central government. These include:

- Responsibility for 30-year Mayoral Investment Fund totalling £540m over the next 30 years
- The powers to improve the supply and quality of housing and secure the development of land

Projects allocated funding:

- 392 homes on former gas works at Heworth, York
- 10 homes, Sturdee Grove, York
- 18 homes, Main Street, Ingleby Arncliffe
- 17 homes at Raskelf near Easingwold and Carrs Billington, Askrigg
- 160 homes, former Arc Factory, off Catterick Road, Colburn, Catterick Garrison
- 9 homes across multiple sites in Harrogate and Boroughbridge
- 5 homes at Hawthorn Terrace South, York
- 70 homes across 4 sites in York
- 19 homes at Lowfield Green, York

Prestigious European Award For York Minster's Neighbourhood Plan

York Minster's trailblazing Neighbourhood Plan has been announced as "Innovator of the Year 2023" by the Future for Religious Heritage (FRH), the European network for historic places of worship.

The Religious Heritage Innovator of the Year is a competition launched by FRH in 2022 to celebrate and promote excellence in the field of religious heritage. Each edition of this annual award recognises five projects that have contributed or contribute significantly to the safeguarding, enhancement and/or promotion of Europe's places of worship.

Entries to the competition are evaluated by a high-level jury of experts according to the values of inclusion, sustainability, resilience, innovation and cooperation, in line with the pillars of the European Commission's Framework for Action on Cultural Heritage.

Alex McCallion, Director of Works and Precinct at York Minster authored and is leading the implementation of the cathedral's Neighbourhood Plan. Welcoming the award Alex said: "We are incredibly proud to have been given the award of Innovator of Year by this important European network. The Neighbourhood Plan is an excellent demonstration of the power of partnership working in delivering tangible results.

"After 32 weeks of public consultation and working in close partnership with City of York Council, Historic England, the Neighbourhood Forum and other important stakeholders, we have already secured nine major planning consents against the policies of our adopted plan.

The Very Revd Dominic Barrington, Dean of York said: "We are delighted to have won this award. York Minster's Neighbourhood Plan will deliver the greatest changes in the Minster Precinct since the mid-1850s. It provides the policy framework that will guide the creation of a heritage estate that is both environmentally and financially sustainable and which will also meet the needs of our local community and visitors to the city of York."

About Future for Religious Heritage

Future for Religious Heritage (FRH) is committed to reaching the goal of engaging Europeans from every community in the heritage and culture of Europe. Founded in 2008, FRH is a non-profit, non-religious, organisation dedicated to building a Pan European Network of heritage connections devoted to providing European citizens with opportunities to participate in, and appreciate, all forms of heritage and culture throughout Europe. www.frh-europe.org

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Yorkshire And Humber Set For Further £30 Million Broadband Boost

More than 100,000 more homes and businesses across Yorkshire and the Humber are set to get access to full fibre, thanks to Openreach.

The company is announcing £30 million investment across 13 new locations – Barnby Dun, Bingley, Gilberdyke, Howden, Hoyland, Ilkley, Leven, Maltby, North Cave, Pocklington, Rawmarsh, Thrybergh and York. They join around 180 other towns and villages across Yorkshire and the Humber already included in Openreach's build plans.

Openreach announced it has reached the halfway point of its nationwide plan to reach 25 million premises with its full fibre broadband network by the end of 2026.

It also revealed 142 locations – including the 13 in Yorkshire and the Humber – where it will deliver full fibre to around 1.4 million homes and businesses, including in some of the hardest to reach, most rural communities.

Openreach is building full fibre faster and further than any other UK provider – reaching around 60k new premises every week – that's the equivalent of somewhere like Scarborough. That means passing another home or business with ultrafast, gigabit-capable broadband every ten seconds.

Openreach intends to keep building after it reaches its initial 25 million target, reaching up to 30 million premises with Full Fibre by the end of 2030.

Clive Selley, CEO, Openreach, said: "This is a national infrastructure project that's a genuine success story. We're delivering engineering on an epic scale, on time and on budget – and that's thanks to a supportive policy environment which has led to huge investment and competition throughout the UK's telecoms sector.

"From a standing start just a few years ago, we've now made this life-changing technology available to 12.5 million premises and counting and we're building faster than any operator I'm aware of in Europe.

"Our build rate is still accelerating and it'll take us half the time to reach our next 12.5 million. But we won't be stopping there. Ultimately, we'll reach up to 30 million premises by the end of the decade - unlocking a raft of economic and social benefits by supporting new models of commerce, healthcare and public services."

MEETING THE DEMANDS OF MODERN LIFE

More than four million homes and businesses have already connected to the new network and demand continues to rise – with the company growing its Full Fibre base by more than 30k new orders every week.

Roughly 1.8 million Terabytes of data is used on the Openreach network each week – equivalent to every single person in the country watching two full HD movies every day – and data consumption is rising every single year.

POWERING UP PUBLIC SERVICES

Openreach has already made Full Fibre available to over 13,400 medical facilities – including hospitals, GP surgeries and pharmacies across the country, as well as 8,300 care and nursing homes.

The build is also connecting over thousands of educational facilities such as schools, universities and children's nurseries & creches, improving online learning facilities for students nationally.

HELPING TO TACKLE SOCIAL CHALLENGES

The network transformation could also play a vital role in helping to tackle a range of social challenges - with full fibre reaching 2,500 banks and financial buildings, 1,500 libraries, art centres and museums, as well as 1,200 emergency services buildings including coastguard and mountain rescue.

GROWING THE UK ECONOMY

Openreach's network will also help to grow the UK economy by connecting people and businesses.

The Full Fibre transformation could give a £72bn boost to the output of the UK economy in 2030, according to the Centre for Economics and Business Research (Cebr). This is the equivalent of 294,960 new SMEs being created across the country or adding 25 new businesses in every local council in the UK.

For the most personalised view of an individual home or business, Openreach recommends using its online postcode checker where people can find out the specific Openreach broadband connectivity available at their address.



Dangerous Attacks On Region's Trains Down Almost 90%

The number of dangerous attacks on trains operated by Northern is down almost 90% in the last 12 months, with the number of recorded incidents at just eight.

Last year, the number was 69.

The statistics relate to trains being struck by objects thrown from bridges, railway embankments and stations or those which collide with 'substantial items' deliberately placed on the track.

Last year, Northern added a further 600 new CCTV cameras to the more than 1,000 that monitor its station estate. These were in addition to the 7,000 new cameras fitted on-board its fleet of trains in 2022, footage from which can be viewed by British Transport Police in real time.

The eight suspicious incidents recorded last year were:

- A service from Manchester Piccadilly to Rose Hill Marple that was struck by stones thrown at Hyde North station
- A service from Leeds to Skipton that was targeted with a brick at Kirkstall Forge station
- A service from Clitheroe to Rochdale that collided with a 'Zimmer' frame placed on the tracks at Hall 'i' th' Wood
- A service from Warrington Central to Liverpool Lime Street that hit a chair placed on the tracks at Widnes
- A service outbound from Blackpool North that collided with a drainpipe thrown onto the track

Legal Claim Issued Against Yorkshire Water On Behalf Of Millions Of Overcharged Customers

Millions of household water customers across Yorkshire could be entitled to compensation through legal action which alleges that the water company abused their market position and overcharged consumers.

A legal claim has been issued in the Competition Appeal Tribunal against Yorkshire Water for allegedly breaking competition law by misleading the Environment Agency and Ofwat regarding the number of pollution incidents they cause, being spills and discharges of sewage they made into waterways such as rivers and lakes.

Yorkshire Water supplies water and sewerage services to West Yorkshire, South Yorkshire, the East Riding of Yorkshire, part of North Lincolnshire, most of North Yorkshire and part of Derbyshire and the case against the company is brought on behalf of over 3.85 million customers.

The value of the claim against Yorkshire Water could be as high as £390.9 million if successful.

Yorkshire Water is one of six water companies across the UK facing collective action legal claims; combined, the claims are expected to lead to compensation payments of over £800 million, if successful.

Law firm Leigh Day is acting on behalf of Professor Carolyn Roberts, an environmental and water consultant, who is bringing the claims against Severn Trent Water, Northumbrian Water, United Utilities, Anglian Water, Yorkshire Water, and Thames Water on behalf of an estimated 20 million affected customers.

The number of pollution incidents a company reports to regulators is a key factor in determining the price they can charge consumers for their services. The claims argue that customers have been overcharged as a result of the companies' underreporting.

These are the first collective action cases where the competition abuse focuses on compliance with environmental laws and reporting responsibilities to regulators.

Anyone who has paid a water bill from Yorkshire Water from April 2020 may be entitled to compensation if the case is successful.

The claim is 'opt-out,' meaning individuals do not need to sign up for the claim. Customers affected will automatically be included in the claim unless they specifically choose to opt-out. Customers will only need to come forward at the compensation stage if the claim is successful.

If the case is successful, it is expected that any compensation would be paid by the relevant water company and its shareholders, not by increasing customers' bills.

Professor Carolyn Roberts said:

"In England and Wales there is growing anger about the state in which sewage discharges leave our rivers and beaches. I hope that the legal claims I am bringing on behalf of 20 million customers could be the start of desperately needed change in the water industry."

"Water companies are required to report pollution incidents accurately as part of their legal duties and responsibilities, but it appears many such incidents go unreported. If these companies had correctly reported the number of pollution incidents, Ofwat would have applied performance penalties, reducing how much these companies could charge their customers. Instead, customers have been, and continue to be, overcharged, and England's waterways continue to be polluted."

Zoë Mernick-Levene, head of Competition Practice and partner at Leigh Day said:

"For the first time in English law, legal action is being taken against six of the largest water companies, on behalf of more than 20 million household customers. These claims are being brought on an 'opt-out' basis which means individuals do not need to sign up to bring individual claims; instead, everyone who has suffered loss is included unless they actively choose not to be."

"As well as providing individual compensation and justice, opt-out proceedings also act as a deterrent to future misconduct, as companies know that consumers can act collectively to hold them to account for any rule breaking."

More information about the claims can be found at:

www.mywatercase.co.uk



- A service from York to Leeds that struck an unknown object at Marston Moor
- A service from Southport to Manchester Oxford Road that struck an unknown object at Patricroft
- And a service from Leeds to Bradford Forster Square that was targeted with pellets fired from an air gun.

There were five additional reports of trains striking objects on the track, however these were attributed to strong winds during bad weather and are not being treated as suspicious.

Tricia Williams, chief operating officer at Northern, said: "Each and every incident recorded represents a serious danger to the passengers and train crew involved and we appeal to anyone involved in this criminal activity to stop."

"Fortunately, the appetite for committing these senseless acts is clearly in decline – not least of all because the chance of being 'caught on camera' is now far greater."

"That said, we certainly won't be resting on our laurels. These statistics should stand at zero and we will continue to work with community partners across the region and our colleagues at Network Rail to identify the perpetrators and support British Transport Police with any prosecutions brought before the courts."

Anyone who witnesses items being thrown at trains or sees someone placing items on the track should contact British Transport Police immediately by texting 61016 or by calling 0800 40 50 40.

Alternatively, please call Crimestoppers, anonymously, on 0800 555 111.

Rail users should also download the British Transport Police 'Railway Guardian' app, an all-in-one safety app that allows users to report crimes or concerns on the rail network, share journeys with trusted contacts and get access to news, guides and support. It is available to download from Google Play and the Apple App Store.

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

Met Office Top Tips For Keeping Safe During Strong Winds

Be aware of your surroundings and any flying debris which could cause injury or danger to life.

Tiles may be blown from roofs of buildings. If your car is parked near to a building with a tiled roof, it may be worth considering an alternative parking space.

Longer journey times and cancellations may occur, including road, rail, air and ferry services – please check your route and mode of transport before leaving

Power cuts are not likely, but may still occur, and could effect other services such as mobile phone coverage. Be prepared for this.

Injuries and danger to life is higher from large waves and beach material being thrown on to coastal roads, sea fronts and properties.

HOW YOU CAN PROTECT YOUR PROPERTY AND KEEP PEOPLE SAFE DURING STRONG WIND

- Don't risk injury to others or damage to your property. Check for loose items outside your home and plan how you could secure them in high winds.
- Plan your route, check for delays and road closures
- Listen out for travel updates on your car radio or sat nav
- If you don't have essentials in your car then pack for the worst (warm clothing, food, drink, blanket, torch etc)
- Take a fully charged mobile phone with an in car charger and/or battery pack

WHO TO CALL IN THE EVENT OF A WIND RELATED INCIDENT

- Calling the correct agency will ensure the right people respond to you and other people who may also need help, across the county.

Fallen Trees: These can be a common problem during strong wind, and they often cause some confusion about who is responsible, so we hope the information below may help answer this.

- If a tree has fallen on a road BUT is NOT endangering life then you should call the local authority.
- If a tree has fallen on a road or a vehicle and IS endangering life, then please call 999 immediately and ask for the Fire and Rescue Service.
- If a tree has fallen on a property BUT is NOT endangering life, then this is the personal responsibility of the owner

Askham Bryan College Scoops A National Sustainability Award



Askham Bryan College has seen off strong competition from top UK universities to be named Digital Futures winner at a prestigious national awards ceremony.

The UK & Ireland Green Gown Awards are an established sustainability awards scheme serving the further and higher education sectors.

The Awards celebrate the innovative and change-making initiatives and projects in sustainability across the sectors, recognising their transformative power for our shared future.

Now in its 19th year, the 2023 UK & Ireland Awards, in association with UK Research and Innovation, have celebrated this year's winners at the Awards Ceremony, which took place at the Titanic Hotel Liverpool.

The evening showcased a diverse array of innovative projects that universities and colleges across the UK and Ireland are currently leading to create a positive change.

Askham Bryan College's Digital Skills Academy came out on top in the Digital Futures category sponsored by Jisc.

Led by Stacy Vipas (Head of Digital Learning) and Wolf Wright (e-Learning Co-ordinator) the college is transforming education through a digital sustainability lens, a centre of excellence for mixed reality drawing on virtual, augmented and metaverse technology to improve the student experience.

They are enabling this by simulating real world experiences, developing an innovative approach to digital teaching, digital learning, digital assessment, and digital upskilling through its mixed reality environment in all its subjects.

Stacy said "Through these technologies we are able to create unique and sustainable learning experiences, developed in house by the teachers, students, and our e-learning co-ordinator. These experiences can be shared across our campuses and are truly limitless in design and cater for any and all subjects, limiting the need to travel or using resources. They are also amendable, so will never be old and out of date. We can forever make changes and amends, making our mixed reality approach future proof and sustainable".

Dr Tim Whitaker, Principal and CEO said "We couldn't be prouder to have won this prestigious award, we are driving forward digital technology with a great sense of urgency and moral duty. We know that this focus on digital through a sustainability lens is fundamental to everything we do. Enabling us to build the skills our students need to become the very best guardians and custodians of a sustainable future world."

The judges felt that this innovative project really demonstrated the way in which technology can be used to enhance teaching and learning. It was felt that this project increased accessibility to a wider range of learners who may not otherwise have the same opportunities and experiences.

They said they were impressed by the breadth of the project, both in terms of how far it appeared to be embedded across the curriculum, but also seemingly high engagement within the college and community.

To learn more about the Green Gown Awards, visit www.greengownawards.org/green-gown-awards-uk-ireland

To find out more about courses and upcoming open event on 20th January 2024, please visit www.askham-bryan.ac.uk



Young Apprentice Stars Shine At Drax Awards

Ten young apprentices were crowned winners as the energy industry stars of the future took centre stage at the annual Drax Group Apprentice Awards.

The ceremony, held near Selby in North Yorkshire, brought together apprentices from across the company's UK operations to celebrate the outstanding contribution they have made to Drax.

The big winner of the night was Josh Smith, 28, from Oban, for his work at Drax's iconic 'Hollow Mountain' Cruachan Power Station. Not only did he bag the Apprentice of the Year (Year 4 Craft) award, but he also walked away with the 'Paul Chambers Outstanding Achievement Award 2023,' the biggest prize on offer at the event.

The awarding judges commended Josh for his role in delivering several complex projects at Cruachan. During the year he even earned an additional Higher National Certificate (HNC) on top of his normal studies.

On receiving his awards, Josh said: "I'm grateful to everyone at Cruachan for the incredible opportunity and the invaluable lessons I've learned. The support and mentorship have been instrumental in my professional growth.

"The knowledge and skills acquired here have prepared me well for future challenges. I look forward to applying what I've learned and continuing to progress in my career."

Other young apprentices from across Drax were also recognised at the event. Human Resources apprentice Erin Rodger, 17, from Thorpe Willoughby, a village close to Drax Power Station, was awarded Business Apprentice of the Year (Level 2-4). She was praised for her can do attitude, for the positive example she consistently sets for her colleagues, and for her confidence, commitment, and ability to any task she's given.

Erin said: "I'm really proud of myself for winning this award. It feels amazing to have been recognised for my work and growth over the last year. I have learnt so much already at Drax and I'm looking forward to my second year."

One of the hosts for the evening was Ian Kinnaid, Drax's Scottish Assets Director, who praised the work of all those involved.

Speaking after the ceremony, he said: "It is fantastic to be able to give young people the first step in their careers through our apprenticeship programme here at Drax. Our apprentices have unique talents and bring new perspectives that we can all learn from.



"All of the award winners and nominees should all be extremely proud of themselves, and we look forward to seeing how their careers progress here at Drax."

The winners were:

- The Paul Chambers Overall Outstanding Achievement – Josh Smith, age 28 from Oban and based at Cruachan Power Station.
- Business Apprentice of the year, Cyber Security (Year 3, Level 5-7) – Shane Panizales, age 26 and based at Drax Power Station.
- Business Apprentice of the year, Human Resources (Year 2, Level 2-4) - Erin Rodger, age 17, from Thorpe Willoughby near Selby, and based at Drax Power Station.
- Craft Apprentice of the year (Scotland, Year 4) - Josh Smith, age 28 from Oban.
- Craft Apprentice of the year (Scotland, Year 3) - Paul Firth, age 21 from Motherwell.
- Craft Apprentice of the year (Scotland, Year 1) - Lewis Bennett, age 22 from East Kilbride.
- Technical Apprentice of the year (Year 1) - Jack Woods, age 21 from Willoughby.
- Technical Apprentice of the year (Year 2) - Sam Easthill, age 23 from Cliffe.
- Technical Apprentice of the year (Year 3) - Declan Farmer, age 20 from Gilberdyke.
- Technical Apprentice of the year (Year 4) - Simran Ley, age 24 from Swinefleet

The craft and technical apprenticeship initiative, spanning four years, offers new recruits an opportunity to work alongside highly qualified engineers, gaining skills in three key engineering disciplines: Mechanical, Electrical, and Control & Instrumentation. Drax also offers apprenticeship opportunities to areas in business support such as HR, cybersecurity, IT, facilities, and network security.

As Drax progresses plans to expand its new pumped storage hydro site at Cruachan in Scotland, as well as deploying bioenergy with carbon capture (BECCS) at the power station in Selby, the opportunities for apprentices within the renewable power industry have never been greater.

Grants To Support Studies On Offer To Students

Students from Glusburn, Cross Hills and Sutton-in-Craven who are in further education at universities or colleges can apply for a small grant to support their studies, thanks to the Sir John Horsfall Exhibition Foundation.

The committee of the Foundation will consider grant applications for the 2023/24 academic year. To be eligible for a grant, applicants must live in or have attended community or voluntary schools in the parishes of Glusburn or Sutton-in-Craven before the age of 16.

Applicants will be expected to provide a reference from either their current or past tutor to prove their suitability for a grant. In previous years, the value of the grants awarded was around £100.

Students living in the Harrogate area who are taking post-16 education courses for the academic year 2023/2024 can apply for a small grant from a local trust.

The fund, which is administered by North Yorkshire Council, is available

from the Haywra Crescent Educational Trust. The grants can be used to buy books and equipment or to fund travel that relates to study.

The money is available through the proceeds of the sale of a former education property in Haywra Crescent, Harrogate.

This year, the trust has around £1,000 to share among eligible students from the Harrogate area who are studying at schools, colleges and universities outside Harrogate.

Anyone attending the sixth forms at Boroughbridge High School, Harrogate Grammar School, King James's School, Rossett School, St Aidan's CE High School and St John Fisher Catholic Academy or studying a full-time course at Harrogate College, should contact the establishment directly for an application form.

Further information and application forms are available by emailing post16@northyorks.gov.uk

The closing date for applications is January 31, 2024.



12 Organisations Awarded York Trailblazers Community Grants

Twelve York-based charities, community groups and VSCE organisations have been awarded community grants by Make It York and York Civic Trust as part of the York Trailblazers project, available thanks to the National Lottery Heritage Fund.

A total of £30,000 was made available for organisations to cover projects, events or initiatives that celebrate York's history and heritage, uncover lesser-known heritage stories of York, enable community activity, and reduce resident isolation.

The projects that will be funded by the York Trailblazers Community Grants are:

- **Converge** – a series of 10 history and art workshops for adults with mental ill health, unlocking the often unknown 121 years of The Grand Opera House through music, performance and creative writing. The workshops will explore and interpret stories from forgotten theatre directors, wrestling matches, bingo halls and roller discos.
- **Eimaan Culture and Community Services CIC** – celebrating the heritage and history of Ugandan refugees who settled in York 51 years ago through a series of community events, which aim to reduce loneliness and isolation, as well as building confidence.
- **Friends of Rowntree Park, “Unravelling the Evolving Nature of Rowntree Park?”** - a series of historical walks/talks, displays, informative trails and website material to promote community engagement, encourage the sharing of memories, stories and experiences from local residents, and inspire sustainable development practices in the future.
- **Good Organisation CIC** – a series of collaborative workshops, promoting skill development in archive research, creative writing, photography, graphic design and associated editing software, to create a 50-page book exploring York's 'alternative' history through the eyes of 10 individuals affected by homelessness.
- **Live Music Now North East, “The street where I lived”** - a creative musical project around the street names of York, encouraging older people in residential care settings to explore heritage and share stories of their favourite streets.
- **Next Door But One, “Important Like Me”** - 10 creative workshops engaging a number of diverse community groups, particularly young adults with disabilities, young girls, unpaid carers and LGTQ+ adults, to explore inspirational people from history and local contemporary culture, and produce a short collaborative YouTube video.

Skipton And Ripon To Benefit From Additional Funding For The Creative Industries

The Minister for Media, Tourism and Creative Industries has announced that Skipton and Ripon will benefit from the Government's recently expanded £28.4 million Create Growth Programme (CGP).

From 2010 to 2019, the creative industries grew more than one and a half times faster than the wider economy, and in 2022 they generated £126 billion in economic value, while employing 2.4 million people. The Government has therefore identified the creative industries as one of five priority sectors to deliver future growth.

To that end, the Government published the Creative Industries Sector Vision, which sets out ambitious plans to grow the sector by £50 billion by 2030, support one million extra jobs, and build a pipeline of talent and opportunity.

The Create Growth Programme is a key part of this, with around 1,800

• **The Yorkshire Philosophical Society** – a series of creative activities for school and community groups, including drawing, drama, video, scrapbooking, research and storytelling, to encourage involvement in archaeology and celebrate the heritage of the Yorkshire Museum and Gardens, unearthing hidden stories of local people.

• **Theatre @41 and We Are The Groves** – a 10-week programme of creative writing and performance for adults from the local community, finding ways to express moments of significant local history and understand their importance, as well as providing access to the arts

• **Thrive Outside CIC** – heritage crafting sessions to bring older residents together to share skills, knowledge and memories of traditional outdoor craft and use of seasonal flora

• **York Dance Space** – celebrating 100 years of Tang Hall social estate by working with community groups of Tang Hall and creating a dance theatre piece to tell the story of the people who live and used to live there

• **York Learning and All Saints** – a series of workshops to celebrate Dame Emma Raughton, the Anchorite of All Saints, which will see participants researching her incredible life and working alongside local stained glass artist Ann Sotheran to develop their own designs, which will be produced and showcased around the city

• **York Travellers Trust** – 10 workshops which will provide a safe, welcoming space for young Gypsy and Travellers to share their experiences and explore their culture, resulting in the creation of artwork which will form an exhibition at the York Travellers Trust.

Helen Apsey, Head of Culture and Wellbeing at Make It York, says “The applications we've received for the grants really showcase the breadth and diversity of cultural and community initiatives taking place across the city to support local people's wellbeing. It's also brilliant to see how keen local community groups are to learn more about their history and heritage.

We're really pleased to be able to fund these community initiatives through the Trailblazers community grants and are looking forward to adding these to the exciting programme for York Trailblazers.”

creative businesses benefitting from business support, investor networking activities and the opportunity to apply for loans, grants and co-investment partnerships.

From now until the end of the 2024/25 financial year, regions will receive £520,000 in grant funding to deliver a package of targeted business support. They will also benefit from an investor capacity building programme and creative businesses will have access to a capital fund of up to £6 million to provide finance and leverage further private investment.

Julian Smith said, “This is great news for creative industry businesses across Skipton and Ripon.

“I'm grateful to my ministerial colleagues for their work in this area and for recognising the incredible and unique contribution that the creative industries offer.”

DJ Assembly Powers Up Productivity With £20k Made Smarter Grant



■ DJ Assembly Steve Walter

DJ Assembly, a thriving independent business, has secured a maximum grant of £20,000 from the Made Smarter programme. This funding will enable the company to acquire a Detech machine, a significant upgrade that will boost efficiency, productivity, and product quality.

“We are thrilled to have received this grant from the Made Smarter programme,” remarked Steve Walter, Operations Director at DJ Assembly. “This investment will allow us to take our business to the next level with cutting-edge technology that will enhance our productivity and competitiveness.”

DJ Assembly has witnessed remarkable growth over the past six years, with a fourfold increase in turnover and a threefold expansion of its employee base. The company is committed to continuous improvement and believes in reinvesting in its operations to drive further success.

In their quest for business support, DJ Assembly sought to leverage the opportunities presented by Industry 4.0 to enhance their operations. Louise Saw, Business Growth Manager at City of York Council, who had previously referred them to schemes like PAPI and Digital Enterprise, connected them with Mike Pennington of York & North Yorkshire Growth Hub.

Mike played a crucial role in securing the Made Smarter grant, which will enable DJ Assembly to purchase a Detech machine. This advanced equipment boasts superior speed, functionality, and precision, surpassing the capabilities of their previous machinery. The new machine will operate continuously for 16 hours a day, significantly augmenting the company's production capacity and turnover.

“The Made Smarter programme has been a tremendous resource for our company,” stated Walter. “The guidance and support we have received from Louise Saw and Mike Pennington has been invaluable.”

In addition to the grant, DJ Assembly has also completed a Digital Roadmap with Oxford Innovation, identifying further solutions to optimise their business processes. Moreover, they are considering enrolling two promising members of their team in the Leading Digital Transformation programme.

“We are excited to continue our journey of digital transformation,” Walter declared. “We are confident that the investments we are making today will position us for long-term success.”

Mike Pennington, Business Relationship Manager at the York & North Yorkshire Growth Hub, commended the collaborative efforts of the service providers and the DJ Assembly team, expressing his confidence in the company's continued growth and success.

“DJ Assembly is a great example of a company embracing Industry 4.0 to enhance its business operations,” stated Pennington. “We are committed to supporting businesses like DJ Assembly in their pursuit of digital transformation.”

This collaboration shows the Made Smarter programme's effectiveness in empowering businesses to adopt new technologies and achieve excellence. DJ Assembly's journey serves as an inspiration to other companies seeking to enhance their productivity and competitiveness through digital transformation.

New Lighting Installed In Skipton Park To Help Keep People Safe



■ L-R: Katie Birks, Elaine Hiser, Fiona Protheroe, Will Hiser-Dobson, Isla Hiser Dobson and Richard Dobson in Skipton's Aireville Park, where new lighting has been introduced

New lights have been introduced in Aireville Park in Skipton to improve safety for pedestrians and cyclists during the winter months and darker evenings.

The lights, which are controlled by a timer, line the main path through the 20-acre park off Gargrave Road. They have been installed to make the area more accessible and safer at night.

The new lighting has been funded through a successful £9,000 grant application by the Friends of Aireville Park (FoAP) to the Police, Fire and Crime Commissioner of North Yorkshire, Zoë Metcalfe. This is the final project for members of the FoAP after 10 years of fundraising, advocating and shaping the developments in the park.

North Yorkshire Council's executive member for highways and transportation, Cllr Keane Duncan, said: "It's great to see Aireville Park well-lit, making the area safer for park users.

"Aireville Park is popular with locals and people who travel from far and wide to access the recently redeveloped playground, skate park, pump track and, of course, the adjacent Craven Leisure. The green space has improved considerably over the last five years and I am glad more and more people will now feel safe accessing it during the darker evenings."

Commissioner Metcalfe said: "I am really delighted to be able to support this project with my Community Fund.

"Creating environments where people feel safe is one of my top priorities.

"These new lights along the path and to the new housing estate to the east of the park will mean that the route is used more frequently and help people to be safe and feel safe."

Combined with funding obtained from Yorkshire property developers Rushbond, the lights on the path to the exits for both Gargrave Road and Granville Street have been welcomed by the community.

Skipton student, Imogen Ross, aged 17, regularly accesses the park after school.

She said: "I love the new lights. I feel so much safer going to Craven Leisure Centre in the evenings now."

Meanwhile, North Yorkshire Council's executive member for culture, arts and housing, Cllr Simon Myers, who frequently uses the park, thanked members of FoAP for their hard work in obtaining the funding and said he was pleased that avenues had been explored to make the green space more welcoming for all ages.

The former chair of FoAP, Fiona Protheroe, added: "We're so pleased to have supported the Aireville Park lights project. We were aware how many people felt unsafe going through the park in the dark, and this put them off walking to school, to the gym and to the train station in winter months. We wanted to enable people – especially women – to keep using the park all year round."

A former committee member of the group, Katie Birks, said installing the lights had proved to be a "wonderful example" of the council's staff engaging with a local community group to "achieve something that benefits everyone".

She added: "We're very grateful to the funding from the PFCC that helped make the project happen."

New Changing Places Facility Introduced After Calls From Community



■ Community members from Settle check out the new changing places facility in the market town. L-R: Jill Hernan, Dementia Forward; Louise Try, the Place in Selby; Cllr Staveley; Jonathan Kell, Age UK; Eilish Rucastle, Housing 21; Claire Burke, Dementia Forward; and Corinne Beck, Dementia Forward. It is situated in Housing 21's Limestone View

A new Changing Places facility has opened in Settle to improve access for people who cannot use standard public toilets.

The new facility in the Limestone View Extra Care scheme, which is run by Housing 21 for North Yorkshire Council, includes specialist equipment such as hoists, curtains, adult-sized changing benches and space for carers.

The new Changing Places provision was created following calls from the local community, with £49,200 in funding from the Government's Levelling Up Fund and £7,500 from North Yorkshire Council.

A group of local organisations, including Dementia Forward, Age UK North Craven, The Place Settle and Settle Town Council, identified Limestone View as a suitable venue as it is a supported housing site, acts as a community hub, hosts the town's library, provides a range of community activities and is adjacent to one of the town's car parks.

A former toilet has been renovated at the site which also has staff on hand that understand how to use the equipment and can assist users where necessary.

North Yorkshire Council's member for the Settle and Penyghent division, Cllr David Staveley, said: "It has been a real community effort to get this facility in place for local people and visitors.

"We have enjoyed support from a range of local disability groups, forums and individual residents, and by working together we managed to get this project delivered and bring a welcome addition to the town."

The new facility was made possible thanks to Housing 21 and their staff who are accommodating the unit.

North Yorkshire Council's executive member for health and adult services, Cllr Michael Harrison, added: "This facility is available for everyone to use whether living in the Dales or visiting and we thank Housing 21 for finding the space to accommodate it."

A key ambition of Housing 21's Extra Care schemes, such as Limestone View, is to ensure they are an integrated part of the local community, and not an isolated development.

Housing 21's extra care registered manager, Jane Beresford, said: "This project is a great example of how we are achieving that ambition by working in partnership with other organisations for the benefit of the community and those who visit the area, positioning Limestone View and its on-site amenities right at its heart and improving accessibility for all to this beautiful area of the country."

Muscular Dystrophy UK provided guidance and support on the installation.

Its Changing Places manager, Karen Hoe, said: "We are delighted to see a new Changing Places toilet installed at Limestone View and recognise the difference it is going to make to many within the community."

The facility is registered on;

www.changing-places.org/find?toilet=2449

Selby Skatepark Reopened

A newly extended skatepark has opened in Selby to provide new facilities that were requested by skaters, scooter and BMX riders who use the site.

North Yorkshire Council opened the park after a £150,000 revamp, which has seen the facility not only double in size but include features asked for by regular users.

New equipment and seating have been installed and fencing removed to improve visibility and reduce opportunities for anti-social behaviour. The extension means it is now fully accessible to all skill levels and abilities as well as those with a disability.

Selby Skate Community representative and rollerskater Shelley Delaney said: "It's a great facility – just what we needed and judging by the number of people using it we hit the brief. It's a brilliant park – the skating community in Selby love it."

The park, which includes bowl, street and transition areas as well as flat practise and warm-up zones, has been designed so that on quiet days riders can carve around the whole park transferring from

feature to feature, but on busy days it is split into zones, ensuring a large amount of simultaneous riding. The variety of heights of the features makes it ideal for beginners, too.

North Yorkshire Council's executive member for culture and leisure, Cllr Simon Myers, said: "We are delighted that the park has been reopened. It is a very popular facility in the town and we are really pleased it is going down so well with users.

"One of the skaters told me it is better than the parks elsewhere in the region – and that's because we did lots of community engagement, we listened and then we delivered.

"We want this to be a social hub for young people where they can meet and feel at home no matter their disability, gender, race or background. Our hope is that the new look will make it a destination park for wheeled sports in the area."

The facility was first opened in 2016 as part of the £7 million development of Selby Leisure Centre by the former Selby District Council.

Herefordshire Hoard To Go On Display At Jorvik Viking Centre



A unique collection of coins and jewellery is set to join the displays at JORVIK Viking Centre in February, when the Herefordshire Hoard takes pride of place in one of the central display cabinets within the world-famous museum.

The Herefordshire Hoard has been loaned to York Archaeology by its owners, Herefordshire Council. The Herefordshire Hoard currently comprises 29 silver coins, one silver ingot, a beast's head gold bracelet, a rock crystal pendant and a gold ring. It would have been buried around AD 878, and represents the first evidence of the Great Viking Army in Herefordshire.

"We will never know why these precious objects were buried – perhaps as a way of keeping them 'safe' as the owner went off to battle – but they reveal new information about politics in the south in the late 9th century. Some of the coins demonstrate an alliance between the kingdoms of Mercia and Wessex at a time when the unification of England was taking shape," comments Christine McDonnell, head of collections for York Archaeology. "Our display of the Silverdale Hoard was hugely popular with visitors, and although slightly smaller, the Herefordshire Hoard has a similarly fascinating story to tell. We are incredibly grateful to be able to share this with visitors to JORVIK Viking Centre."

The Hoard has an interesting history, with the collection now in the safe hands of the team at Herefordshire Museum Service believed to represent

only around 10% of the original find. Discovered in June 2015 by metal detectorists in a field near Leominster, it is believed that most of the hoard has been sold on the black market. The perpetrators have since been sentenced to over 23 years in prison, but the items illicitly sold have not been recovered. The remaining items from the Hoard – which as 'treasure' was owned by the Crown – returned to Herefordshire following a fundraising appeal.

Damian Etheraads, Herefordshire Council's museum and art gallery lead said: "The Herefordshire Hoard is an amazing collection of objects which throw light on a little known but significant episode in English history. It's fitting for the Hoard to go on display at JORVIK and we are very pleased to be able to share the story of the Hoard more widely. We are grateful to our supporters and funders the National Heritage Memorial Fund, Art Fund, Garfield Weston Foundation, the Headley Trust, Herefordshire Museum Service Support Group and individual givers who made it possible to acquire the Hoard as well as to JORVIK Viking Centre for sharing its story."

The Herefordshire Hoard will remain on display in York until the summer. JORVIK Viking Centre is open daily (closed 24-26 December) all year round.

For more information or to book tickets, please visit www.jorvikvikingcentre.co.uk



More Tickets Released For Jorvik Viking Festival

Mead tasting, Viking knitting, wire-weaving and tickets for a plethora of Norse-themed activities for people of all ages are on sale as more details of February's JORVIK Viking Festival are released!

The latest release of tickets gives visitors an idea of what to expect from the year's JORVIK Viking Festival, which runs from Monday 12 – Sunday 18 February in the heart of York. A host of free events – including a Viking-age encampment in Parliament Street and St Sampson's Square, arena displays and the incredibly popular March to Coppergate have now been confirmed. The Berserker Boot Camp – training in Viking combat skills for children aged 5-12 – returns each day to York Guildhall with sessions now available to book for just £5 per participant.

"We released the first tickets for our Viking Feast, Viking Games and Festival Finale : The Realms of Yggdrasil last November, and all three events look destined to sell out so we would encourage those who want to attend to secure their tickets soon," adds Abi. "We still have a few half-priced tickets to the Viking Games on the afternoon of Saturday 17 February available for families on low incomes – we don't want people to miss out due to the cost-of-living crisis if we can possibly avoid it."

A new event for 2024 is an Evening of Mead Cocktails and Sagas at Barley Hall. Presented by Nidhoggr Mead Co, each cocktail will be accompanied by a Viking saga, dramatically retold by the evening's Skald. Tickets cost £35 (over 18s only) for what promises to be a fantastic evening of storytelling and celebration.

For more information or to book tickets, please visit www.jorvikvikingcentre.co.uk

JORVIK Viking Festival is Europe's largest Viking Festival, regularly attracting around 45,000 people to the city of York for the week-long celebration of all things Norse.



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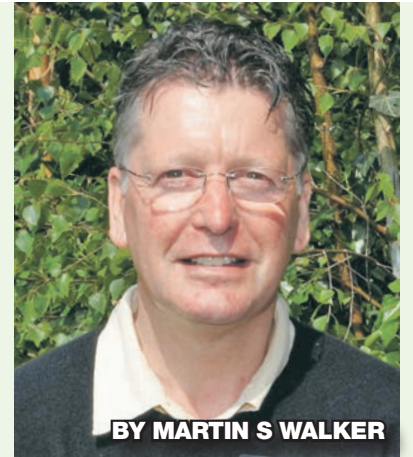
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GARDENING

The Garden Yawns And Starts To Wake, Although The Gardener Rarely Takes A Break



BY MARTIN S WALKER

Here we are at the start of a new gardening year, although in reality gardening is a constant task, rather like cooking. Both cooking and gardening go hand in hand, much richer and more exciting when they come together.



Every year I choose something new to grow in the vegetable garden, a new cultivar or type of vegetable. Last year we grew spaghetti squash, a relatively easy vegetable to grow requiring much the same conditions as butternut or courgettes, and produces fruit of a similar size to butternut but more rounded. Cut in half and bake in the oven, once cooked scrape the centre flesh out with a fork and it comes away like spiralled vegetables, and tastes, you've guessed it, like squash. This year I am thinking of trying 'Yakon' (Peruvian Ground Apple) a root vegetable who's origins are around the Andes (South America), bought as plug plants rather than seed, it might be a bit of a challenge in Yorkshire but I'll give it a go. It's supposed to taste mildly of pear, although my advice is if you want the taste of pear then buy a pear.

At this time of year the weather is so unpredictable that you have to choose your days to garden carefully, if you can get out in the garden the fresh air will do you good and on a mild day a bit of tidying up or planting trees and shrubs can be very satisfying. Between November and March, nurseries sell what is known as 'Bare Root' plants, these have been grown in cultivated fields, lifted with little soil and sold as open ground plants, not in a pot. This makes them much cheaper and planting at this time of year when they are dormant gives them a better chance of establishing before spring growth starts. You can plant container grown plants any time of the year but they need a little more care if planted between May and September as they are actively growing.

If you order bare root plants and the soil is wet or frozen then delay planting until a fine day if possible. The plants should be placed in a large plastic sack and the roots sprayed with water if they start to dry out, they will keep in a frost free garage for about a week, but if you are unable to plant them for a couple of weeks then they are best 'Heeled in', this involves digging a hole in the garden ideally somewhere a little sheltered, if in a plastic bag then remove this and lay the plants (roots) with the stem at an angle in the hole, backfill with soil, checking the roots have not dried. firm the soil around the roots. They will be ok for a month or so but ideally plant them as soon as there is a break in the weather.

We often find that plants we bought or were given over the Christmas period are looking a little jaded by January, some indeed may be beyond recovery but I have always enjoyed the challenge of reviving plants, apart from the joy of success there's my Yorkshire tradition of saving money.

With pot plants such as poinsettia, cyclamen and Christmas cactus, the first thing to do is remove any damaged or flopping leaves, it's a good idea to wear disposable gloves when handling poinsettias as the sap can irritate the skin and eyes.



With cyclamen there is a technique in removing the faded flowers or leaves, grasp the stalk below the leaf/flower and give it a sharp tug, the whole stalk should come off down to the base. Cyclamen have a swollen tuber where the leaves and flowers emerge from, if the stem breaks part way up the remaining stem can rot and damage the tuber.

Move the plant into a cooler room ideally out of direct sunlight, although it's not usually that sunny in January. I like to use plant pot saucers to stand them in, and place a shallow layer of pea gravel in the bottom of the saucer. This ensures that the pot doesn't stand in water but can send roots out to drink. The plant will naturally die back a little so reduce the watering, keeping them a little on the dry side. In late spring early summer you can start to feed as you would your other pot plants.



Hippeastrum, (common name amaryllis) are a bulbous pot plant often given as presents at this time of year. Sometimes a dry bulb in a box or actually in flower. If a dry bulb then plant them up to half their depth in a pot just a little larger than the bulb, I use John Innes Compost (no 1) this gives added stability to the plant as it can grow quite tall. Water and place in a warm room the plant will develop rapidly sending up a large stalk with buds on the top. keep them warm and the compost moist. As the flower fades leaves will develop so cut the flower stalk down by half and move to a cooler room, or frost free greenhouse. Keep watering them and start to feed with a general liquid feed during late spring and early summer. As the leaves die back reduce watering allowing the bulbs to go dormant. Repot every two years into fresh compost and a slightly larger pot.

Happy New Year gardening, Martin.

Next month, time to cut back grasses, divide snowdrops and think vegetables.

Top Tip - Fail To Plan, Plan To Fail!



So a New Year's resolution for you all is to grow something edible, just one thing and it doesn't need to take much time or space to achieve something edible. The biggest mistake many new to gardening make is to try and take on too much, build on little successes, you will enjoy it much more.

There is a saying 'Fail to Plan, Plan to Fail', time spent planning and writing down what to do and when is a great way of keeping on top of things. I am a little old fashioned and have a paper diary, to keep track of not only what I need to do but when, often referring to previous years to compare and see what worked well and of course what didn't quite make the grade.

We used to keep weather records at school, recording the minimum temperature of the previous night, the maximum daytime temperature and believe it or not the rainfall. Many of you will be very competent with new technology and recording notes on your mobile device, or you can buy electronic weather stations which can send you weather details via bluetooth, its amazing.

I find a hard backed desk diary most useful as it has plenty of space for notes and thoughts and even recording the weather conditions if you have time.



There are diaries available that are aimed at the gardener with weekly or monthly tips to help you keep on top of seasonal jobs and calendars that can be hung up in the shed as a ready reference. Hang a pencil on a piece of string next to the calendar so you can quickly and easily make a note or a reminder.



Image © Eleanor Bentall (rspb-images.com)

The RSPB Shares Top Birds To Spot For Annual Big Garden Birdwatch

This winter, the RSPB are sharing their top tips for identifying the birds that may visit your garden as their popular Big Garden Birdwatch is set to return for its 45th year.

Hundreds of thousands of people across the UK will celebrate their love of nature and unite to watch and count the nation's garden birds this month for the RSPB's Big Garden Birdwatch weekend.

This year's event takes place on 26, 27 and 28 January 2024. Members of the public are asked to spend just one hour watching and recording the birds seen from their garden, balcony or window, then send their results to the RSPB. Taking part in the survey helps the RSPB in monitoring how the UK's garden birds are faring. Close to half a million people join in the Birdwatch every year.

Here are five bird species to look out for in your garden, balcony or local greenspace:

1. House sparrows: The house sparrow is one of Britain's most well-known and best-loved birds. Males and females are easily distinguished as males have a grey head and black bib whilst females are pale brown with a pale stripe behind the eye. House sparrows are noisy and gregarious, often sticking together in small flocks, and they'll repeatedly congregate in big

hedges where they can all hide together. They socialise by taking dust or water baths, as well as "social singing" where they call together in bushes.

2. Blue tits: Streaked with a colourful mix of blue, yellow, white and green plumage, blue tits are one of our most attractive garden visitors. This species feeds on a diet of insects, caterpillars, seeds and nuts. They will happily take all kinds of bird food too, so keep an eye on your bird feeders for this vibrant garden bird.

3. Robins: Singing nearly all through the year, the nation's favourite bird is often one of the first to start in the morning and found to be one of the last singing at night – sometimes near a street light too. With its red chest that earns it the name "robin redbreast", look out for this garden favourite darting through shrubs or perching on tree branches this winter.

4. Long tailed tits: Often arriving at your feeders in large groups, long tailed tits are sociable birds with extended tails which have earned them their name. With grey and pinkish feathers, these birds are particularly fluffy at this time of year too. Primarily feeding on insects, autumn and winter sees them feed on seeds as well, which could bring them to your garden bird feeders, so keep your eyes peeled for a small flock of this species.



Goldfinch. Image © John Bridges (rspb-images.com)

5. Goldfinches: A much-loved little bird, the goldfinch announces its arrival with a tinkling, trilling call. Vibrantly coloured, goldfinches have red faces, black crowns and bold yellow wing patches. If you're lucky, you may even be visited by a small flock of them, appropriately known as a "charm".

To help you tell a house sparrow from a goldfinch check out the RSPB's bird identification guide at www.rspb.org.uk/birds-and-wildlife/a-z.



Long-tailed tit. Image © Chris Gomersall (rspb-images.com)

To take part in the Big Garden Birdwatch 2024 and help nature in the process, simply spend an hour watching the birds in your garden or local green space, and record what you've seen. Whether you see lots of birds or none at all, every recording is useful information.

To register to take part in the world's largest garden wildlife survey, visit www.rspb.org.uk/birdwatch

National Park Bat Survey Detects At Least Eight Species, While 'Accidental' Bush Cricket Recordings Point To Climate Change

A citizen science project that saw members of the public place 'wildlife acoustic detectors' within the River Rye catchment of the North York Moors National Park and Howardian Hills National Landscape made an incredible 390,000 confirmed recordings of bats between May and September last year. At least eight bat species were confirmed, with the Common Pipistrelle topping the chart at more than 200,000 recordings. Alongside bats, the study picked up several other mammals and insects, including a species of bush cricket never previously documented by the survey.

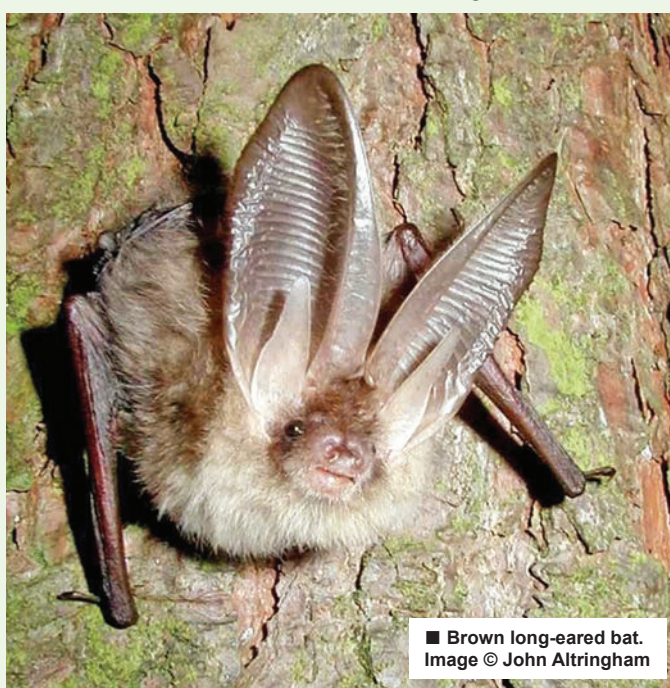
The Rye Vitalise Landscape Partnership Scheme is led by the North York Moors National Park Authority and supported by The National Lottery Heritage Fund. It is working to conserve and enhance the River Rye catchment area and reconnect people with its wildlife, landscapes and history.

Since 2020, the project has been working with a dedicated group of volunteers and citizen scientists to conduct bat monitoring. Anyone can sign up to collect the equipment and set it up in a pre-arranged location where it is left for four nights. The devices are triggered when they detect ultrasound, such as the echolocation calls of bats, but also noises from certain other animals, including shrews, rats, moths and crickets. These 'accidental' recordings are still analysed and identified by the researchers to allow them to spot any patterns or changes over time.

In return for their work, volunteers receive information about which species were recorded during their study and the results are added to both the Rye Vitalise Partnership project and to national research led by the British Trust of Ornithology (BTO).

Toby Panter, Rye Vitalise Conservation Field Officer said:

"Last year was our biggest survey to date, covering 141 different locations in the River Rye catchment and recording over 144 different nights between



Brown long-eared bat. Image © John Altringham

May and September. It's great to see strong results for species such as the distinctive brown long-eared bat and for Daubenton's bat – known as the water bat due to its preference for hunting insects over rivers."

"As well as bats we recorded two different shrew species, and making its debut last year was Roesel's bush-cricket, which was heard in not just one, but four locations and across eight different nights."

Crickets first made an appearance in the survey in 2022, when the 'Long-winged Conehead' cricket was detected in two locations. The fact that the Long-winged Conehead was found again in 2023, alongside a second new cricket species for the area, suggests the national distribution of these insects is undergoing a significant change.

Data from the North York Moors National Park supports other studies and observations which have reported cricket populations spreading northwards.

Before the 1980's, Roesel's Bush-cricket was only found at a small number of marshy sites in the east of England, however it has since spread rapidly inland and in all directions. The Long-winged Conehead was once considered so rare in Britain it featured on the Red Data List but is now quite common in southern and eastern England.

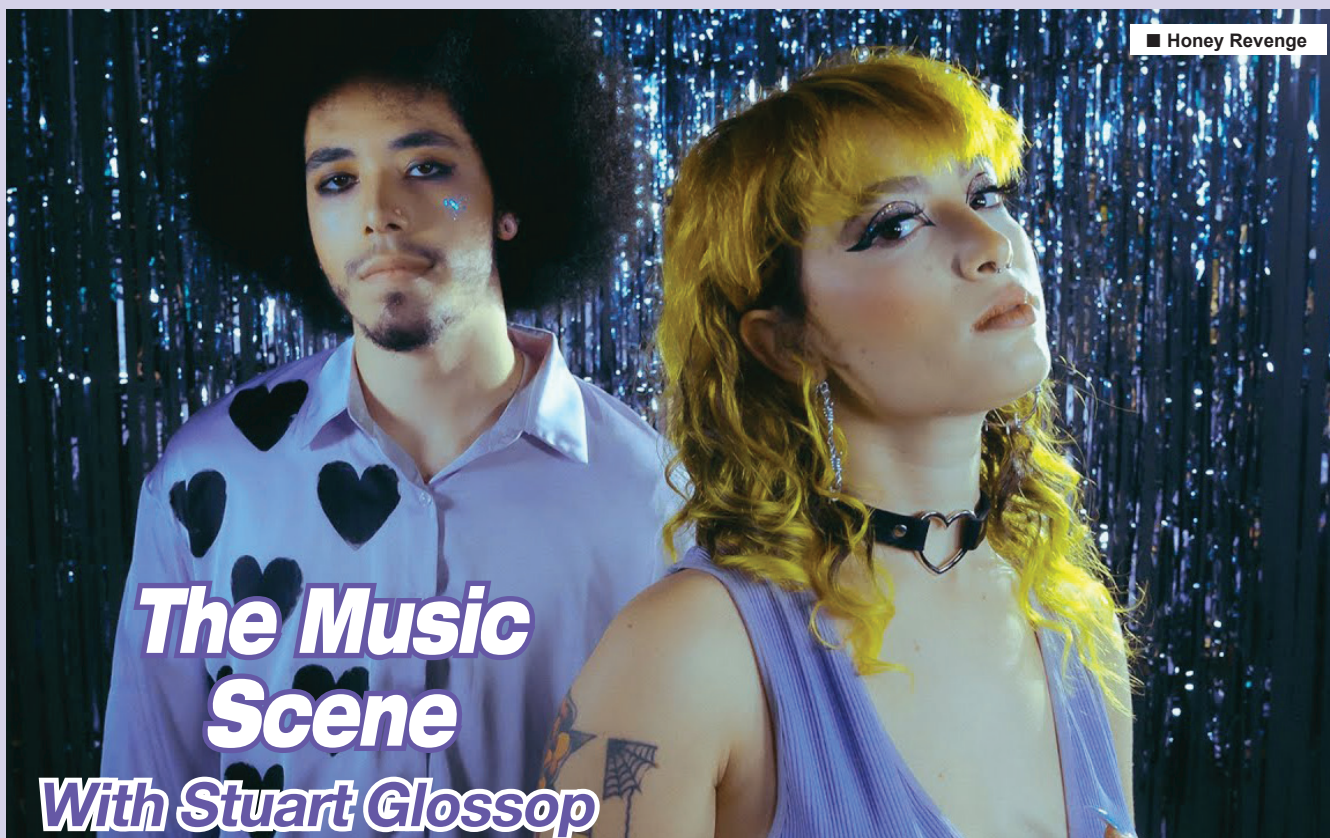
It is widely accepted that climate change is responsible for the recent success of these species, although an increase in uncut road verges and other scrubby grasslands may have helped the spread.

Toby continued:

"The only slight disappointment is that we didn't hear our rarest species, the Alcthoae bat last year, but they're very much known for being an elusive and mysterious species. There's always an element of luck required in these surveys, and we hope to hear it again this year.

"It's fantastic to be building up this picture over time of both bat species and other wildlife present in the Rye Vitalise project area. Such data can help guide future conservation decisions, such as where we should be building bat boxes, increasing food sources, or improving habitat connectivity for other species."

For more information, please visit: www.northyorkmoors.org.uk/ryevitalise



■ Honey Revenge

Beach Day, they open a doorway to the most confident, fully formed and forthright version of Another Sky so far. Frontwoman Catrin Vincent points out the relationship between anger and freedom on this record. The anger and the fight is real, and it's everything – but that doesn't mean it always will be. Hold onto that feeling while it lasts: Another Sky are steadfast and galvanised to make you understand everything that got them here. How they survived. All you have to do is listen. A spring tour is in the offing but also expect to see them at some of the big festivals in the summer.



■ Venus Grrrls

Welcome to 2024 and as usual at this time of year it is customary to endeavour to point you in the direction of the best events and music in the next twelve months! Starting with the summer festivals.

Live At Leeds: In The Park is back with its much-awaited return and the first announcement for 2024. Set to transform Temple Newsam Park again on Saturday 25th May into the ultimate summer all-day festival experience, the festival maintains its sterling reputation as a tastemaker in new music discovery. Having fostered remarkable festival experiences where fans unearth their next favourite bands, Live At Leeds: has now unveiled the first selection of names set to appear for a festival that's becoming a true foundation of the summer to come. The Kooks, Declan McKenna, The Cribs, Melanie C, Future Islands, White Lies,, The Academic, Matalida Mann and Somebody's Child are just a few of the jam-packed line-up.

alongside already-announced You Me At Six, The All American Rejects, Funeral For A Friend, Asking Alexandria, Waterparks, Pale Waves. Tickets are available now.



■ The Last Dinner Party

This time last year we told you of two bands who would be massive and gain all sorts of accolades. The first, now Brit Award winners The Last Dinner Party have announced their debut album Prelude To Ecstasy will be released on 2nd February. It will feature the breakthrough singles, 'Nothing Matters', 'Sinner', and 'My Lady Of Mercy'. A preview of the record confirms that the band's songwriting is testament to all the buzz and excitement already accumulated. As it should be. Rather than wilt under the spotlight, they've become a tighter, stronger unit because of it. Prelude To Ecstasy is both the closing of that introductory chapter and the opening of the next. The Last Dinner Party? Believe the hype. They play an album launch show at The Brudenell on 11th February

Another Sky was also one of the bands we championed in 2023, They have spent the last few months teasing with a series of hard-hitting and exciting comeback singles, and we are excited to announce that their new album is on the way. With the band's sophomore album

VENUS GRRRLS are a wonderful alternative rock band from Leeds and our recommendation for 2024. From twinkling synth motifs to raspy guitar lines, the girls present the dark yet empowering discourse surrounding their own synergistic experiences. It's the type of music that you simply want to manically jump around to! With singer/rhythm guitarist Grace Kelly (GK) fronting the band, she is joined by Eliza Lee (Lead Guitar), Hannah Barraclough (Bass), Grace Stubbings (Synth) and Gabby Cooke (Drums). VENUS GRRRLS seek to bring their gothic and ethereal aesthetics to an international audience. Hex, their latest single is stunning and find out how stunning at The Brudenell on February 10th



■ The Mysterines

Finally, riding high on the success of their critically acclaimed, UK Top 10 debut album 'Reeling' released March 2022, the alt rock wunderkinds The Mysterines are another to watch and have been achieving remarkable success since the release, 'Reeling' saw stellar support across the board on release, from a TV appearance on Jools Holland.

Catch them at the O2 in Leeds on February 13th.



■ Future Islands

Slam Dunk Festival has revealed a mega second drop of artists lined up for 2024. The UK's biggest independent rock festival returns next summer, coming to its home in Leeds, Temple Newsam on Sunday 26th May 2024, and it's shaping up to be one for the ages. Joining the stacked line-up are The Ghost Inside, State Champs, The Blackout, Against The Current, Taylor Acorn and Honey Revenge. They're added to the bill

Martin Kemp - Back To The 80's DJ Set Comes To York - Barbican 29th March 2024!!

The Spandau Ballet star, Martin Kemp will be taking to the decks and spinning all the best of the hits from the 80's in his smash hit show.

Dig out your best 80's attire, grab your dancing shoes, and prepare to enjoy a night of pure 'Gold'! Yes, fancy dress is encouraged!

Don't miss out on this incredible opportunity to experience the magic of the 80s with Martin Kemp at the helm. Secure your tickets now and get ready for a night of nostalgia, dancing, and pure 80's joy!

Support comes from Miami Twice - an accomplished duo paying tribute to the music of the 1980s.

Tickets for the show are available from;
www.thegigcartel.com



WIN TICKETS

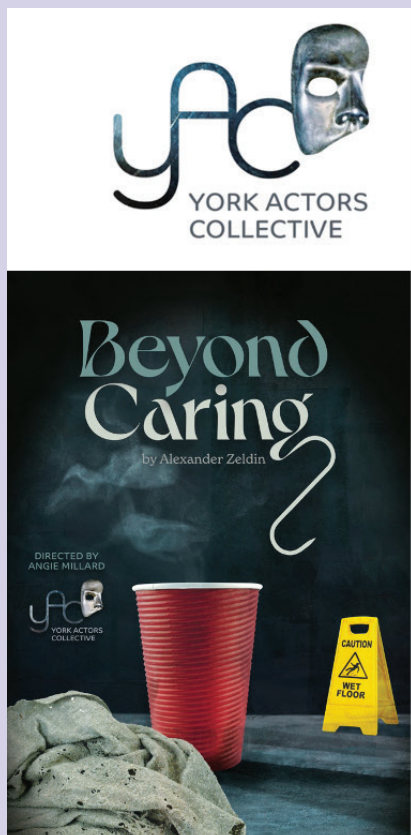
THE YORKSHIRE REPORTER HAS
A PAIR OF TICKETS
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To enter simply send 'MARTIN KEMP' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

Terms & Conditions – Entries must be in by the 23rd January 2024. 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.

York Actors Collective (YAC) Present 'Beyond Caring'



York Actors Collective follows its debut production of Joe Orton's *Entertaining Mr Sloane* with *Beyond Caring* at Theatre@41 in York from February 6-10.

The 'quietly devastating' (Financial Times) play *Beyond Caring*

was devised by Alexander Zeldin and the original cast and premiered at the Yard Theatre in East London in 2014. The production later transferred to the National Theatre and then toured the UK.

Beyond Caring tells the story of three women living with the

reality of low wage, zero contract employment. They are agency cleaners at a meat factory. They are never sure of how many hours they have to work, when they will be paid and whether their 'job' will continue.

In a four-star review, The Stage called the play "an angry, urgent yet precious piece about the social damage done by zero hours contracts".

In the YAC cast are Victoria Delaney, Claire Halliday, Mick Liversidge, Chris Pomfrett and Neil Vincent. Angie Millard directs with Em Peattie as stage manager.

Director Angie Millard said: "This play is remarkable in its structure and power. It totally represents 2023 where many workers are on the breadline, trapped in employment with no guarantee of further work and no way to improve their position.

"What drew me to the play however, is the message it conveys about people surviving and keeping a sense of humour. I loved the intensity of the piece with its silences, its disappointments and its determination to get pleasure out of the smallest things. It gave me hope."

The production will play nightly at 7.30pm with two matinees on Saturday at 2.30 and 5.30pm.

Angie said: "Ticket sales for our last production indicated that a Saturday matinee was very popular. We thought that having two early shows on Saturday (2.30 and 5.30pm) would give the audience an opportunity to see the show and still have time to go for a drink or meal afterwards, making a night of it".

What the critics said about previous productions of *Beyond Caring* "A riveting and thought-provoking piece of theatre" The Reviews Hub

"Beyond Caring is vital, urgent theatre" What's On "Unforgettable" The Times

"Beyond Caring is beyond praise" New York Times

"Painfully comic" Independent

"Totally compelling" The Guardian

"This desolate, quietly intense devised drama gets under your skin and into your bones... unforgettable" The Times

Tickets available from <https://tickets.41monkgate.co.uk>

JURASSIC LIVE 2024 WORLD TOUR



The world's leading dinosaur show is back, coming to York Barbican on Fri 16 Feb at 5pm, Sat 17 Feb at 11am & 3pm and Sun 18 Feb at 1pm.

See life-sized, monstrous beasts up close in this award winning all-star spectacular. Exclusively featuring the world's only Mosasaur (brand new for 2024), the world's last flying Pterodactyl and more dinosaur species than any other show on earth! Jurassic Live is the UK's most interactive theatre show where audiences become part of the dinosaur adventure.

THE SHOW

Aimed at families, Jurassic Live takes you on a musical journey as you join little Amber, Ranger Joe, Ranger Nora & the rest of the Jurassic Live rangers to help save the day from an evil man who



is trying to shut down the Jurassic facility. With lots of audience participation and fun with your favourite comedic rangers on stage alongside dinosaur favourites such as Trixie the Triceratops, Herbie the Stegosaurus, Nessie the Apatosaurus, Rocky the Velociraptor, Bash the Stigimoloch and Suzie.. the world's largest Tyrannosaurus Rex and many more!

NEW WORLD FIRST

The team are thrilled to announce for 2024... the Tylosaurus, a genus of Mosasaur and the largest predatory marine reptile to ever grace our oceans. It is the largest marine puppet ever made and the only one of its kind in theatres anywhere in the world. See it swim in its gigantic purpose built Jurassic tank onstage and be warned.. if you sit near the front...you WILL get wet!!!

PREHISTORIC PTEROSAURS

See the Pterodactyl, Phoenix fly around the stage with a ranger on his back in this spectacular, special effect. You won't see this anywhere else on earth and it really is a sight to behold.

Tickets on sale now from www.ticketmaster.co.uk



ENTERTAINMENT

WHAT'S ON TV & STREAMING



07 January - Magnum PI, Season 5b (Final) - Sky Max

A remake of the classic 80's P.I. drama.

07 January - Call The Midwife, Season 13 - BBC One

The popular historical medical drama returns to the BBC.

08 January - Silent Witness, Season 27 - BBC One

Forensic pathologists help police solve murders in Manchester.

09 January - Law & Order, Season 21 - 5USA

The original daddy series is returning once more.

09 January - SurrealEstate, Season 2 - Sky Sci-Fi

Real estate agent Luke Roman and an elite team of specialists handle the cases that no one else can: haunted and possessed houses that literally scare would-be buyers away.

10 January - Echo, Season 1 - Disney+

Alaqua Cox returns as the unforgiving Maya Lopez in Echo's origin story.

10 January - Criminal Record, Season 1 - Apple TV+

UK-based crime thriller starring Peter Capaldi & Cush Jumbo as detectives in a tug of war over a historic murder conviction.



■ Grantchester

11 January - Grantchester, Season 8 - ITV

Adapted from The Grantchester Mysteries novels by James Runcie, the series stars Robson Green returning as DI Geordie Keating and Tom Brittney as Reverend Will Davenport.

11 January - Darby and Joan, Season 1 - Drama

Murder mystery in the Australian outback.

14 January - Monsieur Spade, Season 1 - Acorn TV

Clive Owen stars as Dashiell Hammett's classic detective Sam Spade.



■ True Detective: Night Country

15 January - True Detective: Night Country, Season 4 - Sky Atlantic

True Detective returns for a new season of the anthology crime drama.

16 January - The 75th Annual Primetime Emmy Awards, Season 75 - Sky Max

The Primetime Emmy Awards, coming to Sky Max.

17 January - Artful Dodger, Season 1 - Disney+

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



■ Hazbin Hotel

19 January - Hazbin Hotel, Season 1 - Prime Video

A princess of Hell pursues her seemingly impossible goal of rehabilitating demons to peacefully reduce overpopulation in her kingdom.

25 January - Sexy Beast, Season 1 - Paramount+

A prequel to the critically-acclaimed and award-winning feature film.

25 January - Masters Of The Universe: Revolution, Season 2 - Netflix

Kevin Smith takes on He-Man in a new series continuation from the classic 80s cartoon.



■ Masters of the Air

26 January - Masters Of The Air, Season Mini - Apple TV+

The highly anticipated limited series from Steven Spielberg, Tom Hanks, and Gary Goetzman, the people behind 'Band of Brothers' and 'The Pacific'.

AT THE MOVIES

05 January - Bad Behaviour - TBC

Lucy, a former child actress who seeks enlightenment at a retreat led by spiritual leader Elon, while also navigating the close but turbulent relationship with her daughter, Dylan.

Stars: Jennifer Connelly, Alice Englert & Ana Scotney



■ Poor Things

12 January - Poor Things - R

The incredible tale about the fantastical evolution of Bella Baxter, a young woman brought back to life by the brilliant and unorthodox scientist, Dr. Godwin Baxter.

Stars: Emma Stone, Mark Ruffalo & Willem Dafoe



■ The Beekeeper

12 January - The Beekeeper - 15

In The Beekeeper, one man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers".

Stars: Jason Statham, Emmy Raver-Lampman & Bobby Naderi

19 January - The Book of Clarence - PG-13

Struggling to find a better life, Clarence is captivated by the power of the rising Messiah and soon risks everything to carve a path to a divine existence.

Stars: Benedict Cumberbatch, James McAvoy & Alfie Woodard



■ The Tiger's Apprentice

26 January - The Tiger's Apprentice - PG

Tom Lee, a Chinese-American boy, after the death of his grandmother, has to be apprenticed to the talking tiger Mr. Hu and learn ancient magic to become the new guardian of an ancient phoenix.

Stars: Michelle Yeoh, Henry Golding & Leah Lewis

26 January - Jackdaw - 15

A former motocross champion and army veteran is now caring for his younger brother. Broke, he agrees to do an open water pick up of a mysterious illegal package in the North Sea.

Stars: Jenna Coleman, Oliver Jackson-Cohen & Rory McCann

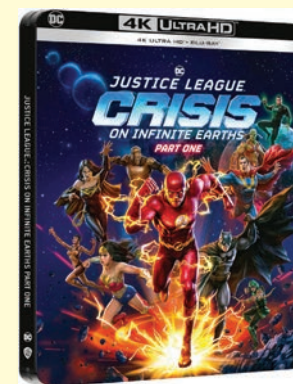
DVD, Blu-Ray & 4K DVD



08 January - Planet Earth III - DVD, Blu-Ray & 4K DVD



22 January - Shetland Series 8 - DVD



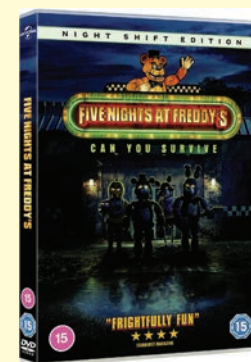
29 January - Justice League: Crisis on Infinite Earths - Part 1 - 4K DVD



15 January - The Creator - DVD, Blu-Ray & 4K DVD



22 January - Trolls Band Together - DVD & Blu-Ray



29 January - Five Nights at Freddy's - DVD, Blu-Ray & 4K DVD

GAMES



18 January - Prince of Persia: The Lost Crown - Xbox, PS5 & Nintendo Switch



26 January - Like a Dragon: Infinite Wealth - PS4, PS5 & Xbox



30 January - Suicide Squad: Kill The Justice League Deluxe Edition - PS5



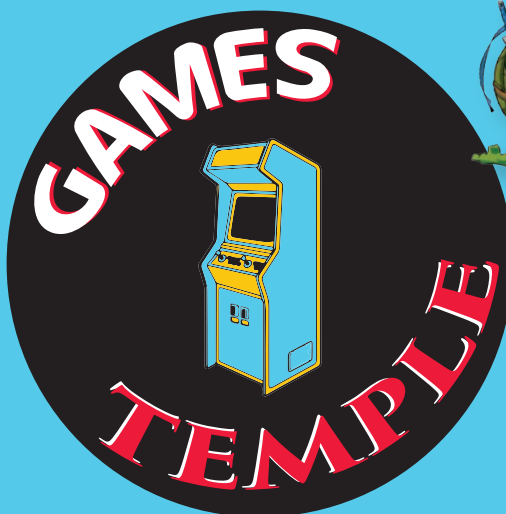
19 January - 8Bitdo Ultimate 2.4G Wireless Controller for PC, Android, Steam Deck, and Apple - Chongyun Edition



26 January - Tekken 8: Launch Edition - PC, PS5 & Xbox



31 January - Arcade Game Zone - Nintendo Switch



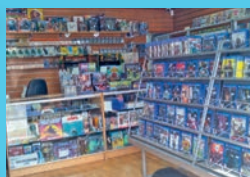
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The Year Ahead By Russell Grant

ARIES March 21st - April 20th

Love & Life:

Expect to see some positive accomplishments during the first half of the year. The solar eclipse in your sign on the 8th April encourages you to look at yourself in a new light. If you had a chance to start over and reboot your life, what would you do to change things? Decisions made now will determine your future, taking you onwards and upwards as you find ways to overcome significant obstacles. You will be attracting some financial luck your way mid-August when your ruler Mars gets close to Jupiter. A wonderful time to splash out on creature comforts.

Money & Work:

Keep on the lookout for better prospects in the spring. Even if you have no plans to leave your current job, be sure to take every opportunity to showcase your skills. You will win the respect of your superiors and a well-deserved promotion will follow. What's important is that you feel able to fulfil your considerable potential. Jupiter will be bringing some financial luck your way mid-August. Making plans for your financial future will give you a stronger sense of control. Get into the habit of putting a portion of your monthly income into savings and watch your nest egg grow.

TAURUS April 21st - May 21st

Love & Life:

Jupiter in your sign at the start of the year initiates a multi-year cycle of prosperity. Many things will be going your way between January and 26 May. Knowing you can be successful increases faith in your abilities and brings out the best in you. Your financial prospects will be given a lift in July. Whether shopping for luxuries or hoping to find a domestic bargain, you can afford to be a little more impulsive than usual with your money. In December you will draw spiritual strength from communing with nature.

Money & Work:

Stay true to yourself and make it a priority to forge your own path. Instead of trying to satisfy other people, seek to please yourself. A career objective can be reached by July when making gradual changes will suit you better than an overnight transformation. Have payment plans in place if you are taking out a loan in the autumn. A legal matter could have long-term repercussions. When it comes to all and anything financial, keep your wits about you. An unexpected sum of money will find its way to you in November.

GEMINI May 22nd - June 23rd

Love & Life:

Adopting healthier habits as the year begins and sticking with routines that suit your lifestyle will have impressive results. With your ruler Mercury close to Jupiter as June begins, changes will be happening on a daily basis both at home and in the workplace. You will be taking these in your stride as you intuitively sense they are for the best. In the summer, be patient with people who aren't as adaptable as you are when they get stropky and argumentative. Your creativity generates positive energy in the autumn, making it easier for you to attract good fortune.

Money & Work:

A delayed bonus will arrive in January. This will be in recognition of your past hard work or it will be a one-off payment for something you did that was over and above your normal duties. Be ready to make a bold career move in March. Getting managerial training could be the start of something big for you. Financial links of the past need to be severed in the autumn if you are to build a more secure future for yourself. Whether this is the sale of some property or splitting pension benefits, you can't keep putting off the inevitable. Reaching a settlement will buy back your personal freedom.

CANCER June 24th - July 22nd

Love & Life:

As the year begins, anything connected with your community, social work or local politics will work out in your favour. A burst of confidence will allow you to interact with people and situations more positively. Travel or car problems might prove expensive in February. Before agreeing to any repairs suggested, find out how much it's going to cost. You will feel more sure of your standing in legal and financial matters after getting professional advice in the autumn. Career interests will run into some good luck in November. Make time to assess all new financial initiatives so you don't miss out.

Money & Work:

Take any chance you get in April to mix, mingle and meet people on the business scene. You will meet several helpful professionals who will suggest new markets for your skills. People are starting to realise how accomplished you are. In the summer you will be offered a high profile job. Unless you are suitably qualified, seek professional advice in legal, financial and commercial dealings in the autumn. It is no bad thing to think before taking action. Besides, there will be undercurrents that aren't immediately apparent. A fabulous money making opportunity will come your way in November.

LEO July 23rd - August 23rd

Love & Life:

Jupiter encourages you to think big when setting new long-term goals. You need to have something specific to aim for. Getting your priorities straight will pay off handsomely. You will get the most out of events in the summer by being in the thick of all that is going on. Your leadership qualities shine and people will have confidence in you because you believe in yourself. Your social media presence will attract lots of attention in the autumn. Fame and acclaim will be yours. Becoming a charity trustee will be a great channel for our humanitarian impulses in December.

Money & Work:

You will be in your element organising people in January and your management skills won't go unnoticed by those in high places. You will be packing so much power into anything that gets your interest and thoroughly enjoying your duties. Put some money aside for a trip you're planning in April. A show of enterprise and initiative in September will have unbelievable financial implications. You are going to have to act fast as there's a competitive spirit in the air. The moment you see an opportunity to outperform a rival, take it. Sharing your brilliant ideas will earn you a bonus in December.

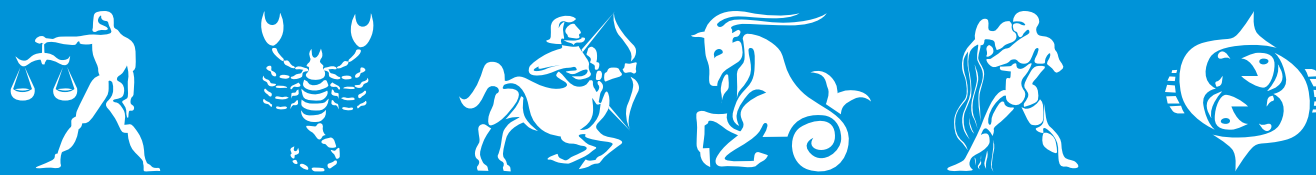
VIRGO August 24th - Sept 22nd

Love & Life:

Study, travel and goals on the distant horizon all come under favourable stars between January and 26 May. You won't want to waste too much time hanging around familiar places when there is so much to be gained from being on the move. Hopes will be kept afloat as new and improved plans are launched in September. Best of all, everything will be going incredibly well and you can put this down to your excellent powers of organisation. December brings increased scope for you to explore new money making ideas.

Money & Work:

Accept a chance to join an entrepreneurial venture in February. This will pave the way for you to move into a more profitable field. In July, you will be offered at least one job as a result of your earlier experiences. Adding to your skills makes it easier to climb the ladder to success. Frustrating financial delays mid-August will cause you some anxiety. A generous relative will offer to help pay your bills. Accept their kindness with a happy heart. A chance to work from home will suit you well in December. You work more quickly when left to your own devices.



LIBRA Sept 23rd - Oct 23rd

Love & Life:

The chance to make a dream come true will fall into your lap in the spring. This promises to be a time of spiritual growth. Why wait for other people's approval when you could be doing something positive in May to make your life more fulfilling? Take any and every opportunity to expand your horizons during the latter half of the year. Plans you turned down earlier will suddenly seem exciting in July and you won't even feel guilty about admitting to your change of heart. It will feel good to keep challenging yourself to try new things.

Money & Work:

Feelings of optimism will make you a big spender as the year begins. An inheritance, insurance pay-out or legal settlement will arrive in April. As well as this putting you in a stronger position, financially, it will allow you to make some household repairs. Mercury will hit the top of your chart late in June making you more confident about your intentions and more assertive in protecting your main interests. Work that takes you overseas in November will be enjoyable. Alternatively, several business trips undertaken as the year ends will keep boredom from setting in.

CAPRICORN Dec 22nd - Jan 20th

Love & Life:

Take pride in your creative talents and practical abilities. Be encouraged to develop your natural gifts further during the first half of the year. This is a great time to break out of habit forming rituals. Think about how you can make your usual routines more exciting. Your determination to learn or develop existing skills in July is almost certain to bring some good. Promoting your interests will enhance your career prospects. Don't hold back from walking through unlocked doors into the unknown. Breaking out of old patterns will lead you to new challenges and opportunities.

Money & Work:

Finances will be a sore point in the family in April. You will be relentless in your views and by July you will find out how right you were to stand your ground. Signing up for a training course in July will boost your job prospects. If you are handling cash or buying or selling in the autumn, keep your wits about you and you will come out of transactions in a stronger position. Make a list of goals according to priority in October and then decide on how you are going to reach them. The solar eclipse on the 2nd will keep you motivated and focused.

SCORPIO Oct 24th - Nov 21st

Love & Life:

Joint arrangements will go extremely well between January and May. Joining forces with a creative friend to take on a challenge you couldn't do on your own, will pay off handsomely in April. There will be a lot of excitement in the air in July but you weren't born yesterday. You will realise the need for caution as well as optimism. This common sense approach will give you the stamina to cope when things go wrong. Even if problems throw other people off balance, you will refuse to be knocked down. Every challenge you overcome will make you shine brighter and stronger.

Money & Work:

Your dedication to your work will pay off nicely in March. A senior colleague who appreciates your work ethic will offer you all the plum assignments. It will be important for you to pursue your professional ambitions in July even if this means pushing yourself harder than ever before. An award, legal settlement or money from the sale of some property will have improved your financial situation by the end of the year. Finances will take a turn for the better even though, due to legal complications, it will take a while before you feel the benefit.

AQUARIUS Jan 21st - Feb 18th

Love & Life:

Your efforts to find additional forms of income will bring long term security. In the spring, all those ideas you have to make your home a better place will be turned into breathtaking reality. Don't overlook the chance to turn a financial negative into a positive in March. This is a good time to make carefully considered investments. A partnership deal will be lucky for you in July. Be sure to satisfy a need to have some fun in the autumn. Don't feel guilty about making more time in your life for people and pastimes you love.

Money & Work:

There's only one thing standing between you and a special dream and that is: money. Instead of letting this stop you from going after what you want, act on any opportunity to make some cash that comes your way. This won't make you a millionaire overnight but by the end of May you will see an improvement in your financial situation. Accepting jobs over and above your normal obligations will impress your boss in October. Your fiery resolve not to let anyone down will earn the respect and admiration of your peers.

SAGITTARIUS Nov 22nd - Dec 21st

Love & Life:

An appraisal of your life as the year begins will help you work out where, if anywhere, you have been going wrong and more importantly, what you have been doing right. Success will come from setting specific goals and taking a firm and forceful approach towards reaching them. Getting involved with a charitable organisation in October will put you in touch with people who share your beliefs. Bad news often dominates the headlines whereas the solar eclipse will link you with others who sacrifice their time, effort and money for good causes, proving there are many uplifting stories out there.

Money & Work:

Your career prospects are stronger than ever as the year begins. Your ruler, Jupiter, will push you to build a life that reflects your needs and ambitions. Accept an offer to take the helm of an important company or prominent organisation. You have the necessary skills to cultivate success. Landing a job with excellent benefits will make you financially secure. A creative use of resources in the autumn will enable you to achieve a degree of luxury with very little expenditure. You will be awarded a wonderful assignment in December, just when you need it most.

PISCES Feb 19th - March 20th

Love & Life:

Using your imagination and being willing to go with the flow will help you get the best out of everything as the year begins. If improvements can be made, you will be happy to give it a go. In fact you might wonder why you have been so slow to make some changes. Taking a trip to a developing country in the spring will be the answer to a prayer. You might find a perfect volunteer opportunity overseas. It's a year to trust your intuition and follow your heart to create the life for yourself you keep dreaming of.

Money & Work:

Someone close will receive a windfall as the year begins. Before getting too excited they will have plans for this money and you will have to accept their decision whether or not you like it. A change in employment in April will allow you to repay your debts. You will be tuned in to opportunities relating to money and property in the autumn. Whether you are applying for a grant for a charity, buying a new home or seeking funding for a member of your family, you will do whatever it takes to bring about your intentions.

International Farmers Set To Flock To Great Yorkshire Show 2024



A world cattle conference and an exciting stunt show will take centre stage for the first-time at the 165th Great Yorkshire Show, organisers have announced.

The World Ayrshire Federation Annual Conference 2024 will see around 100 farmers from countries including Kenya, Canada, Australia, New Zealand and America attend the show as part of a UK Tour. The Great Yorkshire Show will be the only agricultural show they will attend as part of an 18-day tour to see how UK farmers breed Ayrshire cattle and to share best practise.

In the Main Ring, the Paul Hannam Quad Bike Stunt Show will wow crowds every day as the stuntman from North Devon who raced at British Championship level, will be performing jumps, trick riding and doing multiple rolls.

The 165th Great Yorkshire Show will be held on Tuesday July 9 to Friday July 12, 2024.

Tickets are on sale now and are sold in advance only, with visitor numbers capped at 35,000 a day.

Membership of the Yorkshire Agricultural Society which organises the Show and runs other events throughout the year, is also on sale and selling fast.

The Great Yorkshire Show has sold out a week before the event every year since tickets went to advance sales only in 2021.

This will be the final show for Show Director Charles Mills who said: "It is always a delight to host a world conference but it will be particularly special for me to welcome the Ayrshire World Conference as I was Chief Steward for the Ayrshire breed in the 90s for the Great Yorkshire Show.

"This is looking set to be an exciting show with the best animals in the country competing as well as first class machinery and innovation and a brand new Main Ring performer with the Paul Hannam Quad Bike Stunt Show. We look forward to organising another terrific four days celebrating the very best of farming, food and countryside."

There will be more guest talks than ever before, offering the chance for farmers and consumers to hear directly from experts, industry leaders and farming celebrities. From the GYS Stage to the Innovation Stage, Garden Show to Cookery Theatres and the Cheese & Dairy Show, there's plenty to choose from as well as entertainment in the Sheep Shearing Section where there will be fashion shows held once again.

The Countryside Area will also include a new marquee offering talks and videos on various subjects such as river management, game keeping and moorland management.

Look out for more announcements in the run up to the next Great Yorkshire Show.

The Great Yorkshire Show 2024 will be the final one for current Show Director Charles Mills as he comes to the end of his tenure.

Tickets for 2024: Adults £35, Children £13 and Families £86
Membership: Single £85 and Joint £130

To book tickets, please go online;

<https://greatyorkshireshow.co.uk/ticket-information>

For Membership, please go to <https://yas.co.uk/members>

Antiques And Collectables

With David Oddy

We have now been in the shop for six years and I would like to thank all our customers for your continued support. Although I have been in the antiques business for over 40 years, it was a big gamble to open a shop with all the expense that goes with it.



■ Inside Antiques & Collectables

There are very few small independent family businesses going in these hard financial times, there used to be 20 or 30 shops in Leeds a large city but now you can count them on one hand. I am very lucky because I am retired and the shop is more of a hobby and profit is not my priority. I get great pleasure in meeting people and having a good old natter about old times when life was simpler and much more friendly and relaxed.



■ Inside Antiques & Collectables

I well remember as a small child going shopping with mum and dad in a pony and trap. There were hardly any cars on the road, we would stop and chat with friends and neighbours - everything was done at a leisurely pace. When growing up on a small farm I was taken under the wing of a local farm labourer by the name of Billy (I never knew his surname) at that time Billy would be in his 60s, never smoked or drank and was very fit. He was only small, about 5'5" but worked in the fields all day. He taught me lots of skills passed down through the generations – how to hoe large fields without getting backache, how to stook, making sure the seed heads on the corn don't get too wet and dozens of other old farm worker's tips to make hard work easier.

Billy never married but lived with his bachelor brother and sister in a tiny farmworker's cottage. He had a large garden and grew wonderful chrysanthemums for our local church and kept the graveyard spick and span. He told me countless stories about his early life as a horseman. He started work at 7am but he had to go to work at 6am to have the shire horses harnessed up ready. He didn't start getting paid til 7am. He once told me of an incident when working for a particularly stingy farmer, he stopped working for 5 minutes to talk to a passing neighbour. The farmer must have been watching and stormed out from behind a tree and harangued the poor person telling him not to stop Billy from working. He also told me of his childhood. He grew up in a small cottage on the Harewood estate where his father was head horseman and revealed stories when he was a child of going with his father to Temple Newsam pit to lead coal back to Harewood House. His father must have been working in the Victorian or Edwardian era, coal was king in those days and I believe Harewood House with its numerous fireplaces used about a wagon load of coal every two days. Even now the back road from Harewood to Leeds is called Coal Road. Billy spent his last few years doing free gardening for elderly people, forever



■ Inside Antiques & Collectables

a kind caring person. We could all take a leaf from his book and look after our elderly in these hectic times – a little kindness goes a long way.



■ Inside Antiques & Collectables

On a separate note, I am again doing free talks to various organisations and church groups where I really enjoy meeting new people and seeing new treasures. Thank you for reading my ramblings and of course feel free to pop into the shop any time to see what we have in stock, or bring something you would like valuing or more information on.

Please see advert below for contact details and opening times.

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Diary Of A Pawnbroker

Christmas is an expensive time of the year especially after the year we have just had, so for those needing a quick cash fix, Christopher Brown Jewellers are a great solution.



Pawnbroking lending has never been more needed and January and February are among the busiest months in the pawnbroking calendar. We are welcoming new customers every week and with most of us

struggling due to the overspending brought about by Christmas, two thirds of us spend our Januarys paying back credit card bills and overdrafts. The last year has been tough for many so if you or your business has been affected with cash flow issues, you should come and visit our branches as we really can help.

In fact the majority of us won't have paid off our Christmas debt until March payday and statistics from MoneySupermarket.com tell us that 13% of us go into the red within a week of being paid!

This is how our pawnbroking and Asset Lending Service helps. Pawnbrokers will lend on a variety of items but gold, gem-set jewellery and luxury watches are the most popular pawns. The gold price has remained strong all year and it still remains the solid investment it has always been.

Local Lending

We have 9 shops in the North with six in Yorkshire including Christopher Brown Jewellers in Seacroft, York, Pontefract, Shipley, Goole, Prescot and Stockport and Brown & Gold at Batley and Toxteth.



Over the last 12 months we have made business and personal loans against Rolex, diamonds and gold for many thousands of pounds and our customers have been delighted with the service, speed and the value this type of loan offers.

These are happy stories and pawnbroking users are happy satisfied customers. They know what they wish to borrow, how long they will need the money for and that they will be able to get their goods back at

the end of the loan or ask us to sell their goods to cover the loan without ever getting into more debt. We really feel we are adding a valuable service to the community and with over 80% redemption and return rate in our branches, our customers are clearly happy too.

If you need cash, why not take advantage of our confidential lending and buying service and make your payday come sooner!

Chris Brown

Bargain Time At Christopher Brown Jewellers

Christopher Brown Jewellers biggest ever HALF PRICE SALE has started.

We have slashed our prices on our Gold and Diamonds with offers simply too good to miss.



Many stunning pieces will have 50% off and over 1500 lines will have a massive discount to make big savings for 2024.

To grab yourself a bargain you will have to be quick though. We have 6 branches in Yorkshire including Christopher Brown Jewellers at Seacroft, York, Shipley, Pontefract, Goole, Stockport and Prescot and Brown & Gold at Batley and Toxteth.

Look out for our ROLEX sale – many watches discounted by over £500 with new lines added every week. Visit www.christopherbrownjewellers.co.uk and grab yourself a bargain!

There is also an incredible 50% OFF many diamond rings, 3 for 2 on SILVER JEWELLERY and other fantastic Manager's Special discounts to be found.

Every branch has unique items and the offer will not last for long so call in now and get 2024 off to an amazing start!

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£1,095

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HALF PRICE
£305

ILLUSION SET
9 CT WHITE GOLD
DIAMOND STUDS
0.16 CT
CODE 126011

18 CT WHITE GOLD
0.80 CT
DIAMOND
RAINANCE
RING
CODE 260161

WAS £5,700
HALF PRICE
£2,850

9 CT WHITE GOLD
DIAMOND
TENNIS
BRACELET
3.29 CT
CODE 322369

WAS £5,820
HALF PRICE
£2,910

9 CT WHITE GOLD
MIXED CUT
3.10 CT FANCY
DIAMOND CLUSTER
EARRINGS
1.38 CT
CODE 223783

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www.browngold.co.uk

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MOTORS

RAC DECLARES 2023 THE 'UNOFFICIAL YEAR OF THE RAT'

Everyone knows a car breakdown can mean a nasty repair bill, but new data from the RAC reveals that it's not always a head gasket or a catastrophic engine failure that can cost you hundreds of pounds. Strangely, it can sometimes be very small creatures that cause very big problems.

In fact, the RAC has seen record numbers of mice, rats and foxes 'surprising' customers in 2023 and causing serious damage to their vehicles, after reviewing thousands of patrol breakdown reports dating back to 2016.

Breakdowns caused by rodents have risen by 55% from 196 incidents in the first 11 months of 2018 to a record 303 over the same period in 2023, according to the motoring organisation. The problem worsens significantly as the seasons change, averaging a 66% increase from summer to autumn over the last five years.

AN APPETITE FOR AUTOMOBILES

This year, patrol reports show rats had the biggest appetite for automobile parts and caused half (51%) of all animal damage incidents by gnawing fuel hoses, infesting engine bays and damaging headlights. Patrols also reported numerous cases of foxes chewing speed sensor wiring, windscreen wiper blades and brake hoses underneath cars.

Food left inside or in the vicinity of an unattended vehicle is a sure-fire way to attract unwanted visitors. Open bags of pet feed stored in garages can lure mice and rats into a vehicle's piping where they're drawn to their very own 'biting point' – peanut and soy-based oils and waxes used on parts including diesel injector wires, gearbox insulation and primer bulbs.

BABY IT'S COLD OUTSIDE

If left standing and unattended for long periods, vehicles can even become home to rodents and lost pets alike as they seek a bit of warmth and security.

RAC patrol Nick Isaac, who works around the South West of England, once found a squirrel using an air filter as its pantry. Nick said: "The car had lost power and had an odd smell. When I lifted the bonnet and revved the engine the air filter moved like it was being sucked towards the engine. It turned out a squirrel had been taking nuts from a bird feeder and storing them in the air box, restricting air flow to the car."

One patrol attended a Porsche where 10 mice had made a nest under the scuttle panel at the bottom of the windscreen, while another was called to retrieve a more exotic creature: a baby pet python which had taken up residence behind a wheel trim. The snake had gone missing from the member's home and was drawn to the car's warm brakes. When the patrol pulled the trim off, there was the python all cosy and coiled up.

Alister Hughes, an RAC patrol in Cornwall, remembers an incident from this year where a cat managed to disconnect a battery in a Peugeot van. The curious cat crawled onto the engine, disconnecting the quick release battery terminal in the process. Alister said: "The van wouldn't start, but the biggest giveaway was all the leftover fur and the neighbour telling me they'd been calling their cat the previous evening!"

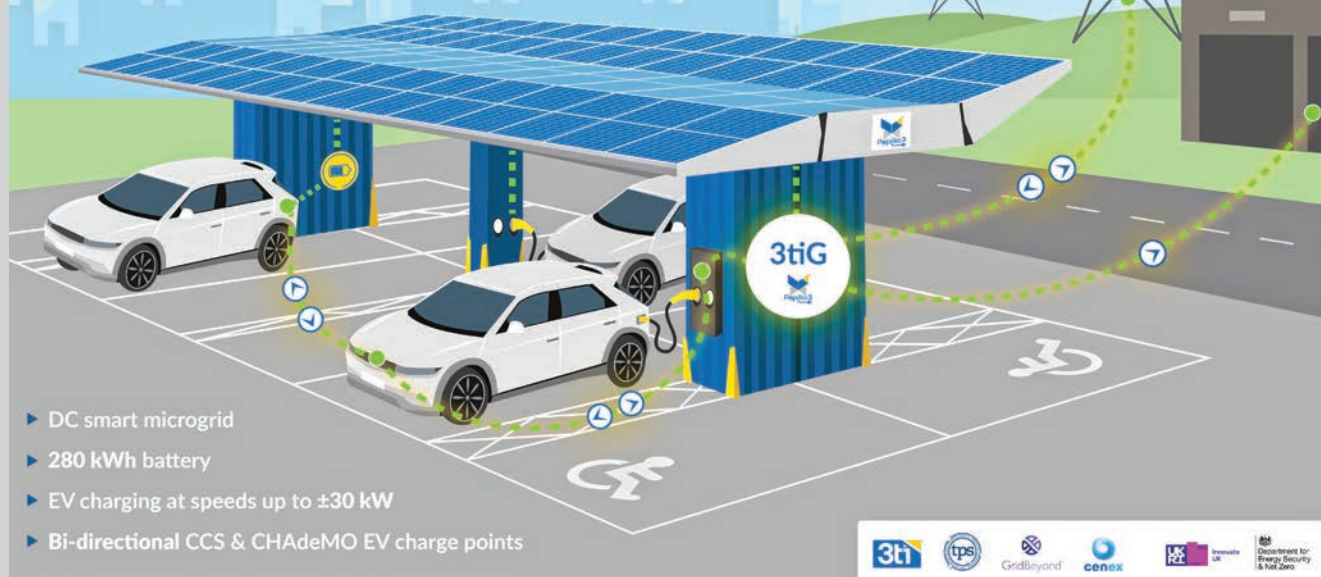
MINIMISING THE RISK

RAC Breakdown spokesperson Alice Simpson said: "Many of us are used to seeing the occasional rat or mouse on the street, but finding one in your car is not only a nasty shock but often the cause of very unwelcome and expensive damage. Unfortunately, incidents like this are more common than drivers might expect, particularly over the winter months when animals look to take shelter from the cold conditions.

"To reduce the risk of animal damage, check your car if it hasn't been driven for a week or more. The best advice is to make sure no food – for pets or humans – is left inside. Also check for unusual smells in the vehicle and be mindful of any dashboard warning lights that don't disappear after a minute or two. Any foodstuff in garages should be kept in airtight containers or locked in metal bins.

"If you suspect your vehicle has sustained animal damage, whether that's chewed cables, clogged air filters or a nibbled diesel priming bulb, you should contact a reputable mobile mechanic or use the RAC's Approved Garage Network to find a local garage that provides quality repairs. Car insurance does cover animal damage, but it's worth checking before you claim to see if the damage justifies the expense."

Government Funding Awarded To Project To Prove EVs Are Assets To The Grid



- ▶ DC smart microgrid
- ▶ 280 kWh battery
- ▶ EV charging at speeds up to ±30 kW
- ▶ Bi-directional CCS & CHAdeMO EV charge points

A consortium of British companies has secured £1,344,552 in government funding to explore how electricity stored in electric vehicle (EV) batteries can be used to smooth out peaks in supply and demand on the UK's electricity grid. 3ti, the UK's leading designer, installer, funder and operator of solar car parks (SCPs), is leading the new project funded by the Department for Energy Security and Net Zero, delivered by Innovate UK. The project is setting out to integrate bi-directional DC charging and the associated power management systems into Papilio3, a pop-up solar car park and EV charging hub. The 'V2X FastHub' project will be a watershed moment for future energy security, providing a clear pathway to help resolve the issue of intermittent supply from renewables by using EV batteries as grid assets.

The project consortium brings together renewable energy experts 3ti with advanced EV power solutions provider Turbo Power Systems (TPS), smart energy company GridBeyond, and EV & decarbonisation experts Cenex, in a 17-month collaboration to deliver a state-of-the-art system, including a six-month real-world demonstration.

3ti will lead the project, delivering a customised Papilio3 with smart grid controls and a 280 kWh DC battery. TPS will harness its DC microgrid systems, managing the bi-directional charging technology through both CCS and CHAdeMO EV charge points, while GridBeyond will oversee energy management and aggregation services through its flexible Energy Management System (EMS). Cenex will host the vehicle trial, which will include the procurement of the trial vehicle fleet, data capture, analysis and final report to Innovate UK.

Specially adapted as a V2X FastHub unit for the project, 3ti's innovative Papilio3 is a smart grid 'in-a-box' that can host up to 12 EVs at a time, housed within an upcycled, rapidly deployable shipping container that can be placed almost anywhere. With a solar canopy and energy storage battery, the system has already delivered in a range of applications for factories, hospitals, leisure centres and council buildings across the UK. For this particular application, Papilio3 will implement a new DC microgrid system – integrating three times faster, bi-directional DC EV charge points with a 280 kWh integral battery storage system and 20 kWp solar roof array.

Through a 'charge-as-a-service' business rental model, the unit simplifies

installation and reduces up-front costs – or the need for long-term commitment. The result is a commercially attractive, replicable and scalable EV charging solution for a multitude of organisations, including medium dwell-time workplaces, destinations, return-to-base fleets and delivery depots. The provision of EV charging at amenity and business locations maximises revenue generation and enables the faster roll-out of EV charging while simultaneously reducing the burden on carbon-intense rapid charging infrastructure.

Mark Potter, CTO at 3ti, said, "Everybody wants more EVs on the grid. They represent a massive scale, distributed energy resource that can be used to balance real-time supply and demand. This project will prove that bi-directional EV charging can work in the real world. Connected EVs will be teamed together to act as virtual power and energy storage facilities, with each car releasing and replenishing its stored energy according to user preferences and grid demand. This generates income and cost savings, which can be passed on to our customers."

Smart Microgrids support a more sustainable and reliable energy transition, helping the UK meet its Net Zero and Energy Security targets. This project will be the first in the world to trial a 12 charge point DC Smart Microgrid for CCS V2X based on ISO15118-20, published in April 2022. Each charge point will also support CHAdeMO for compatibility with existing vehicles. This innovative set-up will provide faster, bi-directional EV charging at speeds up to ±30 kW, with much higher power and round-trip energy efficiency than AC solutions.

Micheal Phelan, CEO at GridBeyond, said, "GridBeyond are delighted to be participating in this innovative, ground breaking project which will help demonstrate the potential of vehicle to grid technology and how it can help support a low carbon grid of the future. We are excited to be working alongside key stakeholders and partners to bring all our expertise together for future market insight

The V2X FastHub project, part of the V2X Innovation Programme, is funded by the Department for Energy Security and Net Zero, delivered by Innovate UK. The V2X Innovation Programme is part of the up to £65m Flexibility Innovation Programme, funded from the £1 billion Net Zero Innovation Portfolio.

URBAN AUTOMOTIVE PREDICTS TOP 5 MODIFICATION TRENDS IN 2024

Urban Automotive, the bespoke modifier of luxury automotive brands, has revealed its predictions for the hottest modification trends of 2024.

The bespoke modification market has seen increased growth in recent years, driven by the rising demand for unique and personalised vehicles. This is set to continue into 2024 and beyond, with car customisation being more widely accepted and desired.

With an international distribution network and associations with top tuning garages around the world, Urban Automotive is at the forefront of the latest trends and is helping to shape the future of the modification landscape.

1. Flat-Faced Alloys

A growing trend in America and slowly filtering onto UK roads, flat-faced forged alloy wheels are a style option that signal a move towards more retro-inspired builds.

2. Pastel Vinyl Wraps

Whilst satin black may still be the most popular vehicle vinyl wrap colour, fashion trends are shifting. For the early adopters, 2024 is all about the pastel aesthetic.

3. Bright Interiors

As pastel exterior colours grow more popular, bright and bold interiors are also predicted to be hot property in 2024.

4. Heritage-Inspired Builds

Restomod-style modifications have grown hugely popular over the last five years, often combining iconic designs with contemporary underpinnings. Urban Automotive's Signature Series often includes a heritage-inspired project or two, with demand for this type of vehicle set to continue in 2024.

5. Visual Carbon Fibre

Urban Automotive kits are centred around the use of carbon fibre, but this year's SEMA show in Las Vegas reflected how the material continues to grow in popularity – with many vehicles effectively showcasing exposed naked carbon body panels to create serious impact.

For more information on Urban Automotive, visit;

www.urban-automotive.co.uk

ISUZU UK LAUNCHES NEW '100 DAYS OF TRADE-INS' CAMPAIGN

For 100 days from 1st January, UK pick up owners can say a fond farewell to their old pick-up and drive away in a new Isuzu D-Max with a fantastic part exchange deal. They'll get all the multi-award-winning substance you'd expect with loads of new-look Isuzu D-Max style, not to mention the 3.5-tonne towing capacity, one-tonne payload and a 5 year/125,000-mile warranty.

The benefits of taking part in the campaign are ensuring the best value by a local Isuzu dealership assessing a customer's pick-up, upgrading to the latest models by trading up to the newest Isuzu D-Max on the market. From the workaday Isuzu D-Max Utility to the top-of-the-range V-Cross models. Customers can also stay connected and entertained with the latest infotainment systems, navigation tools, and smart connectivity features. Plus get best-in-class safety features and a maximum 5-star NCAP rating.

George Wallis, Head of Marketing, Isuzu UK said "Due to a hugely successful 2023, quality used pick-up stocks are low going into 2024. This gives UK pick-up owners the opportunity to maximise their trade in and trade up to a new Isuzu D-Max. Being the pick-up professionals, we are happy to retail any used model. By running the campaign for 100 days provides a long enough window for to replenish our Used pick-up stocks and for customers to take advantage of a great part-ex deal, so it's a win-win situation."

The Award-Winning Isuzu D-Max versatile combination of impressive capability, durability, and reliability, along with a rear differential lock means it can handle any situation. Part-ex vehicles



must be a pick-up and be under 7 years old for a stronger part-ex value.

For full details visit www.isuzu.co.uk/100-days



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Goodwood Announces The Themes And Dates For Its 2024 Breakfast Club Events



Goodwood is delighted to reveal the themes and dates for its highly anticipated Breakfast Club events this year, set to unfold at Goodwood Motor Circuit from May to August.

Sunday 5 May: 100th Sunday

Join them as they celebrate their centennial Breakfast Club by welcoming the cars, bikes and everything else that has made them so special. Expect every kind of car, from supermini to supercar, bikes, buses - you name it. No type of vehicle is unwelcome as the 100th Breakfast Club is celebrated.

Sunday 2 June: Super Sunday

Supercar Sunday? No, SUPER Sunday! This is a morning for all things at the top end of transport. Supercars, hypercars, superbikes, you'll see them all. From Ferraris to Ducatis and Koenigseggs to KTMs.

Sunday 23 June: GRRC Sunday

A morning to celebrate GRRC Members, showcasing the eclectic, broad and brilliant collection of cars and bikes that the club has in its possession. In the last two years, GRRC Sunday has brought together some amazing vehicles and they expect no different in 2024. This Breakfast Club is open to GRRC Members and Fellows only. Join the GRRC to be there.

Sunday 4 August: Classic Sunday

The traditional midsummer celebration of all things pre-tax returns for another year featuring cars and bikes that were registered before January 1 1984. As time moves on, this event only gets more and more interesting.

Now welcoming cars ranging from the classic line of the Jaguar E-type to working-class heroes like the Renault 5 Turbo.

Throughout 2024, Breakfast Club remains dedicated to supporting the Goodwood Estate Charity, Dementia Support. There will be many ways to donate, including participation in the GRRC Sunday Drives, providing visitors with the opportunity to enjoy a passenger ride in their dream car. Additionally, a variety of taster experiences will be on offer, such as off-roading in classic Land Rovers or trying the latest Race Simulators.

Sam Medcraft, Goodwood Motor Circuit General Manager said: "After the sold-out success of our 2023 events, we eagerly anticipate an exhilarating 2024 as we mark the milestone of our 100th Breakfast Club gathering. Witnessing the evolution of this event over the years has been truly fantastic. In addition to the centennial celebration, we are welcoming back our two most popular themes, Super Sunday and Classic Sunday, promising a truly special lineup.

"This year, thanks to the generous support of our Breakfast Club attendees, we have raised over £15,000 for our Estate charity, Dementia Support and we hope to build on this in 2024.

"Breakfast Club continues to be a fantastic family-friendly affair, with complimentary entry for all. We can't wait to welcome everyone back in May 2024!"

To find out more about registering your car for display at Breakfast Club, visit www.goodwood.com/motorsport/breakfast-club/register-your-vehicle.

All attendees require a pre-booked entry ticket, which is free of charge. These will be available on 15th January 2024 via;

www.goodwood.com/motorsport/breakfast-club

Sign up for Breakfast Club updates at;

www.goodwood.com/motorsport/breakfast-club/sign-up/update-sign-up

Squires Cafe

Squires Cafe Bar was originally known as 'Squires Milk Bar' when it first opened back in 1954. Situated in the small town of Sherburn in Elmet in North Yorkshire it quickly became a popular destination for motorcyclists, with many coming from all over Yorkshire, the North of England and all parts of the UK.

Squires Cafe is an ideal venue for all your event requirements, boasting large outdoor capacity that should meet all your needs plus large well equipped indoor facilities that make Squires an ideal year-round venue.

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



A customer reassurance scheme financially backed by the Independent Garage Association (IGA)

WAGGING TALES!



Crufts, World's Greatest Celebration Of Dogs

More than 20,000 dogs will be taking their paws to the NEC in Birmingham for Crufts 2024, which takes place from 7 – 10 March.

Organised by The Kennel Club, Crufts 2024 will run from Thursday and through the weekend, with a four-day action-packed schedule celebrating our four-legged friends and 'all things dog'. The event will showcase over 200 diverse breeds and see dogs from all walks of life put their best paw forward in fast-paced and fun competitions including agility, heelwork to music, flyball and obedience.

The family-favourite Scruffts final sees the nation's pets – who earned their place in heats across the country throughout the year – compete for the 'top dog' title and on Sunday evening, one of five very special finalists will be crowned as the winner of The Kennel Club Hero Dog Award, as voted by the public. Shortly after, following four days of competition, one canine Crufts competitor will put their paws on the coveted Best in Show trophy, which in 2023 was taken home by Orca, the Lagotto Romagnolo, whose 'tail never stops wagging'.

Each day will conclude with one dog earning their place in the Best in Show final on Sunday evening, beginning with the Utility and Toy groups on Thursday 7 March, Gundog group on Friday 8 March, Working and Pastoral groups on Saturday 9 March and concluding with the Terrier and Hound groups on Sunday 10 March.

For the 30th year, the popular Discover Dogs area will be welcoming over 200 different breeds, of all shapes, sizes and personalities, enabling visitors to learn more about the variety of our four-legged friends from

breed experts and see which canine might be the right companion for them.

From discovering the lesser known 'underdogs', like the rare Otterhound, to understanding what the popular family-favourites, like the Labrador Retriever, really need in a home, Discover Dogs is a unique area of the event. Each breed 'booth' can help prospective puppy owners on every step of their journey – from responsible puppy buying tips to day-to-day training and caring requirements.

For those hoping to rehome a rescue dog, The Kennel Club Breed Rescue organisations will also be on hand to provide visitors with everything they need to know about rehoming.

After a successful launch of the Stand Up To Cancer Crufts Walkies Challenge in 2023, which saw dogs and their owners raise an incredible £1.4 million, the challenge will be returning for a second year - encouraging two and four-legged friends to walk 60 miles in April to support life-saving cancer research.

Over 500 stands selling all sorts of doggy delights will cover 25 acres of the NEC at Crufts. The event also showcases a range of dog-focused charities and organisations, including The Kennel Club Charitable Trust, who will demonstrate how dogs can support us, and how we can support them. Many of these organisations will also showcase their work through displays, like the super sniffing Medical Detection Dogs and the brave West Midlands Police Dogs.

The Young Kennel Club, for 6–24-year-olds, and The Kennel Club's

Good Citizen Dog Training scheme, will be running displays and demonstrations in dedicated rings throughout the four days. There is also a Dog Activities ring for those interested in learning more about getting started in activities such as agility, heelwork to music and obedience.

Catherine Guiver, Head of Events at The Kennel Club, which organises Crufts, said: "We are overjoyed to be rolling out the green carpet once again and welcoming thousands of wagging tails to the Midlands.

"It is hard to put into words the unique atmosphere created over four days at Crufts, there really is nothing like the greatest celebration of dogs – the buzz and excitement can be felt the minute you enter the NEC!

"The action-packed schedule ensures a great day out for anyone who loves dogs, from first thing Thursday morning the energy just continues to build in anticipation of the Sunday evening as the arena seats are filled with everyone trying to get a glimpse of the famous Best in Show trophy."

Over the four days Crufts welcomes over 20,000 dogs, 150,000 people and sees over 8 million TV viewers tune into the Channel 4, More4 and All4 broadcast. All the action is also live streamed on the official Crufts YouTube channel.

More information and tickets for the event are available on the Crufts website: Crufts.org.uk. 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 our official ticketing partner, The Ticket Factory (fees apply).

Charities Working Together To Provide Over A Million Meals To The Nation's Pets

Thousands of dogs and cats across the UK have been enjoying nutritious meals at no cost to their owners, through a programme set up by leading animal charities and the UK's biggest food waste charity.

The Pet Food Partnership, comprising Battersea, Cats Protection, Dogs Trust, RSPCA and FareShare, and supported by Petplan, recently passed the significant milestone of one million meals provided to dogs and cats in England, Scotland and Wales.

To date the programme has provided the equivalent of 1,043,095 meals, approximately 154 tonnes of pet food donated by pet food manufacturers across the UK, during a time when many owners are having to cut costs wherever they can, including what they spend on their beloved pets.

Over the last year the cost of living crisis has continued to have an impact on pets and the animal welfare sector, with many dogs and cats being brought to rescue centres by heartbroken owners no longer able to afford to care for them. FareShare has also seen skyrocketing demand for food, with more people needing support to feed themselves and their families as they struggle to make ends meet.

In winter with people facing higher energy bills, the charities fear that many owners will be struggling to cover their living costs. With the programme's pet food continuing to be distributed to those that need it the most, the partnership hopes that this will give pet owners one less expense to worry about.

A spokesperson for the Pet Food Partnership, said: "We know how important pets are to the people that love them, and that many owners would rather go hungry themselves than let their pet go without a meal. We believe no one should ever have to make that choice. That's why we started this



programme – to offer struggling owners a helping hand and fill pet food bowls across the UK.

"While reaching the million meals milestone is a great example of how effective working together can be, it is also a sad indicator of how many owners continue to struggle as a result of rising costs. From the dog owners up in Aberdeen, to the people with cats down in Plymouth, we're here to help keep pets well-fed this winter."

The partnership was created at the end of 2022 with the goal of helping owners struggling to feed their pets during the cost of living crisis. With the

animal charities working together to secure pet food donations from leading suppliers including Mars Petcare, Lily's Kitchen, Pets at Home and Purina, plus additional support from trade industry body UK Pet Food to help co-ordinate and bring in further donations, the food is then distributed to the people and their pets who need it via FareShare's network of over 8,500 community groups and charities across the UK, supported by a generous donation towards transportation costs from Petplan, the UK's number one pet insurer.

Jack Russells Are The Most Popular Dog Breed In Yorkshire, According To A National Survey

New research from pet insurance provider, [Petsure.com](https://www.petsure.com), has revealed why owners chose their particular breed of dog and how they feel that breed fits their lifestyle. The results from Yorkshire-based dog owners in the survey reveal Jack Russell Terriers take top dog spot for popularity, perhaps due to its adaptability to both family homes and rural farms.

The survey of 2,000 UK dog owners, commissioned by [Petsure.com](https://www.petsure.com) and carried out by OnePoll, asked respondents why they chose their breed of dog, with 41% answering 'for their temperament'. Yet a third (30%) admit to choosing the breed 'for their looks', and 25% for the breed's compatibility with their families and children. 37% of dog owners in Yorkshire chose their dog because it was 'cute'.

For Yorkshire in particular, the results show the most popular dog breeds are:

JACK RUSSELL



Jack Russells are associated with being particularly fond of people, especially their owners. Though they are small in appearance, they are extremely active and have bundles of energy.

Missi is a beautiful 6-year-old Lurcher who forms a very strong, loving bond with her family. She needs to get to know you properly before she'll show her true character, but she's well worth the wait. She has a few training needs, so she'll need her humans to continue the fantastic work that the team at Dogs Trust Leeds have been doing with her at the centre. She isn't looking to share with any other pets and prefers to walk in quiet areas where she won't see many dogs, as she can be quite vocal. She needs a calm and predictable home life, so children won't suit her. An adult-only home with a secure garden is a must. She'll need someone around all the time, as she doesn't like being on her own. The team will happily advise on ways to start introducing her to time alone.

Staff at Dogs Trust Leeds commented, "Everyone who knows Missi absolutely adores her! She is a very sweet, loving, and playful girl. She loves lots of attention and will snuggle on the sofa with you all day! She is also great fun to train, and she's already learned lots and would love to learn more. Missi's perfect new family will be active adults who have an interest in dog training, enjoy peaceful walks, and love LOTS of sofa snuggles! All you need to do is give her a little space initially to let her come round in her own time."

For more information on Missi visit:
www.dogstrust.org.uk/rehoming/dogs/lurcher/1218358



LABRADOR

This breed is known for their strong, agile and active nature. They are thought to be family friendly, with a highly intelligent and calm temperament. They're obedient, affectionate dogs that are usually easily trainable.

COCKAPOO

This crossbreed is made up of half Cocker Spaniel and half Poodle, and you'll find them in various colours from white to red. They're chipper, friendly dogs, with plenty of energy which can make them lots of fun to be around.

BORDER COLLIE

Intelligent, speedy and responsive are common characteristics for the Border Collie. Usually famous for herding sheep and cattle, they appear to make excellent working dogs.

COCKER SPANIEL

Commonly known as Cockers, these people-loving dogs are extremely playful, making them great for families with children. These happy, sociable canines are adaptable to their surroundings, but love to stay entertained.

(Information on breeds taken from The Kennel Club, 2023 and the PDSA, 2023 and Purina)

Most Yorkshire dog owners said they got their dog from a local breeder (28%), whereas in the South East, 27% of owners opted to get a dog from a shelter or charity. This differs to those in London, where more people answered that they got their dog from a friend or family member (19%) than any other route.

Dog owners across the nation were asked how much research they did on the dog breed before bringing them home, with 18% of them admitting to not doing very much research before making their choice. 9% said they did no research at all.

22% said they used social media to research their dog's breed, with 10% taking to Wikipedia, the publicly curated platform. The good news is that overall, 97% agreed the research they did was useful before bringing their dog home.

When it comes to Yorkshire folk, 41% conducted a fair amount of research beforehand, though you'll find the biggest researchers in Scotland (60%).

The survey asked UK dog owners whether their experience of owning their dog aligned with reality, with most admitting they were 'not fully aware' of what to expect. Nearly half of dog owners (47%) admitted they weren't sure how well their dog would fit their lifestyle and 48% didn't fully know the costs of vet bills and food.

When it comes to the temperament of their chosen breed, 53% of owners said they weren't completely confident they knew how their

dog may behave. 56% said they were not fully aware of associated breed health problems, such as flat-faced dogs being more likely to have breathing problems.

Only 27% said they now think of themselves as 'very knowledgeable' about the breed of their dog.

34% of UK dog owners said their experience with how their dog breed fits in with their lifestyle was better than they expected. With more of us working from home than ever before, we found that over half (51%) of UK dog owners only leave their dog alone for up to six hours a week which is well within the recommended guidelines of four hours a day.

All dogs can suffer from accidents and unexpected health problems, so it's positive to see 64% of owners said they have pet insurance to help during the times they need it.

But with 36% respondents admitting not having dog insurance, many of these pet owners could be putting their pet's health and their finances at risk. In 2021, the Association of British Insurers (ABI) claims the average vet bill is £848 (The ABI, 2022).

45% of UK dog parents who chose not to take out pet insurance did so because it's too expensive. According to the ABI, the average cost of a pet insurance premium was £327 in 2022 (The ABI, June 2023). Nearly half (49%) of all dogs in London are uninsured, compared to just 35% in Yorkshire.

A quarter of dog owners who don't have insurance believed it wasn't necessary, while 17% of all dog owners found unexpected costs of owning a dog a challenge. Without insurance, dog owners could find themselves out of pocket for treatments and care for their pets as they won't be able to claim money back using their insurance policy.

Expert vet, Dr Scott Miller says: "Whether you're looking to buy or adopt a dog, you need to be responsible. Ethical breeders know so much about the animals they raise, including the good and bad of their health and behaviour. They want them to go to the right homes.

"Lots of people make massive mistakes when choosing a dog. Always think: Is the dog right for the family, or do I just like the look of them or feel sorry for them? Can I afford to look after them? Can I manage the progress and setbacks of training and settling them in?"

Rebecca Gardiner, at [Petsure.com](https://www.petsure.com) adds: "With so much information available online, it can be hard to know who to trust when it comes to choosing the right dog for you and your family.

"Think about seeking help from professional organisations like the Kennel Club, and speaking to current owners of the breed you are interested in. With careful financial planning and being fully informed about the health care needs of different breeds, dog owners can look forward to a long and happy time together with their pet."

Three Overlooked Dogs at Dogs Trust Leeds Waiting For A Home

Do you love cheeky little chaps? Do you enjoy spending lots of time interacting with your dog and going for long countryside walks? Then you will LOVE little Buster! He is a lively 9-year-old Patterdale Terrier seeking a new home where he will be the sole pet, getting all the attention he likes. Buster thrives in a calm, predictable environment, so an adult-only home with few visitors would be ideal. He must have a secure garden for off-lead play and exploration. His home should be in a peaceful location, as excessive noise unsettles him. Buster requires someone around all the time to help him settle in, and any alone time should be introduced gradually. Despite being on lifelong medication, don't let this be a barrier to applying for him, as Dogs Trust may be able to provide support.

Staff at Dogs Trust Leeds commented, "Buster is full of fun and exhibits classic cheeky Terrier personality. With energy for days, he enjoys spending time with friends, whether engaging in fun training or going for long walks. Currently living off-site in one of our wonderful foster homes, Buster is proving to be a superb house guest! While he may not be a lap dog, he expresses affection through playtime, which you'll undoubtedly enjoy too. In essence, if you lead an active life and would appreciate a lively companion like Buster, you could be his perfect match."

For more information on Buster visit:
www.dogstrust.org.uk/rehoming/dogs/terrier-patterdale/1257187



Looking for a super fun and clever Lurcher? Domino is 9 years old and has been waiting to find his forever home since being found as a stray. Due to him being with Dogs Trust Leeds for so long, he'll need someone around all the time initially to help him settle. He should be the only pet in an adult-only home (with no visiting children) and have a secure, private garden with at least a 6ft fence. There should be no dogs next door, as that would distract him too much. Out and about, he can be vocal when he sees other dogs, but he happily wears his muzzle, and his focus training has made him very manageable.

Staff at Dogs Trust Leeds commented, "Domino has absolutely stolen the hearts of all his handlers here at the centre! With his friends, he is lots of fun, very playful, and is becoming more and more affectionate too! He's got a super smart brain and loves doing his training. Being very food-oriented means doing more fun training with him will be a doddle, as he gets so much out of it. He loves his walks in quieter areas where he won't see other dogs and travels well, so he won't mind being driven to more peaceful walking spots. Domino is doing really well with all his training and has even been working on his doggy socialisation, so we know that in the right home, he will thrive. He just needs someone to give him the chance he deserves."

For more information on Domino visit:
www.dogstrust.org.uk/rehoming/dogs/lurcher/1147941





Dentist Debunks Popular Oral Care Myths

Oral health is a topic that has been shrouded in myths and misconceptions for years. From old wives' tales to internet rumours, it's easy to get confused about the best way to look after your smile.

Thankfully, dentist Dr. Elham Kordrostami at PAIST, the UK's first 100% plastic-free toothpaste tube has shared some of the most common oral care myths and replaced them with evidence-based truths. It's time to set the record straight and ensure you're on the right track to a healthier smile.

"You Should Brush Your Teeth After Every Meal."

While it might seem like a good idea to brush your teeth right after eating, it's not always the best approach. After you eat, due to many reasons the broken-down food can make your mouth more acidic, meaning brushing your teeth immediately after eating can weaken your tooth enamel. Dr Kordrostami recommends waiting at least 30 minutes before brushing as this allows your enamel to reharden, making it safe to brush.

"Rinsing With Mouthwash Is A Suitable Replacement For Brushing."

Mouthwash should not replace brushing; instead, it should complement your oral care routine. According to Dr. Kordrostami, if you choose to use mouthwash, incorporate it between meals for added freshness, but avoid using it immediately after brushing. It's important to note that relying solely on mouthwash is insufficient for maintaining healthy teeth and gums, and dentists do not recommend it. The traditional toothbrush and floss remain essential for maintaining your oral health, as they effectively remove plaque and food particles. When selecting a mouthwash, opt for one without alcohol to prevent potential irritation.

"Brushing Your Teeth Harder Cleans Them Better."

Some people think that brushing vigorously with a hard-bristle toothbrush will clean their teeth better. However, this can damage your tooth enamel and

gums. It's best to use a soft or medium toothbrush and brush gently. Zealous brushing can wear down the enamel, leading to yellow teeth in the long run and increased sensitivity of your teeth. It can also cause gum recession.

"All Toothpaste Tubes Are Recyclable."

Not all toothpaste tubes are made from recyclable materials. Traditional toothpaste tubes are often made from a combination of materials that can be difficult to recycle. With 300 million plastic toothpaste tubes ending up in landfills every year, PAIST is committed to providing a fully recyclable alternative. Unlike traditional plastic toothpaste tubes, PAIST is 100% plastic-free, and is made from infinitely recyclable metal – cap included.

"Sugar Free Drinks Are A Safe Option For Your Teeth."

While sugar-free drinks don't contain the sugars that can directly contribute to tooth decay, they can still be harmful to your teeth. Many sugar-free drinks are acidic, which can weaken tooth enamel over time. So, it's essential to be mindful of the acidity and other potential tooth-damaging components in these beverages and consume them in moderation. Dr. Kordrostami advises using a straw when drinking anything other than water or milk to minimise potential damage to your teeth.

"Flossing Isn't Important."

Flossing is a crucial part of maintaining good oral hygiene. Brushing alone cannot effectively remove all the food particles and plaque build-up from between your teeth and along the gumline. Flossing helps to clean these hard-to-reach areas, preventing gum disease and cavities. Dr Kordrostami recommends flossing at least once a day to maintain optimal oral health. If you don't floss, you're missing cleaning 40% of your tooth surfaces. Most dental problems occur in between teeth due to the lack of flossing.

"You Should Rinse With Water Or Mouthwash After You Brush."

You should not do this. Follow the "spit don't rinse" rule. After brushing, spit out excess toothpaste but do not rinse with water or mouthwash. Rinsing immediately removes the beneficial ingredients from the toothpaste, and by not washing them away, you allow these ingredients more time to work effectively.

"Fluoride Is Bad For Your Health."

Fluoride, when used in recommended amounts as directed by dental professionals, is safe and effective in preventing tooth decay. There is no scientific evidence to support the claim that fluoride in toothpaste or water is generally bad for your health.

Two Digital Technologies, Rehabilitation Programmes For People With COPD

More people with chronic obstructive pulmonary disease (COPD) could soon access rehabilitation programmes after draft guidance from NICE conditionally recommended two technologies to provide digital services to NHS patients.

According to NHS Digital, approximately 1.17 million people in England have been diagnosed as living with COPD in 2021. It is estimated that a further 2 million remain undiagnosed.

COPD is a long-term and progressive respiratory condition that causes breathlessness, a persistent chesty cough, persistent wheezing and frequent chest infections. COPD includes chronic bronchitis and emphysema.

Respiratory tract infections, smoking, and environmental pollutants can cause symptoms of COPD to exacerbate or "flare up" and result in increased breathlessness or coughing, leading to urgent hospital care for some people.

Exacerbations caused by COPD are the second most common cause of emergency hospital admissions, accounting for 1 in 8 of all UK hospital admissions.

Evidence suggests that 90% of patients who complete a face-to-face pulmonary rehabilitation programme experience increased exercise capacity and improved quality of life. However according to the NHS Long Term Plan, they are currently only offered to 13% of eligible patients, with a focus on those with more severe COPD.

NICE's medical technologies advisory committee has recommended two digital technologies– myCOPD and SPACE for COPD – to deliver pulmonary rehabilitation which are exercise and education programmes for people with COPD.

Both digital technologies offer exercise programmes and education sessions to help with people with COPD manage their own condition in a place and time of their choosing.

The two digital platforms could be appropriate for those people who do not have a service where they live, do not wish to be seen in person, or would prefer not to be treated in person for convenience.

The committee agreed with experts that the two digital programmes would not replace face-to-face pulmonary rehabilitation in the care pathway.

Mark Chapman, interim director of the Health Technologies Programme at NICE, said: "There is a huge unmet need for access to pulmonary rehabilitation programmes by people with COPD. Our committee hopes by recommending two digital technologies which provide these programmes they could help people living in areas without access to an in-person service to receive the vital care they need.

"With more than a million people suffering from this debilitating condition, it's important that NICE continues to focus on what matters most and continue to provide useful and useable guidance for the conditions which severely impact people and the health service."

It is recommended the two digital technologies are used by the NHS whilst further evidence is generated to address evidence gaps. There are no safety concerns with delivering pulmonary rehabilitation programmes via the digital technologies. These technologies can be used once they have appropriate regulatory approval and meet the standards within NHS England's Digital Technology Assessment Criteria.

A consultation has now begun on the recommendations and comments can be submitted via [nice.org.uk](https://www.nice.org.uk) until Wednesday 10 January 2024.

New Cholesterol Treatment Target For Cardiovascular Disease

Up to 2.1 million people with cardiovascular disease (CVD) could benefit from a new cholesterol target outlined in NICE guidance for the first time.

Updated final guidance published recently introduces a new target for

cholesterol levels for people who have had a heart attack or stroke to reduce the risk of them having another.

CVD is the cause of 1 in 4 deaths in England. Secondary prevention is treatment for people who have already had an adverse health incident because of CVD, such as a heart attack or stroke.

The guidance recommends that if statins alone are not sufficient to reach the blood cholesterol target in an individual, then clinicians can consider additional treatments, following a conversation on the risks and benefits with the patient.

The guidance recommends that for secondary prevention of CVD clinicians aim to keep patients' low-density lipoprotein (LDL) cholesterol levels at 2.0 mmol per litre or less, or non-HDL cholesterol levels of 2.6 mmol per litre or less.

It is estimated that 2.6 million people in England have CVD with around 2.1 million prescribed cholesterol lowering therapies to help treat and manage elevated cholesterol associated with the condition.

It is estimated that by increasing the number of people reaching the 2.0 mmol per litre or less LDL target, many more health incidents can be avoided, including strokes, heart attacks, and premature deaths.

The potential benefits of implementing these recommendations will vary according to how many people with uncontrolled CVD take additional treatments to reduce their cholesterol. NICE estimates there could be between 50,000 and 145,000 fewer CVD events over 10 years.

Professor Jonathan Benger, NICE chief medical officer said: "Improving the control of cholesterol in a larger number of people will further reduce deaths from heart attacks and strokes. This guideline will help clinicians talk through the options with their patients to achieve the best outcomes.

"We are focussed on providing useful and useable guidance for healthcare practitioners to help them and their patients make informed choices about their long-term healthcare."

Monitoring of cholesterol levels usually takes place in primary care and the decision to prescribe an additional treatment will be taken by a GP and other primary care clinicians in discussion with the patient.

Cholesterol management pathways will be updated to ensure they are aligned with the updated guidance in discussion with NHSE and the Health Innovation Network.

Additional Funding Released For Airedale Hospital Rebuild



The Department for Health and Social Care has announced that additional funding will be released in the 2023/24 financial year for Airedale NHS Foundation Trust as part of the New Hospitals Programme, which will see Airedale Hospital rebuilt by 2030.

The additional funding will go to the enabling works that will be necessary to prepare the site for construction.

It was initially announced last May that the Government's New Hospital Programme would see Airedale rebuilt by 2030, backed by over £20 billion of investment in hospital infrastructure across the programme.

This will ensure that Airedale can continue to deliver lifesaving care in a new, world-class facility for decades to come.

Julian Smith CBE, MP for Skipton & Ripon said, "Airedale Hospital being included in the New Hospital Programme is a massive win for residents across the Craven-area.

"Patients deserve access to exceptional care and our fantastic doctors, nurses and NHS staff deserve to work in a world-class environment.

"This latest news shows the continued progress the Department is making, and I look forward to further developments in due course."

Health Leaders Raise Concern Over Increased Risk Of Measles Cases

Health leaders in Humber and North Yorkshire are raising concerns over the potential spread of measles this winter.

And they're encouraging people to speak to their GP practice about getting up to date with their vaccinations, including the Measles Mumps and Rubella (MMR) vaccine.

Data from the UK Health Security Agency shows there has been a steady rise in measles cases.

It recently published a measles risk assessment which concluded that although the risk of a UK-wide measles epidemic is considered low, a measles outbreak of between 40,000 and 160,000 cases could occur in London, due to lower uptake of the MMR vaccine in the capital.

Increasing uptake in the MMR immunisation programme to meet the World Health Organisation (WHO) target of 95% coverage with two doses of MMR vaccine by age five years is essential to maintain measles elimination status for the UK and prevent measles outbreaks from occurring.

Latest figures show only 84.5% had received a second shot of the MMR jab in England – the lowest level since 2010-11.

Jack Lewis, consultant in public health with the Humber and North Yorkshire Health and Care Partnership, said: "Measles is more than just a rash. It is highly infectious and we're seeing cases on the rise.

"If you are not protected and you have even a passing contact with someone who has measles, there's every chance you will become infected too.

"There is no treatment or cure for measles, but the MMR vaccine offers excellent protection against this dangerous disease."

Measles is highly infectious and can lead to serious health complications, particularly in immunosuppressed individuals and young infants. It is also more severe in pregnancy, and increases the risk of miscarriage, stillbirth or preterm delivery.

Between 1 January and 30 September 2023, there were 149 laboratory-confirmed measles cases in England – compared with 54 in the whole of 2022.



The Government has delivered on its manifesto pledge to recruit an additional 50,000 nurses six months ahead of schedule.

As of September 2023, there were 51,245 additional nurses in the NHS compared to 2019, bringing the total number of NHS nurses to 352,000.

With the largest ever sustained growth in the NHS nursing workforce, the new nurses will be able to assist in providing hundreds of thousands of additional appointments, drive waiting lists down, and improve patient access to vital healthcare services.

This means that the North East and Yorkshire will be able to benefit from an additional 7,006 nurses, a 14% increase from those available in 2019.

The NHS Long Term Workforce Plan will build upon this achievement. With £2.4 billion in funding over the next five years, the plan will nearly double the number of adult nurse training places for the NHS by 2031. This will mean around 24,000 more nurse and midwife training places.

The combined measures the Government is taking to increase NHS funding, retain NHS workers, and recruit new staff will see at least an extra 170,000 nurses in place to assist patients by 2036/37.

Julian Smith CBE, MP for Skipton & Ripon said, "It is excellent news that people across Skipton and Ripon will get better access to NHS services as a result of the recruitment of these new nurses."

"It is vital that we continue to provide funding to train new nurses to ensure that people get the healthcare they need."

"I am glad that there is a plan in place to expand the nursing workforce even further and look forward to seeing the results of these initiatives."

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New Personalised Therapy Improves Survival For Patients With CLL Leukaemia

Personalised treatment for the most common form of adult leukaemia helps patients survive for longer and stay in remission, a phase III trial has found.

The trial, by the University of Leeds, has been identified as groundbreaking research by the New England Journal of Medicine and the 65th American Society of Hematology (ASH) Annual Meeting and Exposition in San Diego, where the results were presented.

The data shows that the duration of therapy can be individualised for each patient by using regular blood tests to monitor their response. In the trial, this approach resulted in significant improvements in both progression-free and overall survival in patients with previously untreated chronic lymphocytic leukaemia (CLL). The effect was stronger among patients with poorer outcomes to standard treatments, such as those with some genetic mutations.

Adult patients were given a combination of cancer growth blocking drugs over varied durations depending on how rapidly their disease responded.

The trial found that this approach significantly improved progression-free and overall survival compared to the standard treatment for CLL, with more than 19 in 20 patients in remission three years after starting treatment.

The study, named FLAIR, is a phase III randomised controlled trial for untreated CLL, taking place in more than 100 hospitals across the UK. It was funded by Cancer Research UK, Janssen Research & Development, LLC, and AbbVie Pharmaceutical Research and Development.

Chronic lymphocytic leukaemia is a type of cancer that affects the blood and bone marrow. It cannot usually be cured but can be managed with treatment. More than nine in 10 people are aged 55 and over when they are diagnosed.

Current treatments include chemotherapy, immunotherapy, or cancer growth blockers.

The FLAIR trial tested cancer growth blockers called Ibrutinib and Venetoclax (I+V). Also known by the brand names Imbruvica and Venclaxta, these are usually administered either continuously or for the same fixed duration rather than tailored to each patient's response. This means that many patients may stop treatment too early and don't get the full potential benefit from their therapy or continue therapy for longer than necessary. This could lead to a greater chance of relapse of their leukaemia and/or of treatment side effects.

FLAIR researchers aimed to discover whether it was possible to personalise I+V treatment duration for patients based on regular blood sampling and / or bone marrows, and whether this was as effective or better than standard treatment (FCR).

This regular blood and bone marrow monitoring gave researchers a more up-to-date picture of how patients were responding to I+V, and meant that the duration of I+V treatment could be tailored accordingly to each patient. In addition, it was found that basing the duration of treatment on less invasive, quicker blood samples was just as effective as using bone marrows, which can be painful and sometimes require sedation.

FLAIR was launched in 2014, recruiting 1,509 patients with CLL. They were randomised to four treatment groups, each receiving a different treatment.

This part of the FLAIR trial compared two of the groups, placing 260 patients on I+V and 263 on the standard treatment, known as FCR. Almost three quarters were male, which was to be expected as CLL occurs more frequently in males. The average age was 62, and just over a third had advanced disease.

At the end of this stage of the trial, 87 patients had seen their disease progress, 75 of which were on FCR, and 12 on I+V.

To date, 34 of these patients have died during the trial. Of these, 25 were treated with FCR and only nine with I+V.

The patients on I+V underwent blood tests and bone marrows to monitor their response to treatment. The technique used is known as measurable residual disease (MRD) which allows clinicians to see the number of remaining cancer cells. The number of cells may be so small that the patient is asymptomatic. An MRD positive test result means that there are remaining cancer cells.

The research team now hope that this more personalised therapy approach, guided by blood test monitoring will be adopted as a new standard of care for patients needing first line CLL treatment.



Smokers Encouraged To Quit This New Year For Their Health

The NHS has launched a brand new smokefree campaign to encourage all 5.3 million smokers in England to make a quit attempt this January not only for their health, but also to help ensure young people are not being influenced to start smoking.

In a hard-hitting campaign film, former England goalkeeper and ex-smoker David James joins a number of other ex-smokers to discuss the influence their parents' smoking had on them taking up the habit themselves and how being around children was their motivation to quit.

Research lays bare the stark reality - teens are more than 3 times as likely to smoke if their parents, caregivers or friends do. In a new, poignant film released, the former England goalkeeper discusses how his family members and friends smoked around him when he was a youngster, which led to him taking up the habit. In the film, he describes how smoking impacted his performance on the football world stage.

The UK is now in the lead to be the first country in the world to create a smokefree generation by phasing out the sale of tobacco, and is set to introduce a new law to stop children who turned 14 in 2023 - or are younger - from ever legally being sold tobacco in England.

Three-quarters (76%) of people in England support the principle of creating a smokefree generation a YouGov survey - commissioned by campaign group Action on Smoking and Health (ASH) - has found, with only 9% opposing. Support for creating a smokefree generation is similar regardless of age or region.

Former England goalkeeper, David James, said:

I smoked for about 15 years and at the time, it was normal. My mum smoked, my friends smoked, it was around me. It didn't take long for me to be hooked.

Looking back, it had a huge impact on my health and performance at the time, I wish I never started.

My health, my children and my fans were huge motivators for me to quit - I didn't want younger people to see me smoking and think it was okay.

David James is joined by a number of other ex-smokers in the film to discuss the influence their parents' smoking had on them taking up the habit themselves.

They are accompanied by Nick Hopkinson, Professor of Respiratory Medicine at Imperial College London, who was involved with the UK Millennium Cohort Study research, and TV doctor, Dr Sarah Jarvis, who talks through the wider impact of generational smoking.

Chief Medical Officer for England, Professor Sir Chris Whitty, said:

Smoking causes a range of diseases that affect people throughout their lives.

Stopping people becoming addicted to smoking and helping those who have been addicted to quit are 2 of the most important measures we can take to improve health.

Quitting will improve your health whatever your age and no matter how long you have smoked, it's never too late to stop.

The government continues to go further and faster to support people to quit smoking. Under the world-first Swap to Stop scheme, the government has so far received requests from local authorities nationwide for an unprecedented 259,000 vapes.

Vaping is rightly used by adults as a tool to quit smoking, but the health advice is clear: if you don't smoke, don't vape - and children should never vape.

As part of the scheme, almost 1 in 5 of all smokers in England will be provided with a vape starter kit alongside behavioural support to help them quit the habit. This is part of a series of new measures to help the government meet its ambition of making England smokefree.

Public Health Minister, Andrea Leadsom, said:

"Smoking is the biggest preventable killer in the UK and places a huge burden on our NHS.

Cigarettes are responsible for 64,000 deaths a year in England alone - no other consumer product kills up to two-thirds of its users.

That's why we need to act now to prevent our children from ever lighting one. Our historic Tobacco and Vapes Bill will protect the next generation from the harms of smoking and risk of addiction.

Smoking is still the single largest preventable cause of death in England. Almost every minute of every day someone is admitted to hospital with a smoking-related disease.

Smoking costs the economy and wider society £17 billion a year. This includes an annual £14 billion loss to productivity, through smoking-related lost earnings, unemployment and early death, as well as costs to the NHS and social care of £3 billion. This is equivalent to the annual salaries of over half a million nurses, 390,000 GPs, 400,000 police officers, or 400 million GP appointments.

Reducing the prevalence of smoking will reduce those costs, lower pressure on the NHS and help the economy become more productive.

Professor of Respiratory Medicine at Imperial College London, Nick Hopkinson, said:

We know that most people who smoke start as teenagers, and taking up smoking at a young age is linked to a greater risk of health problems later in life.

Our research shows that the influence of family and friends is a significant driving force in young people taking up cigarettes in the first place, making them more than 3 times as likely to start smoking if their parents, caregivers or friends do.

We must do what we can now to ensure our children are the first smokefree generation.

Research suggests that people who start smoking under the age of 18 have higher levels of nicotine dependency and are less likely to quit smoking later in life. Imperial College London's analysis of UK Millennium Cohort Study data also found that 1 in 10 (10.6%) teenagers were regular smokers at the age of 17 - this equates to approximately 160,000 young people in the UK being regular smokers by the age of 17.

Currently, 4 in 5 smokers start before the age of 20 and smoking from a younger age is linked to being more likely to smoke in later years. This has a significant lasting impact, as someone who quits before turning 30 could add 10 years to their life.

TV doctor, Dr Sarah Jarvis, said:

Smoking is highly addictive, particularly for our children. We know that most smokers start in their youth and many want to quit - but the addictive nature of cigarettes means they cannot.

But there's help available for those looking to stop smoking. The NHS has a range of free support, including local stop smoking services.

Better Health offers a range of free quitting support, including a local stop smoking services look-up tool, as well as advice on stop smoking aids including information on how vaping can help you quit smoking.

For free support to quit this January, search 'Smokefree'.

YouGov survey information

The total sample size of the YouGov survey was 3,533 adults. Fieldwork was undertaken between 15 and 17 November 2023. The survey was carried out online by YouGov. The figures have been weighted and are representative of all adults in England (aged 18 and over).

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QUIZTIME

WELCOME TO OUR QUIZ PAGE

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

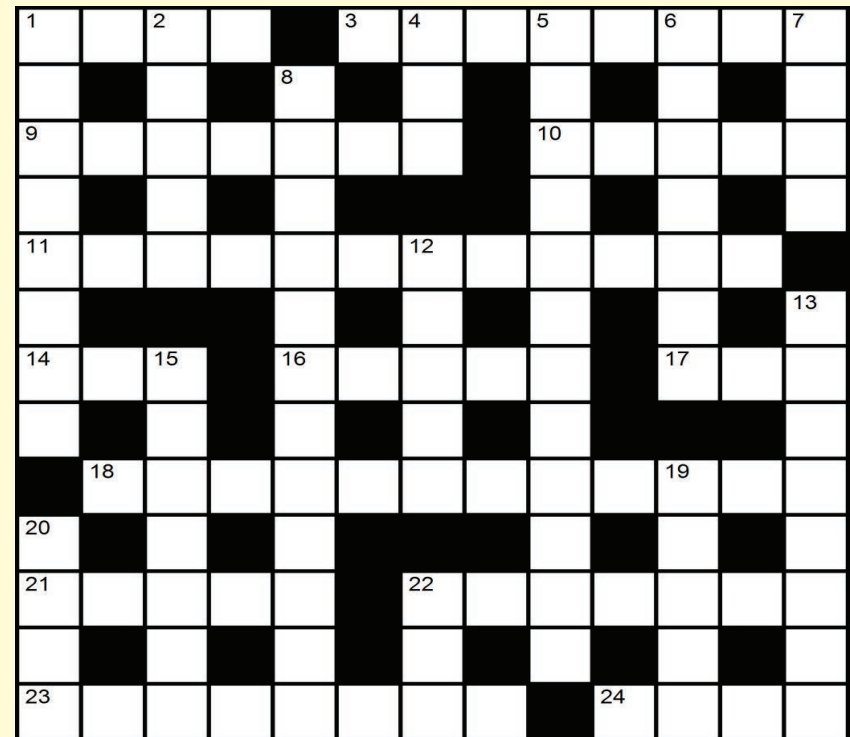
Make sure to pick up next month's issue for all this month's answers & solutions.

Wordsearch

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

- ALCOHOL
- CELEBRATIONS
- CHEERS
- COUNTDOWN
- FAMILY
- FIREWORKS
- FRIENDS
- GAMES
- HOLIDAY
- JANUARY
- MUSIC
- NEW YEAR
- RESOLUTIONS
- TOAST
- TRADITION

Crossword



Clues:

Across

- 1 Stop
- 3 Candid
- 9 Organize
- 10 Monarch's headgear
- 11 Directions
- 14 Training hall
- 16 Came to
- 17 Snow runner
- 18 Unintentionally
- 21 Maturing
- 22 Incomplete
- 23 All the people
- 24 Eons

Down

- 1 Page titles
- 2 Noblemen
- 4 Foot digit
- 5 Building design
- 6 Gardens of an estate
- 7 Aquarium
- 8 More
- 12 Within walking distance
- 13 Bikes
- 15 Engine
- 19 Fibbing
- 20 Battering wind
- 22 Secure ATM code

HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?

1 - Set to return for it's 45th year, when will the RSPB's Big Garden Birdwatch take place in January?

3 - Who has declared 2023 the 'Unofficial Year Of The Rat'?

2 - Who are playing the O2 in Leeds on February 13th?

4 - What is the most popular dog breed in Yorkshire, according to a national survey?



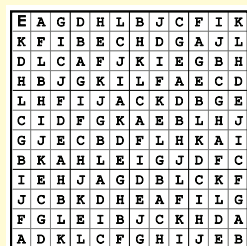
WIN A ME & THEE CARD, EE LAD THA'S ANSOME MUG & COASTER OR EE LASS THA'S GORGEOUS MUG & COASTER FROM THE GREAT YORKSHIRE SHOP - P29

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!



December edition answers

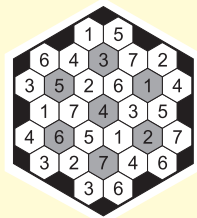
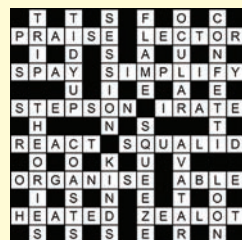
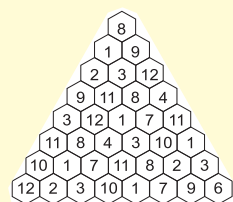


How Much Info Have You Retained answers:

- 1. In the Swiss Alps
- 2. Masham, North Yorkshire
- 3. 1. What Colour Jewellery Do They Like?, 2. Do They Have A Gemstone Preference Or Stone Colour Preference?
- 3. Finally What Interests Does The Person You Are Buying For Have?
- 4. Dogs Trust Leeds

Drop Quote Answer:

For a time I believed that mankind had been swept out of existence, and that I stood there alone, the last man left alive



Word Scramble:

- 1. Ueshima Coffee
- 2. Beast Labs
- 3. Gel Blaster Surge
- 4. Tamagotchi Original
- 5. Mood Bears
- 6. Squishmallows Pet Bed
- 7. How Did Life End Up With Us
- 8. Gillian Young
- 9. Wire Fox Terrier
- 10. Shackletons

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To enter go to page 28 and answer the 'How much info have you retained' questions then;

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Swing into Christmas tickets - *Peter Halmshaw*

Carpenters At Christmas tickets - *Joanne Torrance*

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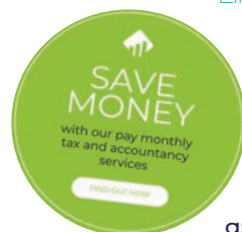


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