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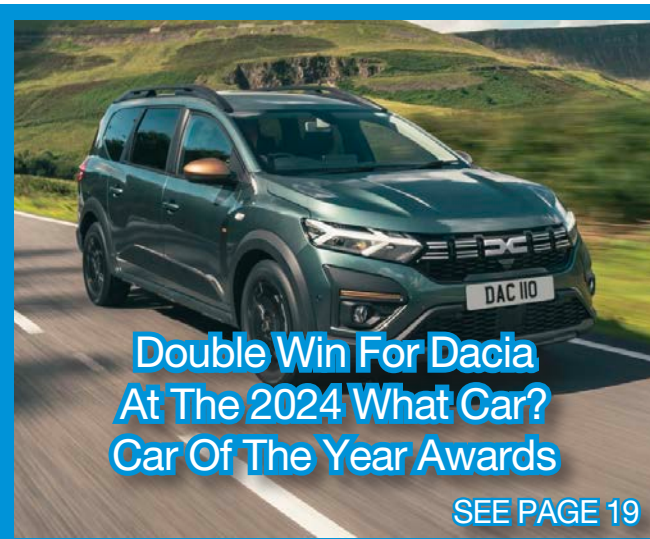
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Development Of Beccs At Drax Power Station



Projected To Save UK £15bn And Offset Carbon Emissions Equivalent To Taking 3 Million Cars Off The Road

New analysis by Baringa and commissioned by Drax Group (Drax) - **The Value of BECCS at Drax Power Station - finds that Drax's proposals for bioenergy with carbon capture and storage (BECCS) could save the UK up to £15bn in whole economy costs between 2030 and 2050.**

This saving is equivalent to around £700m per annum, or £25 per household per year, and could help provide a more efficient pathway to meeting the UK's Net Zero targets.

BECCS is currently the only credible technology that can create carbon removals while also supporting UK energy security by generating renewable electricity. Drax could initially convert two of its generating units to the technology at its North Yorkshire site.

Baringa's findings demonstrate that without BECCS at Drax, meeting carbon reduction targets is more complicated and expensive for the UK Government and carbon savings would be needed in other sectors. Including, for example, investment in synthetic natural gas production facilities costing £8.5bn, committing to 735,000 more heat pumps beyond existing stretch targets, costing £5bn, amongst other measures.

Will Gardiner, CEO Drax Group, said: "Climate change is the greatest challenge we face and the UK needs to use every option available to reduce carbon emissions and reach Net Zero as urgently as possible.

"This research shows BECCS at Drax Power Station offers the most cost-effective, straightforward and efficient way to help the country meet climate

targets and could save billions of pounds, remove millions of tonnes of carbon from the atmosphere and support the UK's energy security.

"To hit the UK's annual carbon removal target, we need to build BECCS at Drax Power Station. Policy support for deploying BECCS grew in 2023, including the publication of the Biomass Strategy, and we believe that we will see the launch of a consultation on the bridging mechanism shortly."

With around 7 GW of nuclear and coal capacity expected to close between 2024 and 2030, and growing uncertainty around timelines for new nuclear deployment, Baringa's research underscores the critical role of Drax in delivering both cost effective energy security today and following potential BECCS conversion, in the future. The power station generates around 4% of the country's power and 9% of its renewable electricity by output.



Control room at Drax Power Station

The report also shows that the implementation of a bridging mechanism between the end of Drax's renewable contracts in 2027 and the potential start of BECCS operations could save around £2bn over the period, if gas prices remained similar to the current winter period. This is the equivalent to reducing each UK household's yearly energy bills by £5. Under Baringa's model, if gas prices spiked over one winter period, as they did in 2021/22, then the mechanism could save households around £3.5bn in one winter period alone.

Drax investment in UK BECCS could also deliver up to 10,000 high-skilled jobs across the UK at the peak of the project's construction, as well as safeguarding up to 7,000 direct and supply chain jobs.

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West Yorkshire Mayor To Hold Question Time Events Across Region



Members of the public have the chance to put their questions directly to the Mayor of West Yorkshire in a series of new Question Time events.

Mayor Tracy Brabin has hosted the first in-person event at The Hepworth in Wakefield, with further sessions taking place across the region this month.

Hosted by award-winning journalist Charlotte Leeming, the Mayor will face questions about issues that affect the 2.3 million people living in the region.

Mayor of West Yorkshire Tracy Brabin said:

“Having the opportunity to meet elected leaders, ask us questions and hold us accountable is vitally important for our democracy.

“This is your chance to ask me about the things that matter to you.

“Hearing directly from the people I represent at these events will help me on my mission to build a brighter West Yorkshire that works for all.”

Participants can ask the Mayor about anything that falls under her remit, including transport, housing and planning, and finance powers.

The Mayor will visit the Piece Hall in Halifax on February 5 and Nexus in Leeds on February 22.

Deputy Mayor for Policing and Crime, Alison Lowe OBE, will also attend the free West Yorkshire Mayor's Question Time events to answer questions.

The added scrutiny comes as the Mayor and West Yorkshire Combined Authority seek to gain further devolved powers from the Government, including new powers over business support, careers and skills services, local transport and retrofit programmes.

Charlotte, a journalist of more than 20 years' experience at the BBC, said:

“These are important and informative events where people from across West Yorkshire have an opportunity for their voices to be heard.

“As an independent journalist, it's my role to ensure these are robust, rigorous and valuable discussions around the issues that really matter to people in their daily lives.”

Ticket must be booked in advance - these can be found by visiting wymqt.eventbrite.co.uk, searching 'your voice West Yorkshire' or calling 0113 245 7676 (MetroLine).

Each event will run from 7.30pm – 9pm.

Help Shape Plans To Improve Walking, Cycling And Public Transport Along Woodhouse Lane



A public consultation has been launched asking people for their views about transport options between the centre of Leeds and the Hyde Park and Woodhouse areas of the city.

People are being asked to identify current issues, the changes they would like to see, and which proposed improvements should be prioritised as part of the scheme, which is a 2km section of route along Woodhouse Lane and Albion Street from St Mark's Road to the Headrow in the city centre.

The scheme also covers the southern end of the A660, which links the city centre to Hyde Park and Headingley.

The area is home to three of the city's universities, as well as leisure and hospitality businesses, such as The Light, Merrion Centre and St John's centre.

It is a popular route from the city centre to surrounding neighbourhoods, including those as far north as Adel, Cookridge and Bramhope.

Councillor Helen Hayden, Leeds City Council's Executive Member for sustainable development and infrastructure, said:

“The Woodhouse Lane Gateway is a busy route serving the city centre and neighbouring areas of Hyde Park and Woodhouse. We already know that lots of you travel in sustainable ways along the route, and we want to make it safer and easier to do so.

“We are committed to eliminating road deaths and serious injuries on Leeds roads by 2040 as part of our Vision Zero strategy, and this is just one of our schemes that aims to make it safer for people to walk, wheel, or cycle to get around.

“I'd urge everyone to have their say in the consultation. By letting us know what issues you experience along the route, we'll be able to prioritise the improvements to make it a safer, more welcoming space for everyone.”

This scheme is being developed by Leeds City Council in partnership with the West Yorkshire Combined Authority.

Tracy Brabin, Mayor of West Yorkshire, said:

“We are investing in improvements to walking, cycling and bus routes around Woodhouse and into Leeds city centre.

“I'd urge people to have their say and help us shape these plans as we create a better-connected West Yorkshire.”

The Woodhouse Lane Gateway is a popular route for students and is already heavily used by people walking, cycling and using the bus.

The area, however, suffers from congestion, which can delay bus journey times and it can be difficult to travel along the route on foot or by bike.

It also suffers from a high casualty rate with 98 reported casualties happening along roads within the Woodhouse Lane Gateway boundary since 2016, including 23 serious collisions.

The council and the West Yorkshire Combined Authority will use people's feedback to develop plans for a safer and more welcoming area. These plans will go out to further public consultation later this year.

Residents, businesses and anyone who uses the route are encouraged to have their say before the consultation closes at 11.59pm on Monday 19 February.

Find out more information and complete a short 10-minute survey at woodhouselanegateway.commonplace.is.

Papersurveyscanberequestedvia connectingleeds@leeds.gov.uk or 0113 336 8868.

Council's Continued Crack Down On Fly Tipping Pays Off

Leeds City Council's continued crack down on fly tippers is paying off, with the government's annual fly tipping statistics published reporting a 15% reduction in reported fly tips in Leeds during 2022/23, compared to an overall national reduction of 1%.

Although fly tipping remains a problem, and still affects neighbourhoods in Leeds, the formation of the council's serious environmental crime team in 2022 is having a significant impact in the fight against fly tipped waste.

The team was established in 2022 with the remit to target, investigate and prosecute organised and industrial-scale environmental crime. With a focus on tackling repeat offenders and illegal waste carriers, who are responsible for a significant portion of fly tipping in Leeds.

The team has successfully taken 34 cases to court, securing custodial sentences and large fines for fly tippers guilty of blighting

communities across Leeds. In addition to this, numerous vehicles involved in environmental crime have been taken off the road, with 10 being crushed in the last 12 months alone.

Councillor Mohammed Rafique, Leeds City Council's executive member for climate, energy, environment and green space, said, “While fly tipping is a national problem, I am proud of the work the council is doing to tackle fly tipping in Leeds. I am also very grateful to those residents who are playing their part too; whether taking extra care to check who takes their waste away or providing important information to help us track and convict fly tippers.

“We have been clear that we will always take swift action to limit the ability of criminals to fly tip in Leeds, and it is welcoming to see our approach be vindicated in the recent government data. However, we are not complacent, and the message remains to those who commit environmental crime, we will find you and you will be prosecuted.”

Leeds City Council's advice to residents is please don't give your waste - including any scrap metal, to anyone without checking their credentials including:

- Their waste carriers license Waste Carriers, Brokers and Dealers (data.gov.uk)
- Asking where and how they will dispose of your waste,
- Obtaining their full details including their name and registration number

Residents have an obligation to dispose of their waste legally, either through an accredited waste carrier, council refuse collection or at Household Waste Recycling Centre. If your waste is found illegally dumped, you can be fined or prosecuted.

Leeds residents are able to take household waste for free to any of the eight-household waste and recycling sites that are open seven days a week all year round.

Adult Education And Training In Leeds Rated 'Outstanding' In Latest Ofsted Report

Education and training services provided by Leeds City Council have received high praise from government inspectors Ofsted as they were rated 'outstanding'.

The rating follows a thorough inspection of the council's adult skills provision and employer provider apprenticeship programme, and sees the team reach the highest level of achievement. In doing so, Leeds becomes the first local authority in England to receive an outstanding rating in this area since the implementation of a new education inspection framework in 2019. It also builds on the previous 'good' rating the service received in 2013.

The service was awarded outstanding for all six assessment areas, including; the quality of education, behaviour and attitudes, personal development, leadership and management, adult learning programmes and apprenticeships.

The report states that in Leeds, adult learners gain valuable skills, which often transform their lives. It continues to praise the service for learners benefiting from a "highly ambitious curriculum that meets a diverse range of needs across the city, widens participation in learning, improves life chances and develops stronger communities."

One of those who has successfully benefitted from adult learning through the programme is Virginia Lazarencu, who now volunteers at a food bank in Leeds.

Virginia said:

"I moved to Leeds two years ago from Romania. I started a course with Leeds City Council to help me to improve my English and digital skills. The course helped me to develop my skills, but it also helped me to make new friends, and to learn more about Leeds and the support that is available in the community where I live.

"I learnt about where to find help, and where to find job and volunteering opportunities and I started working with a careers advisor. I developed confidence in myself, improved my skills, and started using these skills by volunteering at some of the organisations that helped me. I now volunteer at Nowell Mount Community Centre food bank, and with the Gypsy, Roma and Traveller team, and at the Harehills Bowling Club.

"I try to encourage others I meet to get involved in volunteering. My volunteering work takes lots of dedication, but being able to put a smile on a child's face or a simple 'thank you' from the people I am able to help makes me feel really proud of the volunteering work that I do. To my teachers, careers advisor, volunteers and all the new friends I have made over the last two years, I would like to say 'thank you' for the help you have given me. I am now able to support other people in my community and have learnt more new skills and made new friendships along the way."

In the last academic year, nearly 3,500 Leeds residents were able to access community learning opportunities across the city through the service. These courses work to improve people's skills, prepare them for more formal learning or jobs and to improve their confidence and wellbeing. Of those taking part, the pass rate is over 95 per cent with 80 per cent reporting a positive outcome in terms of moving on to further learning or a job opportunity. This community learning also helps those with limited previous educational attainment, as more than 62 per cent of those taking part have no previous formal qualifications.

The service also offers apprenticeships for development within Leeds City Council, with a

100 per cent pass rate in this area, 57 per cent earning highest-level distinctions and 58 per cent progressing to more senior roles since completing their course.

Inspectors said that senior leaders and staff in Leeds have created a "highly effective personal and social development programme for learners and apprentices which supports them well for their future employment and in their everyday lives." The role of teachers on the courses were highlighted for commendation as they "consistently and extensively promote the personal development of learners and apprentices."

Inspectors also praised the work done to support learners to achieve aspiring and personalised targets relevant to their skills, age and phase of education. They were impressed that the learners were motivated and empowered to make the transition to further learning or employment. Commendation was also given for the work done to deliver highly effective, bespoke programmes to support the most vulnerable learners to access education through careful work with sub-contractors.

Councillor Jonathan Pryor, Leeds City Council's deputy leader and executive member for economy, culture and education said:

"We are delighted with this rating, and glowing feedback. It shows the huge amount of work that has been put into this service to achieve such an excellent result. I am so pleased that the hard work of all our dedicated staff and partners has been recognised so congratulations and thanks to everyone involved.

"In Leeds we are passionate about supporting people to thrive, be that through new skills or encouragement and education about career options and how to find and get into work.

"Our Future Talent Plan has played a large and successful part of the collaboration happening across the city to ensure we leave no-one behind when it comes to skills and opportunities."

The Ofsted assessment further underlines the contribution of the employment and skills service to the council's Best City Ambition, helping to tackle poverty and inequality and improving the lives of learners in Leeds. The service works with a wide range of partners including the West Yorkshire Combined Authority, the NHS, skills providers and employers as part of the delivery of inclusive growth to offer opportunities for all in the local economy.



The full Ofsted report can be viewed here;

<https://files.ofsted.gov.uk/v1/file/50238338>

To view opportunities for training and skills in Leeds visit;

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Knife Angel Starts Conversations About Knife Crime In Leeds

The touring Knife Angel sculpture is in Leeds this month, to send a powerful message and spark conversations about knife crime in the city.

It is placed outside the Royal Armouries Museum as part of an intensification month on knife crime.

The Knife Angel, standing 27ft tall and made from over 100,000 seized blades, was created by the British Ironwork Centre to highlight the negative effects of violent behaviour and the need for change. Featuring messages from families of victims of knife crime it also acts as a striking memorial designed to celebrate those lives who have been lost.

As part of the city's continued response to serious youth violence a free programme of learning opportunities will be running throughout the month. To engage and educate young people, secondary schools have been given the opportunity to book in for specialist learning sessions at

the Royal Armouries Museum, supported by the West Yorkshire Violence Reduction Partnership.

The Youth Service and other youth providers will also be targeting their discussions on knife crime and will be offering a combination of activities based at the Knife Angel location and in communities.

Councillor Debra Coupar, Leeds City Council's executive member for resources with responsibility for Safer Leeds, said: "Although the rates of knife crime have been falling, it remains a serious issue and has a devastating impact on individuals, families and communities.

"We're looking forward to hosting the Knife Angel sculpture this month, both as a monument to lives we've tragically lost, and as a force to help reinforce the work we've been doing around how we can change these behaviours as quickly as possible.

"As a city we take knife crime and violence in general very seriously

and it's something we and our partners work hard to address with young people and their parents or guardians. We'd like to encourage everyone to come down and see the sculpture for themselves and not be afraid to speak to each other about these issues."

Leeds District Commander, Chief Superintendent Steve Dodds, said: "We are acutely aware of the tragic consequences of youth knife crime, the young lives that have been senselessly lost here in Leeds and the families who are left to live with that.

"While we have been working hard alongside our partner agencies to tackle the issue and are seeing reductions, any incident of this kind will always be one too many.

"The root causes and driving factors around young people involved in knife crime are much wider than policing alone and it is only through everyone across our communities playing their part that we will continue make progress.

"The arrival of the Knife Angel and the work that sits around it over the month will be an excellent opportunity to build on the work we have been doing to reduce incidents and keep our young people and our communities safe."

West Yorkshire's Deputy Mayor for Policing and Crime, Alison Lowe OBE, said: "The Knife Angel represents our solidarity in confronting the issues of serious violence, ensuring that West Yorkshire remains safe, just and inclusive.

"We each play a crucial role in turning the tide on knife crime and rejecting those behaviours that can lead to unimaginable heartbreak for families and communities.

"It provides a fantastic platform to educate our young people, opening up new conversations, which can help change attitudes and cultures."

Nat Edwards, Director General and Master of the Royal Armouries said:

"The Knife Angel has to be one of the more remarkable visitors we've welcomed to the Royal Armouries and I am hugely thankful to West Yorkshire Police and Leeds City Council for making this happen.

"Our museum is all about using our collection of arms and armour to help forge a more peaceful future and the Knife Angel manifests that in the most dynamic and eye-catching way possible."

To report or pass on information about knife crime anonymously, visit: www.crimestoppers-uk.org/fearless/what-is-fearless

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Blue Badge Holders Urged To Apply For Free Parking Permit As Charges Introduced At Three Yorkshire Water Reservoirs

Blue badge holders are being urged to apply for their free parking permit as parking charges have been introduced at three Yorkshire Water reservoirs, Fewston, Swinsty and Thruscross as part of a trial to fund vital improvements to the recreational sites.

Visitors who have a blue badge are being encouraged to register to receive an annual parking permit, which will allow them to continue visiting the reservoirs and park for free.

The charges will be reinvested across Yorkshire Water's sites to deliver nature conservation, countryside management and improvement of facilities at the three reservoir sites. It is hoped the ANPR camera technology will deter antisocial behaviour and fly tipping, making sites safer and more enjoyable for all to visit.

The money will also contribute towards the first ever in-house Yorkshire Water ranger team, which includes nine area rangers who will be completing countryside management and biodiversity projects. They will also ensure visitors have a positive experience on site.

The charges are:

- 1 hour - £1
- 2 hours - £2
- 6 hours - £3

People On Low Incomes Urged To Check If They Can Get £150 Energy Bill Discount

People on low incomes could benefit from a £150 rebate on their energy bills – and are being urged to act now where they need to, so they can get the support before this year's scheme closes.

The help is available to over 3 million households across Great Britain that are most at risk of fuel poverty, with many receiving the discount automatically. However, some customers in England and Wales have been sent a letter asking them to confirm their details by calling the Warm Home Discount Helpline by 29 February and get the support they are entitled to.

The government's Warm Home Discount offers targeted energy bill support for those most in need. This includes low income pensioners and households in England and Wales with high energy costs.

These customers received a letter at the end of last year explaining the discount and instructions on any action they may need to take.

For the vast majority of these customers, the discount is automatically applied to bills between

- All day - £5
- Annual pass for all car parks - £30

A Yorkshire Water spokesperson said: "Our reservoirs are important not only to Yorkshire Water but to our local communities and visitors alike.

"We looked thoroughly into how people use our sites, and we believe a small parking fee and increased security will help to dissuade anti-social behaviour, such as fly-tipping, at our sites but also have a long-term positive impact in terms of the projects we can deliver in the future.

"We want to encourage our blue badge visitors to register and receive a permit. If you don't have a permit, you will have to pay. It's easy to apply and you can do so via our dedicated website.

"We've also collaborated with local authorities and stakeholders to ensure our visitors are aware of these changes, and we're making it as easy as possible for people to pay, whether it's via card payment on site, the Ring Go app or even by telephone."

Bransby Wilson Parking Solutions have been selected to operate the parking meters.

Blue badge holders, need to register on the website, complete the form and once accepted, a permit will be issued which is valid for a year, exempting the registered vehicle from being liable to the charges.

October 2023 and March 2024, or is available as a top-up voucher for those with a prepayment meter.

However, some people in England and Wales who received a letter and could qualify for the support have been asked ring the government helpline number provided in their letter to confirm their details. Customers can also find out more on the government's Warm Home Discount gov.uk page and use the online eligibility checker to see if they qualify, or call the general Warm Home Discount helpline on 0800 030 9322.

Cold Weather Payments have also been triggered to help households receiving certain benefits to stay warm this winter. The scheme – which runs until March 2024 – provides low-income households with an automatic payment of £25 following periods of cold weather.

Anyone can access advice on how to reduce energy costs and heat their home for less via the government's Help for Households website. This includes energy saving tips as part of the It All Adds Up campaign, which helped British households an estimated £120 million on their energy bills last winter.

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Eat Leeds Restaurant Week Returns With Exclusive Menus Of £5-£25, 19th – 25th February



■ Tharavadu - Eat Leeds Restaurant Week

Eat Leeds Restaurant Week is back this month, running from Monday 19 to Sunday 25 February, promising a culinary extravaganza with specially crafted menus ranging from £5 to £25. This year's initiative invites customers to dine out on mouth-watering menus at a select number of bars, restaurants, and cafes across the city as part of a weeklong event.



■ Mans Market - Eat Leeds Restaurant Week

More than 25 restaurants have signed up so far with more expected to confirm ahead of the weeklong event. Some of the participating restaurants involved so far include; The Alchemist, where customers can indulge in a selection of creative dishes, with 2 courses for £15 and 3 courses for £20, I Am Döner, for award-winning Berlin döner kebabs for £5, and the choice of 2 courses for £20 or 3 courses for £25 at authentic Michelin recommended Keralan restaurant, Tharavadu. Mans Market also joins the lineup with modern Chinese cuisine priced at £15, £20 and £25.

Managed by Eat Leeds, Restaurant Week with support from the UK Shared Prosperity Fund, aims to increase footfall into Leeds and boost the regional economy by inviting customers to revisit old favourites or discover a new restaurant in the city. These exclusive menus are available for one week only, providing locals with significant savings whilst indulging in delicious culinary experiences.



■ I Am Doner - Eat Leeds Restaurant Week

Amy Rolinson, Manager of Eat Leeds, expressed excitement about the upcoming event, stating, "We're thrilled to bring back Eat Leeds Restaurant Week, offering diverse menus to cater to every taste and budget. This initiative not only supports our local restaurants, but also provides an affordable and delicious experience for diners."

To secure a table and take advantage of the exclusive Eat Leeds Restaurant Week menus, customers are advised to head to the Eat Leeds website, browse the list of participant restaurants, download a Restaurant Week voucher for your chosen restaurant, and book a table directly. As these curated menus are limited edition and available only from Monday 19 – Sunday 25 February, early reservations are encouraged to avoid disappointment.



Eight Former Leeds Councillors Receive Major Civic Honour

Eight former Leeds councillors received one of the highest civic honours the city can bestow at a special session of full council.

The group of former councillors, who have 170 years of public service between them and include a former Lord Mayor and a Deputy Lord Mayor, were made honorary Aldermen/Alderwomen at a ceremony in Leeds Civic Hall, recognising their exceptional contribution to the council and the city.

The ceremonial position of Honorary Alderman/Alderwoman is conferred on past members of the council who, in the eyes of the council, have given eminent service to Leeds in a public position. It does not entitle the holders to any special privileges; however, it does enable them to attend ceremonial events as and when they are invited to and actively support the Lord Mayor's charity.

Of those nominated Judith Mara Chapman held the position of Lord Mayor of Leeds in 2015-2016 and Patrick Davey held the title of Deputy Lord Mayor of Leeds between 2010-2011.

Speaking after the ceremony the Lord Mayor of Leeds, Councillor Al Garthwaite, said: "It's an honour for me to welcome back to the Civic

Hall and honour a group of people who over a combined 170 years, have worked tirelessly for Leeds.

"While their new roles are ceremonial, I am sure they will continue to support the city at every available opportunity, and I look forward to working closely with them as they continue to support the civic and charitable work of the Lord Mayor."

The full list of new Alderman and Alderwoman is as follows:

- Judith Mara Chapman, Alderwoman Liberal Democrat Group
- Dawn Julia Collins, Alderwoman Conservative Group
- Patrick Davey, Alderman Labour Group
- Peter Mervyn Harrand, Alderman Conservative Group
- John Illingworth, Alderman Labour Group
- Kamila Maqsood, Alderwoman Labour Group
- Paul Anthony Truswell, Alderman Labour Group
- Paul John Spencer Wadsworth, Alderman Conservative Group

Wellington Place Reveals First Window Art Installation Of 2024



■ Holly Prosser Portrait Photography by Bevan Cockerill

Wellington Place, the thriving urban quarter, has launched the next installation of its Artist's Window initiative, which celebrates and showcases the talents of local artists.

Working alongside Leeds Arts University, the Artist's Window initiative was set up to support creative talent in the region, by providing them a platform to bring their visions to life in Leeds city centre.

Showcased in the window at 11 Wellington Place, the second installation 'September' has been created by second year Creative Advertising student Holly Prosser. Based on long autumn walks that Holly used to take when she first arrived in Leeds, the piece depicts prominent buildings from across the city, including the Corn Exchange, and uses golden shades to represent the Autumn season.

Five winning students were selected from Leeds Art University in 2023 with their work to be displayed across the next year and Holly is the second artist selected.

On being chosen as one of Wellington Place's window artists, Holly said: "As soon as I stepped foot in Leeds, I was inspired! There are so many wonderful buildings that caught my eye, like The Corn Exchange and the

Parkinson Building, so I paired this inspiration, with a beautiful autumnal colour pallet representative of the season I arrived here, for my artwork.

"The Artist Window initiative has been an excellent opportunity to have my work displayed to a wider audience beyond the university setting. It's exciting to have my work showcased at such a highly visited site as Wellington Place, and it's something I'm very proud of."

Dominique Murray, marketing manager and head of customer experience at MEPC, the developer and asset manager behind Wellington Place, said:

"We're excited to start a brand-new year with a new window installation at 11 Wellington Place. It really is a fantastic piece of art, that depicts how wonderfully diverse the buildings across the city are. With its warming colours it's certain to brighten up the day of those visiting and working here.

"We are big advocates of inspiring and supporting the local community, including giving fresh talent a platform to express and showcases themselves, and our Artist Window initiative is just one way we do that."

For more information, please visit www.wellingtonplace.co.uk



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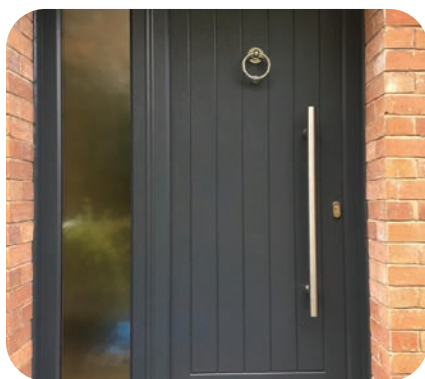
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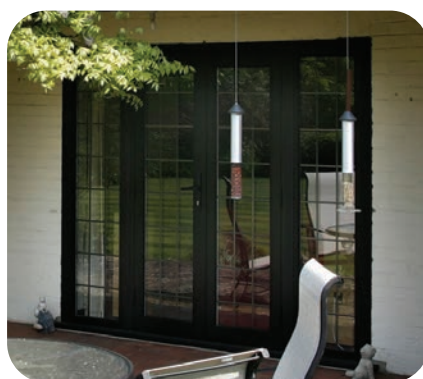
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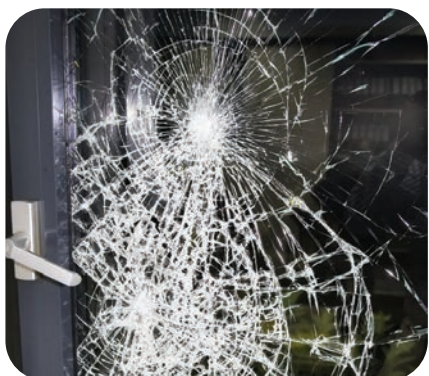
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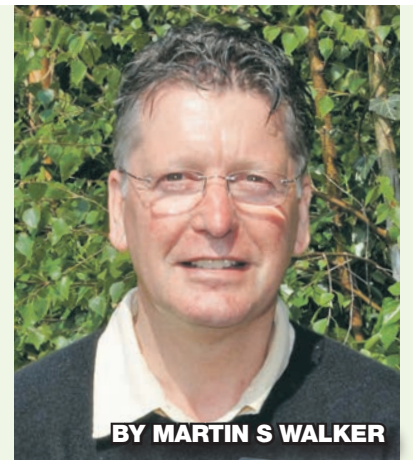
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GARDENING

Raindrops On Snowdrops And Wind On The Willows, Brown Paper Seed Packets Tied Up With String, These Are A Few Of My Favourite Things



BY MARTIN S WALKER

As the days draw out my thoughts turn to what I should be doing in the garden, but like most I find it hard to venture out if its pouring with rain or icy outside, preferring instead to delay my exodus into the garden by making another cup of tea (other hot beverages accepted). I used to work with a gardener at Golden Acre Park in the early 1970's who always had a pint pot of tea at break time, a huge mug that would last a good 15 minutes. These days there are fancy insulated cups which are supposed to keep the drink hot for longer and designed for people on the go, but let's face it the pleasure of the cup of tea is as much for relaxation and contemplation as a warm drink.



Enough of my daydreaming its time to tackle a few jobs in the garden, wrap up warm and grab your secateurs and shears, its time to start trimming back grasses, but a word of caution, not all grasses need cutting back, if the grass is an evergreen, it will undoubtedly have some dead leaves, wearing stout gardening gloves comb your fingers through the plant and the dead leaves should come away, leaving the green ones to provide colour and shape. Grasses that die down completely can be cut down to about 7.5cm (3ins) from the ground. Before you start cutting back grasses gently move the leaves apart and if there are signs of new growth then cut to that height. If you cut new growth the leaf will develop with a cut at the end spoiling the effect of long arching leaves. Pampas grass can provide a very dramatic display but keeping it tidy can be a challenge, the leaves are razor sharp so never try to pull them off. If the plant is really untidy then the whole plant can be cut down in spring, again avoiding any signs of new growth. If your grasses have been in for a few years and are getting little too large for the space, spring is a good time to lift and divide the clumps, they can be replanted where they were before, they don't generally need feeding but a weak liquid feed in late spring can help them establish. Grasses make good container plants too, used to soften bright colourful flowering containers adding texture and movement.

Snowdrops must be perhaps the most popular of all spring bulbs flowering with little regard to the weather conditions, I have often seen them pushing their way through a blanket of snow to display their pretty shapely flowers. There are enthusiasts with an insatiable passion for snowdrops who collectively are known as 'Galanthophiles' (the botanical name for Snowdrop is Galanthus). Recently a new cultivar of snowdrop was sold at auction for £1800.00 but thankfully the more common species are much more affordable and once established can be easily divided and spread around the garden. As the flowers fade snowdrops can be lifted and divided 'in the green' (still with green leaves), and are often sold in this state at garden centres and nurseries. They establish quickly and will gently seed around never needing much attention apart from dividing every few years. Happy in containers or borders amongst other plants or naturalised in grass areas.

There are quite a number of gardens that open during February

inviting visitors to see their snowdrop displays. A search on the internet will reveal those closest to you, but perhaps one of my favourite gardens is York Gate in Leeds where the snowdrops display their charm in this intimate space.



As the year kicks off, we are bombarded with media promoting healthy eating which is great but don't feel you need to rush headlong into sowing vegetable seeds or planting potatoes, its way too early. Instead start by doing a little research around what space you will need, what type of vegetables you like and more importantly how much time you have. Get the combination right and you will enjoy every mouthful of the things you produce.



The issue of space and time work hand in hand, so if you have limited time and/or limited space then start small, maybe a few containers with salad vegetables and leaves. Mixed leaves are quick and easy, ready to crop in four weeks they will regenerate after cutting and be good for a further three crops over a four to six week period. Salad onions and mini leeks are easy and fairly quick. From a March sowing you will be harvesting in about three months. Sow thinly in a 15cm (6inch) pot every two to three weeks from March and you will have a steady supply until early autumn. Small veg grown this way are great for salads or stir fries. If you have a few larger containers then mini veg cultivars of carrot, broccoli, cauliflower, beetroot, french beans and even peas are a great thing to try. Using a general purpose compost, and liquid feed you will be surprised just how easy it is. Keep an eye out for pests and make sure the containers don't dry out.

Happy Gardening,

Martin

Next month, time to start sowing seed, don't forget your flowering bulbs, seasonal lawn care.

Top Tip - How Confusing Is Composting Compost?



As if gardening wasn't confusing enough, the word compost is used to describe the process of breaking down organic matter on a compost heap, (grass clippings, vegetable waste, and plant material or dead flowers), and the stuff you buy in bags to grow plants and seeds on.

Well let's change the wording, all the composts you buy from a nursery or garden centre that are for growing plants in should be called 'Growing Medium' (a suitable mix of organic material with some fertiliser and maybe grit, sand or perlite for drainage).

Before you glaze over and shout boring, here's the important bit. In most instances you can reuse the compost you buy to grow plants in or indeed you can use it as a mulch around garden plants.

I have a couple of the 'Dalek' type compost bins where throughout the year I only fill with the growing medium/compost remains of any pot or container, including grow-bags. Firstly removing any plant remains and woody stalks, these are put on the compost heap with the grass clippings. If the growing medium from the pot is solid with roots that doesn't matter, just lob it in the 'Dalek' if its loose and falling apart then just pour it between the rooty bits. I tend to leave this for about ten to twelve months or so particularly if theres a lot of rooty stuff in there. Over that time the roots will break down and the compost will look more or less like it does in the original bag.

We plant quite a few containers in autumn with spring flowering bulbs, and this second use compost is perfect, and saves money. You could add a little fresh compost, say 25% or 50/50, particularly if you plan to reuse the bulbs or plant them in the garden. You can also use this compost 50/50 with new compost for your summer containers as they need a little more feed. The key is to keep it separate from your main compost heap, and don't include the growing medium from plants that have had pests or diseases as these may attack future plants.



RHS Unveils List Of Plants To Match Pantone's Colour Of The Year

The Royal Horticultural Society (RHS) has compiled a list of plants to correspond with Pantone Color Institute's Colour of the Year 2024.

'Peach Fuzz' was the colour selected for the 25th year of the programme, which the Institute believes conjures an image and feeling of "our desire to nurture ourselves and others. It's a velvety gentle peach tone whose all-embracing spirit enriches mind, body, and soul."

For gardeners planning to use this signature colour there is no shortage of peachy tones and textures to be found in horticulture, whether in the delicate petals of spring favourites such as Narcissus 'Waldorf Astoria', or the late summer beauty of Dahlia 'Labyrinth', or even indoors on a flowering cactus.

'Peach Fuzz' was found to be a match for colour 26D in the RHS Colour Chart – the tool for documenting plant colour worldwide. Curators of the RHS Herbarium have matched Pantone Peach Fuzz to a list of plants which can be grown in a range of spaces, big and small. Gardeners can experience the warmth and joy of 'Peach Fuzz' simply by introducing a few of these top ten matches into their gardens and homes:

Chrysanthemum 'Salmon Enbee Wedding': a half-hardy perennial that grows to 1m in height, with divided foliage and sprays of single flowers whose rays are yellowish-pink tinged with light coral pink, and creamy-yellow on reverse.

Dahlia 'Labyrinth': a tuberous-rooted perennial with dark green foliage. Its large, flamboyant flowers, up to 20cm across, have peachy petals, gently curled and twisted to reveal the darker pink undersides, and are produced from mid-summer to the first frost.

Kniphofia 'Toffee Nosed': Ideal for sunny banks and borders these exotic looking hardy perennials have slender leaves and ivory flowers turning a light toffee brown at the tips. Flowers between June and September and grows up to 100cm.

Lilium rosthornii: a Chinese lily, with soft golden-orange blooms, which has only become available in recent years. Easily and readily grown in light- or part-shade in a humus-rich soil.

Narcissus 'Waldorf Astoria': A double daffodil with large flowers in mid spring. These have three rows of broad, white petals, interspersed with shorter, pinky-orange corona segments. Enjoys full sun or partial shade in a moist but well-drained position.

Potentilla fruticosa 'Daydawn': A spreading, bushy deciduous shrub to 80cm tall, with small, pinnate leaves and saucer-shaped pale yellow flowers tinged yellow and pink, from early summer to early autumn


Rebutia 'Apricot Ice': a hybrid rebutia cactus, comprising barrel-shaped stems with soft, hair-like spines, and large, star-shaped orange blooms, which fade to apricot-pink. Easy to grow and makes a great beginner's houseplant.

Rhododendron 'Hanger's Flame': a dazzling and lightly scented variety of the much loved shrub, with orange flowers that feature a slightly more golden tint on the upper lobes. Flowers in May and June.

Rosa JOIE DE VIVRE ('Korflociol'): A small shrub reaching about 60cm in height. It flowers repeatedly through the summer and autumn. The scented blooms are double and rosette in form with a peachy pink and cream colour. Needs a moist but well-drained position in full sun.

Verbascum 'Tropic Sun': A tall perennial – reaches up to 1.5m - developing from a rosette of large leaves. The flowers are yellow flushed with peachy-orange with a red eye.

For more information about the RHS herbarium and plants detailed above visit www.rhs.org.uk



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Antiques And Collectables

With David Oddy

The world seems to be in turbulent times at the moment with the war in Ukraine still raging and now the Middle East. This sad time make me think of the terrible tragedies of previous conflicts, most importantly the consequences for human life but also the destruction of many historic buildings and fine antiques lost to the world forever.



■ Inside Antiques & Collectables

One example from World War Two was Dresden, home to some of the best pottery makers ever. I wonder how many precious items were destroyed during the bombing of that city and others like it in the following decades. I know of several dealers who travel to Europe to buy antiques to sell in England, however, this type of



■ Inside Antiques & Collectables

trading may soon become a thing of the past as the current situation will no doubt have an impact on the antiques sector as it is many others.

I have always had an admiration for European antiques, particularly items from the Black Forest region where depictions of bears are very popular. The region is also well known for the manufacture of clock cases which were exported to Switzerland for movement fittings. Humidors and assorted boxes made in the Black Forest have found their way into my shop over the years and I have a fondness for Bohemian glass and Austrian porcelain. However, Swiss watches remain the best in the world and can achieve very high prices.



■ Inside Antiques & Collectables



■ Inside Antiques & Collectables

Another important theme in today's world is climate change. I really admire the younger generation who are responding to the needs of the planet, and this is why despite never being a fan of painting old furniture I am beginning to change my mind on the subject. Mend and make do was what everyone did when I was a child. I remember well my father mending our shoes with leather. This was just after the Second World War when we couldn't afford anything new so my mother would darn our socks and most of our clothes were passed down through the children. We had a wonderful childhood and it never mattered if we went without material things – we were never hungry.



■ Inside Antiques & Collectables

I suppose having an antiques shop is the ultimate in reusing things from the past, so don't throw anything away. Bring it into our shop, you never know what it might be worth! And if you are looking for a new piece of furniture, why not visit the shop first before heading out for a flat pack. Old furniture is often extremely well made and as I am learning, can be upcycled to suit all modern homes.

Please see advert below for contact details and opening times.

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Giving a special piece of jewellery is exciting and if you are planning to make it official and give an engagement ring then we have a range of stunning hand-picked natural diamonds to choose from.

Picking the perfect engagement ring can be easier than you might think. When it comes to diamonds, size is important but often not as important as quality. A natural diamond is a piece of the earth's history and its colour and clarity can have as much impact on its value as its size. Most importantly you must not get bogged down with the decision making choices and confused by the millions of bits of separate advice you will receive both online and from retailers and this is where Christopher Brown Jewellers can really help. As well as having 9 branches all with unique and different rings you can select from, you can count on us to help you to find the perfect piece, either handmade or from our new and pre-owned range that will suit every taste and budget.

If you are already engaged or married, then perhaps it's time to buy an eternity or dress ring.

An eternity ring is the test of time and shows lasting affection and never-ending love signified with an unbroken circle or half circle of beautiful diamonds. A dress ring is a pretty gem set ring that can be worn on any occasion and most often on the opposite hand to the engagement ring. They needn't be expensive but are always really appreciated and beautiful to admire.

Necklaces are an excellent choice for almost any Valentine's Day situation. If your partner is long overdue for a really special Valentine's Day gift, then go all out with a stunning diamond pendant. A true classic available in a choice of carat weights and styles, the traditionalist in her will love it, and she'll be able to wear it with any outfit at any time. We also have a range of stunning silver necklets with hearts and stones that she will love which are on a 3 for 2 offer so you can really spoil her for less than the cost of a meal out.



Earrings are a wonderful gift and again can be diamond set or simple gold creoles or studs. Always appreciated, a girl can't have enough earrings and she will love the thought you have put into them.

Finally, if you really want to show you care, how about a luxury watch. What better than to give the love of your life a symbol of lasting quality and perfection such as a ROLEX, CARTIER, TAG or OMEGA. It takes a special person to make that investment and it will show how timeless your love is for each other!

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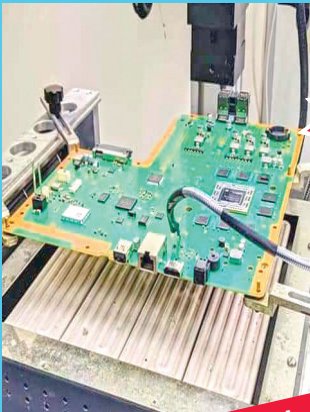
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The Music Scene

With Stuart Glossop

This month we highlight a few gigs that may have flown under the radar and two new albums that will almost certainly feature in most "Best Of 2024" lists come the end of the year



■ Caity Baser

Caity Baser is one of the UK's fastest-rising, unique and in-demand pop acts of today. She is an acclaimed singer, songwriter, and pop provocateur with an endearing, larger-than-life personality which has helped forge her huge legion of die-hard fans in such a short space of time. Only 12 months ago Caity was playing in front of 100 people a night and now the highly-acclaimed rising star has announced her biggest tour to date: the 'Still Learning' tour, where Baser will perform eleven shows across the UK in support of her upcoming mix-tape of the same name. Maintaining her pledge to her fans during the cost of living crisis, Caity has ensured tickets for the forthcoming Still Learning tour have also been made available at a capped, reduced price for her gig at the O2 Academy Leeds on the 26th March.



■ Olivia Dean

2023 was huge for Olivia Dean, it saw the release of her acclaimed debut album Messy, which debuted at number 4 in the UK Official Album Charts and was nominated for the prestigious Mercury Prize. She recently completed her first headline tour of the US and Canada, which included three nights in New York, two nights in LA and concluded at Corona Capital in Mexico. The Summer saw Olivia play to packed audiences across the UK and beyond, at festivals including Glastonbury (with headliner Elton John singing her praises: "I think she's a big star ... she's a fabulous singer, she's beautiful, she's got that personality that really shines through") All Points East, Montreux Jazz festival and many more, as well as a sold out outdoor show at Somerset House, which was the fastest selling of the whole series. You can catch Olivia at Leeds University Stylus on 26th April.



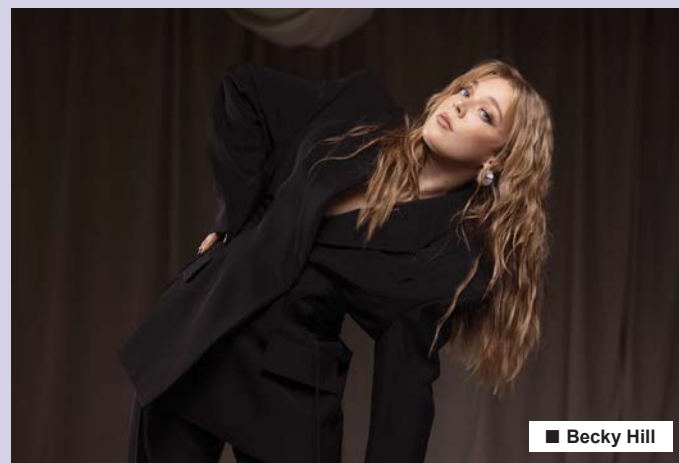
■ Crawlers

Liverpool four-piece Crawlers have announced their eagerly awaited debut album. The album digs deeper into what fans already know and love about Crawlers' eclectic alt-rock sound and takes on a whole range of challenging topics going on in a young person's life. Across the record, feelings of loneliness, insecurity and toxic forms of dependence are held up to the light and examined in close context. Rather than forcing themselves in any one sonic direction, they maintained the free-wheeling spirit of 2022's mix-tape Loud Without Noise, producing a striking debut which cements their status as the UK's next big crossover alternative act. "The Mess We Seem To Make" is out now.



■ Another Sky

Another Sky have released their second album Beach Day and it is a corker! The band have spent the last few months teasing with a series of hard-hitting and exciting comeback singles, and are excited to announce that a third album will be here before the end of 2024. With the band's sophomore album Beach Day, they open a doorway to the most confident, fully formed and forthright version of Another Sky so far. Lead vocalist 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.



■ Becky Hill

British singer and songwriter, Becky Hill, is set to grace stages across the UK in October 2024 as she embarks on her biggest headline shows to date with a nationwide arena tour in support of her highly anticipated upcoming second album. With an irrefutable aptitude for writing chart-smashing dance-pop songs and a reputation as a leading force in the UK music scene, Becky Hill is without a doubt one of the UK's most exceptional talents, having secured two BRIT Awards, eighteen Top 40 singles (including the current hit 'Disconnect') and billions of streams. Playing arena shows across the country, this tour will mark an incredible milestone in Becky's career. The sensational live shows will once again showcase her incredible vocal prowess, captivating stage presence, and her ability to connect with fans in an unparalleled way. Becky plays the First Direct Arena on 16th October.

City's Historic Live Music Project Is Just The Ticket

■ Among the landmark occasions commemorated in the archive is the night Beatlemania came to Leeds, an event which saw the Fab Four mobbed by fans as they played at The Odeon Theatre on The Headrow on November 3 1963. Picture shows the Beatles backstage: Image © West Yorkshire Archives



Generations of musical memories are being captured for a new project in Leeds which is reliving some of the city's most iconic gigs.

Hundreds of tickets which once secured entry to memorable live performances by a host of music legends including The Beatles, Elton John and U2 have been collected for the Leodis online archive.

And gig-goers of all ages are being encouraged to add their own stories to the site in a bid to build a permanent record of what is a key part of the city's illustrious musical heritage.

Among the landmark occasions commemorated in the archive is the night Beatlemania came to Leeds, an event which saw the Fab Four mobbed by fans as they played at The Odeon Theatre on The Headrow.

The concert was the third time John, Paul, George and Ringo performed in Leeds, a fact which didn't dampen the enthusiasm of their legions of fans, who gathered in their thousands outside the venue to try and get a glimpse of their idols.

Black and white images, also part of the Leodis archive, show the lucky ones who made it inside screaming and cheering as the group performed.

Also part of the collection is a ticket to Elton John's gig at The Queens Hall on June 19, 1984. Formerly a tram and bus depot, the hall became venue for a number of huge events, and hosted the legendary Rocket Man as part of his European Express tour.

One attendee, who has added their story to Leodis, said: "It was the day I finished my O-Level exams, and I went with a school friend who had been given the tickets last minute by somebody who couldn't go.

"The Queens Hall was a complete dump and got so hot during the gig that condensation rained down on us from the ceiling. Elton was mind-blowingly good - the voice, the acrobatic piano playing, the goose bump inducing songs! My dad arrived to pick us up and Elton was still performing but security let him stand at the back, so he also ended up seeing about an hour of the show."

Other tickets which feature in the collection include a stub for U2's concert at Elland Road, which saw the band take to the stage in the sweltering heat of a summer evening in 1987, and Bruce Springsteen's unforgettable performance which officially opened the First Direct Arena in 2013.

Louise Birch, Leeds Libraries senior librarian, has

been collating the ticket collection, and hopes they will inspire others to submit their own tickets and share their stories.

She said: "The project came about as I was going through some of my own ticket stubs that I'd collected over the years, and I realised that many venues don't actually issue physical tickets anymore.

"Leeds has hosted some of the biggest names in music over the years along with a thriving local gig scene and some incredible venues that have become a huge part of the city's story.

"Every single one of these tickets also represents a unique memory for the person who went to that gig and what we really want is for people to share those memories and experiences and help us build a living, constantly evolving archive of live music in Leeds."

Music-lovers are being asked to scan or photograph their tickets and submit them to images@leeds.gov.uk or to add their comments to images on the Leodis website.

Librarians are particularly on the lookout for any tickets to:

- Roundhay Park Concerts including The Rolling Stones, Bruce Springsteen and Madonna
- The Who, Live at Leeds, 14th February 1970
- Jimi Hendrix, The Odeon - 5th April 1967
- The Sex Pistols at Leeds Polytechnic - 6th December 1976
- Nirvana, at The Duchess, 25th October 1989
- Oasis, at The Duchess, 12th April 1994
- Tom Jones, at The Brudenell, 31st August, 2021

Councillor Mary Harland, Leeds City Council's executive member for communities, said: "Leeds has a proud and illustrious musical heritage which has seen the city host countless memorable gigs by some renowned performers.

"It's fantastic that our library service is preserving that legacy so people can relive their experiences and so they can be shared with future generations for many years to come."

Run by Leeds Libraries, Leodis is an online photographic archive which features more than 68,000 images of Leeds taken over the centuries.

The archive is free to access and can be searched at: www.leodis.net

SATURDAY 2ND MARCH 2024

Lawrence Batley Theatre, Huddersfield 7:30PM

A Tribute to Glenn Miller



The Northern Swing Orchestra and Guest Vocalists

Get 'In The Mood' with a tribute to Glenn Miller. The Northern Swing Orchestra, a 16-piece Big Band, is very excited to be returning to Laurence Batley Theatre, Huddersfield on Saturday 2 March 2024 at 7.30pm with their tribute to the great bandleader and musician Glenn Miller.

Glenn Miller was one of the most successful bandleaders of the 1930's and 40's with a string of hit records - in fact Chattanooga Choo Choo earned the first gold record ever awarded to a performing artist. This was followed by many other hit records including A String of Pearls, Moonlight Serenade and Tuxedo Junction to name but a few. In 1942 Glenn formed his AAF band until his sad disappearance in December 1944.

This show promises to be an event not to be missed when the band will be performing classics such as Little Brown Jug, Caribbean Clipper, In The Mood, Pennsylvania 65000 along with Don't Sit Under The Apple Tree, Chattanooga Choo Choo and Kalamazoo to name but a few. They guarantee to have your feet tapping and you will want to be dancing in the aisles!

The Leeds based Northern Swing Orchestra was formed by leader Jonathan Wyatt, who has over 35 years of experience in running a Big Band. This evening they will recreate the authentic sounds of the big band era.

Also featured will be two fantastic vocalists with The Northern Swing Orchestra adding that final touch of class to an event that promises to be an evening of excellent entertainment.

So why not join us? Your feet won't stop tapping!

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

WIN TICKETS

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

To enter simply send 'GLENN MILLER' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

Terms & Conditions - Entries must be in by the 23rd February 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.

LAWRENCE BATLEY
THEATRE
HUDDERSFIELD

Tickets From
£19

theibt.org
01484 430528

WHAT'S ON

■ Kitty Ross, Leeds Museums and Galleries' curator of social history, with some of the vintage confectionery on display as part of The Power of Persuasion at Abbey House Museum



Abbey House Museum Displays Allsorts Of Classic Confectionery

A collection of classic confectionery has added a timeless touch of sweetness to a new exhibition in Leeds.

Vintage Yorkshire sweet jars, chocolates and toffee tins are among the objects on show in Abbey House Museum's The Power of Persuasion, which explores the stories and strategies behind some of history's most iconic brands.

Curators and volunteers have been hard at work recreating a vintage sweet shop for the exhibition, showcasing shelves of historic treats enjoyed by children and adults over the past 120 years.

Among the objects which make up the display are tins of traditional

Pontefract liquorice, made by Hillabys in the 1930s.

Founder John Hillaby established the huge steam-powered Lion Liquorice Works in 1850, which grew its own crops and became the largest liquorice producer in the world. They also made the liquorice boot which was famously eaten by legendary silent film star Charlie Chaplin in the film, Goldrush.

Also on display is a series of toffee tins from Henry Thorne & Co. Ltd of Leeds. With a large factory on Edward Street, near the old West Yorkshire bus station, the company was a leading name in confectionery production, reputedly making more than two million pieces a day by the 1960s.

Other objects which make up the display include historic packaging and advertising for Cadbury's Ltd, a tin of Fox's Glacier Mints from 1950 and a set of shop scales, once used to measure out different varieties of sweets at Dawes and Sons on Hunslet Road, Leeds in around 1900.

Kitty Ross, Leeds Museums and Galleries' curator of social history, said: "Sweets and confectionery are among the most enduring and recognisable brands in the world, tapping into a unique sense of nostalgia and the happy memories we have of them as children.

"Most people can fondly recall their favourite childhood sweet or treat as well as the places and people they associate with them, and that's always been a key part of the products which have stood the test of time.

"In many ways, those brands encapsulate the power of advertising and we can see in them examples of the ingenious tactics different companies have used to appeal to their customers over the decades."

As well as sweets and confectionery The Power of Persuasion also features other objects which look back at hundreds of years of tried and trusted brands from across Yorkshire and beyond.

Examples include vintage signs which once adorned the streets of Leeds such as a giant pair of spectacles which once hung outside the famous Dyons jewellers and which were rescued from a skip when the shop was renovated.

Also on display is an eye-catching golden Tetley's brewery sign and a huge wooden arm and hammer which once advertised a Victorian gold beater's shop in Leeds.

Councillor Jonathan Pryor, Leeds City Council's executive member for economy, culture and education, said: "Leeds has been the birthplace of some truly iconic brands which have helped put the city on the map nationally and around the world.

"It's fascinating to explore how those brands and others have become part of our history and to see some of the many enthralling objects in our world-class collection."

More details are available at:

www.museumsandgalleries.leeds.gov.uk/events/abbey-house-museum/the-power-of-persuasion



Zog And The Flying Doctors Leeds Playhouse

Zog and the Flying Doctors are ready to soar in the Quarry theatre at Leeds Playhouse from 15-17 February.

The fun family show is based on one of the best-loved creations of roarsome children's writer Julia Donaldson and illustrator Axel Scheffler, the UK's number one picture book pair behind many modern classics including The Gruffalo which has been published in 75 languages. Together their books have sold over 75 million copies.

First published in 2016, Zog and the Flying Doctors is the smash-hit sequel to Zog, which has sold over 1.5 million copies. On Christmas Day 2020, Magic Light Pictures premiered an animated film of Zog and the Flying Doctors on BBC One featuring an all-star cast including Sir Lenny Henry and Rob Brydon.

Zog and the Flying Doctors is brought to the stage by Freckle Productions in association with Rose Theatre Kingston. Freckle Productions are pioneers in imaginative storytelling for children and the team behind stage hits including Stick Man and Zog.

Box office: 0113 213 7700 www.leedsplayhouse.org.uk

Families are at the heart of the theatre experience at Leeds Playhouse this season where, alongside Zog and the Flying Doctors, youngsters can enjoy Spot's Birthday Party (5-6 March); There's A Monster in Your Show (9-12 April); The Tiger Who Came to Tea (17-20 April); and Robyn Hood (29-30 May). While, for older children, there's Rubbish Romeo & Juliet (13-16 March); and Rude Science (30 March).

As well as enjoying the theatrical delights, families can also make use of the theatre's child-friendly facilities, including its free creative play area, baby change and family toilets, highchairs and special catering options.



Rhubarb Festival Returns

Wakefield's famous Rhubarb Festival returns on 16-18 February with a packed programme of events for all the family.

The festival is taking place as part of Our Year - Wakefield District 2024. The exciting 366-day programme of cultural and heritage activity is taking place across the Wakefield District.

The hugely popular food and drink market returns with over 50 chalets where people can sample and purchase local and regional treats.

Families can take part in workshops as well as enjoy lively street entertainment and music.

Expect a whole new programme of chef demos including Wakefield's very own Karen Wright, double BAFTA award winning TV presenter and home chef Sam Nixon and award-winning chef Rachel Green.

During the festival weekend, Dame Ruby Rhubarb and Madame Zucchini will be providing lively entertainment. Morris dancers will perform on Sunday 18th. There will be live music programmed by Wakefield Music Collective every day from the Rhu-Bar and free



family craft activities.

Fringe activities will include free facing painting, crafts and workshops from Riding Shopping Centre, Wakefield Cathedral, Wakefield Museum and more.

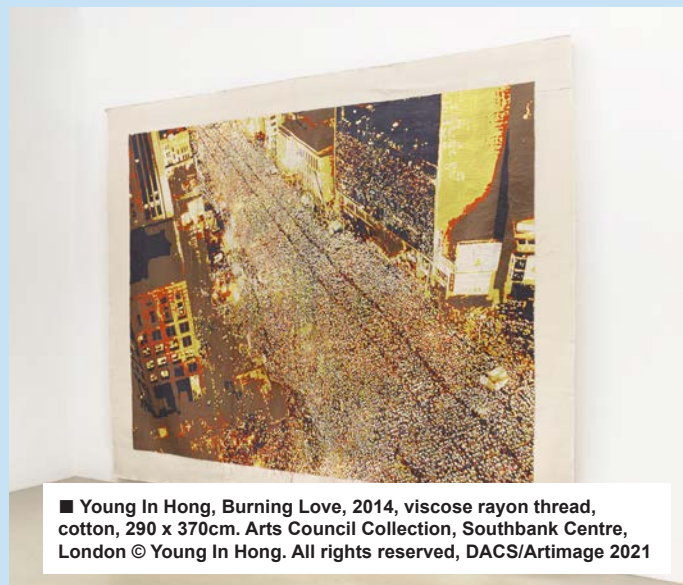
A bookable comedy night takes place. Join MC, Barry Dodds as he introduces comedians Alex Boardman, Don Biswas, and Angelos Epithemiou on Friday 16 February. Prepare to be rolling in the aisles as Saturday 17 February brings MC Meryl O'Rourke who will be introducing comedians Nina Gilligan, Masai Graham and headline act Lee Ridley, Britain's Got Talent's Lost Voice Guy.

There will also be a bookable talk as Karen Wright takes us on her journey from growing up in Featherstone and Pontefract to moving to Wakefield, her Great British Bake Off Experience and becoming an author, with all the many twists of fate in between.

The Rhubarb Food & Drink Trail is back. Restaurants and bars around the city are putting on rhubarb themed food and drink throughout the weekend.

Find out more information at <https://expwake.co/RhubarbFest>

Gallery's New Exhibition Puts Cities In The Frame



■ Young In Hong, Burning Love, 2014, viscose rayon thread, cotton, 290 x 370cm. Arts Council Collection, Southbank Centre, London © Young In Hong. All rights reserved, DACS/Artimage 2021

A new exhibition at Leeds Art Gallery curated by Turner Prize-winning artist Lubaina Himid explores cities and the urban environment through the eyes of women and gender non-conforming artists.

Found Cities, Lost Objects is on now at the gallery.

An Arts Council Collection touring exhibition, it features more than 60 works from the 1970s to the present day - including painting, sculpture, photography and film - and addresses themes ranging from safety and navigation to concepts of belonging and power.

Found Cities, Lost Objects places conversation between audience and artist at its heart, exchanging observations, memories and imaginings to explore a greater sense of self and consideration of our own relationships with the city.

Artworks from the Arts Council Collection will be on display together with those drawn from the Leeds Art Gallery collection and works by artists based in Leeds and Yorkshire.

The birthplace of the Reclaim the Night movement in 1977, Leeds has always had a radical feminist history. It is also home to the first women-run animation studio in the UK, the Leeds Animation Workshop (LAW), established in 1978 and still running from their base in Harehills. LAW is a not-for-profit cooperative that produces and distributes animated films and films on social and educational issues, often affecting women and girls.

Another ground-breaking and radical women-led cultural centre in the city was The Pavilion Women's Photography Centre (1983-1993), a project platforming women's photography as well as encouraging its production via skill-sharing and access to a working darkroom, where women learnt how to represent themselves on their own terms. Both LAW and The Pavilion are represented within the exhibition.

Helen Chadwick's Train of Thought (1978) from the Leeds Art Gallery and the Archive of Sculptors' Papers held at Henry Moore Institute, is about the internal monologue of a woman sitting next to a stranger on the Tube.

Susan Pui San Lok's film Trailers (RoCH fans and Legends) (2015) overlaps the everyday mundanity of the traditional British high street seen through Google Street View with film clips of martial arts film sequences.

Elsewhere in the exhibition, artist Hannah Starkey traces her interest in street photography to the French 19th-century concept of the urban wanderer, the flâneur, or rather its much less known female version, the flâneuse. The artist is captured via a reflection in the moment of taking a photograph, the street around her fractured and distorted in the mirror's multiple planes.

Leeds-based artist Michelle Duxbury's film documents her experience of living through a pandemic and having to self-isolate in a single room of the family house. The artist transformed her room into a giant camera obscura, projecting the streets outside onto the interior walls.

Deborah Smith, Director, Arts Council Collection, says: "It's always exciting to see what fresh perspective artists will bring and what stories they will tell when we give artists an open brief to curate the Arts Council Collection. The Collection has enjoyed a long relationship with Lubaina, from acquiring her work in 1988 to her show Meticulous Observations at the Walker Art Gallery, Liverpool, where she first mined the depths of the Arts Council Collection. Found Cities, Lost Objects' exciting diversity of female and gender non-conforming artists offers new perspectives on urban life and helps us understand how art is a powerful tool in shaping our cities and the world around us."

Lubaina Himid CBE, artist, says: "Found Cities, Lost Objects challenges the status quo by encouraging viewers to discover the city through the eyes of female artists. Women traditionally inhabit cities via retail and healthcare venues and, for those with the means, theatres, galleries and cafés. But how can women expand their presence beyond this for everyone's benefit as the landscape on the high street changes? The exhibition explores the contradictory experiences of women across the city, free to roam the streets and experience the exciting possibilities city life offers while always considering the boundaries within which that freedom is contained."

For a full list of artists and more information visit; www.museumsandgalleries.leeds.gov.uk/leeds-art-gallery

Jorvik Viking Festival



JORVIK Viking Festival is Europe's largest Viking Festival, regularly attracting around 45,000 people to the city of York as it celebrates all things Norse. It returns on the 12-18th of this month.

A host of events including a Viking-age encampment in Parliament Street and St Sampson's Square, arena displays, kids crafting, expert talks, mead tasting along with Viking goods at the 10th century Trader stalls to explore and much more make an enjoyable family day out.

Many of the events are free with some requiring pre-booking to secure your place. Pre-booking is required for all paid events.

The March To Coppergate on the 17th at 13:30 is spectacular parade of Vikings marching through the city centre, from York Minster to Coppergate. Visitors can enjoy brilliant views of the march along the parade route, which includes York Minster's South Piazza (past the Constantine statue), Parliament Street from St Helen's Square right down to Coppergate, and finishing outside JORVIK Viking Centre in the Coppergate Centre.

For more information and to book tickets visit; www.jorvikvikingcentre.co.uk



T: 0113 277 14 74
info@blueskycoaches.co.uk

BLUE SKY
COACHES

Day Trips

March

<p style="text-align: center; font-weight: bold; color: #0070C0;">MONDAY 4TH</p> <p style="text-align: center; font-weight: bold;">Springtime Crocuses in Poulton & Barton Grange Prices from £20pp</p> <p style="text-align: center; font-weight: bold;">SUNDAY 10TH</p> <p style="text-align: center; font-weight: bold;">Mother's Day with Afternoon Tea £35pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">FRIDAY 15TH</p> <p style="text-align: center; font-weight: bold;">Windermere Prices from £20pp</p> <p style="text-align: center; font-weight: bold;">SATURDAY 23RD</p> <p style="text-align: center; font-weight: bold;">Richmond and Northallerton Prices from £20pp</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">WEDNESDAY 27TH</p> <p style="text-align: center; font-weight: bold;">Bury Market Prices from £18pp</p> <p style="text-align: center; font-weight: bold;">FRIDAY 29TH</p> <p style="text-align: center; font-weight: bold;">Scarborough Prices from £20pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">SATURDAY 30TH</p> <p style="text-align: center; font-weight: bold;">Liverpool One & Albert Dock Prices from £20pp</p>
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April

<p style="text-align: center; font-weight: bold; color: #0070C0;">MONDAY 1ST</p> <p style="text-align: center; font-weight: bold;">Skegness Prices from £20pp</p> <p style="text-align: center; font-weight: bold;">TUESDAY 2ND</p> <p style="text-align: center; font-weight: bold;">Cadburys World Prices from £40pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">SATURDAY 6TH</p> <p style="text-align: center; font-weight: bold;">Beamish Open Air Museum Prices from £35pp</p> <p style="text-align: center; font-weight: bold;">MONDAY 8TH</p> <p style="text-align: center; font-weight: bold;">Yorkshire Dales via Buttertubs Pass Prices from £20pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">FRIDAY 12TH</p> <p style="text-align: center; font-weight: bold;">Blackpool Zoo Prices from £30pp</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">SATURDAY 13TH</p> <p style="text-align: center; font-weight: bold;">Ripon Cathedral Fair & Carvery Lunch Prices from £40pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">THURSDAY 25TH</p> <p style="text-align: center; font-weight: bold;">Boundary Mills with Afternoon Tea Prices from £30pp</p> <p style="text-align: center; font-weight: bold;">FRIDAY 26TH</p> <p style="text-align: center; font-weight: bold;">Harrogate Flower Show Prices from £45pp</p> <p style="text-align: center; font-weight: bold; color: #0070C0;">SUNDAY 28TH</p> <p style="text-align: center; font-weight: bold;">Goths at Whitby Prices from £20pp</p>
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MOTORS

UPDATES ON KEY MILESTONES BEING SHARED FOR LANDMARK STRUCTURES ON A1

National Highways is announcing important updates on a set of major upgrades, maintenance and repairs for two landmark bridges on the A1 in West Yorkshire.

Drivers, residents and other members of the public have the chance to find out more about ongoing engineering works including structural improvements, resurfacing and renewal at Wentbridge Viaduct and Wentedge Road Bridge at a public information event on 10 February.

The scheme has been in place on the viaduct, a Grade II listed structure which carries the A1 over the River Went, since February last year. This scheme is set to switch from the southbound carriageway to the northbound this month, with work on the viaduct expected to finish in summer 2024.

The A1 in this area will then be fully reopened while National Highways works to create a new programme of works for the nearby Wentedge Road Bridge for 2026.

PROGRESS SO FAR

The improvements began on Wentbridge Viaduct last year, when National Highways began renewing the waterproofing and surfacing. A contraflow was installed on the A1 to protect drivers and the workforce while this took place.

Once the layers of surfacing and waterproofing had been removed, engineers were able to carry out inspections on the southbound carriageway of the viaduct - which uncovered a number of issues.

WENTEDGE ROAD BRIDGE

The major scheme of work in this area also includes replacing the central pier or 'leg', joints and waterproofing on Wentedge Road Bridge, which sits south of Wentbridge Viaduct.

Initially, this was planned to be take place at the same time as the Wentbridge Viaduct improvements. Repairs have already been carried out to the concrete abutments with a concrete pour carried out on the east abutment in December.

WHAT HAPPENS NEXT

From 22 February, a series of overnight road closures will be in place as the contraflow switches from the southbound to the northbound carriageway of the A1 between Barnsdale Bar and Ferrybridge.

The closures will be in place each night between Thursday 22 February and Friday 1 March. The work will take place overnight between 8pm and 6am each night, subject to weather conditions. Closures will be in both directions, but not at the same time. During the day, the A1 will be open under contraflow. Further updates on closures will be shared in due course.

Drivers are recommended to stay on the motorway network where possible, using the M62 and M18 for both northbound and southbound journeys.

- Southbound traffic is advised to use the M62 and M18
- Northbound diversion for traffic on A1 up to Wadworth (junction 35): Leave junction 35 onto M18 and M62 to Ferrybridge Interchange.
- Northbound high-sided vehicles, traffic north of Wadworth (junction 35): leave A1 at Barnsdale Bar onto A6201 and onto A628 re-joining A1 from the A645 via Ferrybridge Interchange. The environmental weight restriction for HGVs on the A628 at Ackworth has been revoked during overnight closures of the A1. This is due to height restrictions on an alternate route.
- Northbound diversion, traffic north of Wadworth (junction 35): Leave A1 at Barnsdale Bar onto A639, re-joining A1 from the A645 via Ferrybridge Interchange. There are height restrictions on this route.

PUBLIC INFORMATION EVENT

The public information event will take place at Darrington Golf Club, Havercroft Lane, Darrington, Pontefract WF8 3BP on 10 February from 10am. The session is expected to last around two hours, with anyone wishing to attend advised to arrive for 9.45am.

As well as finding out about the latest developments, the event will give people the chance to ask any questions about the scheme and speak directly to the project team.

Real time information about road closures is available from National Highways by visiting www.trafficengland.com

Historic Registration Could Be Up For Sale



■ The U-1 number plate, as seen on a previous car used by the Lord Mayor of Leeds

A unique gift exchanged by two former Lord Mayors of Leeds more than 120 years ago could be about to help the city with unprecedented budget challenges.

The sale of the U1 number plate, used on the Lord Mayor's civic vehicle, is currently being explored by Leeds City Council, with experts estimating it could fetch a substantial figure in a private sale.

Records show that when the Motor Car Act was passed in 1903, requiring all cars to have number plates, Leeds resident Rowland Winn, a motoring pioneer and founding member of the Automobile Association, bought the very first one issued in Leeds.

When his friend Arthur Currer Briggs was elected Lord Mayor of Leeds that same year, Mr Winn gifted the U1 plate to him to use on his civic vehicle, and it has been used by Lord Mayors of Leeds ever since.

Mr Winn, one of the city's first car dealers, was himself later elected Lord Mayor of Leeds in 1938-39. He retired from public life in the 1950s and was awarded the Freedom of the City in 1956, in recognition of his contribution to the city's life and prosperity.

Today, faced with bridging an estimated £58.4 million financial gap, officers across the council have been exploring a number of innovative ways to generate income and balance the budget.

After consulting industry experts the council was informed the U1 plate could fetch a substantial amount, with all proceeds from any sale going back into the council budget and helping to protect front line services. The final value would be subject to formal valuation and would depend on the final sale process.

The potential sale would also be subject to further consultation before it would be finalised.

PLAN AHEAD: NEW YORK ROAD TUNNEL CLOSURE FOR ESSENTIAL MAINTENANCE

New York Road Tunnel, located just outside the city centre and on Leeds inner ring road, will close to all vehicles on Monday 12 February until the autumn to enable essential maintenance of the New York Road Flyover.

Leeds City Council along with construction partner Balfour Beatty will carry out repair works and replace 27 bearings on New York Road Flyover. Bearing replacement on the flyover is a vital process, that whilst only completed generally every 25-50 years, is essential to ensure the serviceable life of the flyover is maintained and subsequently this section of the flyover can remain open in the long term.

Modern bridges are designed to make future bearing replacement straight forward. However older bridges, such as the New York Road Flyover, require substantial temporary works with heavy equipment including temporary foundations to support the bridge at each bearing. To maintain the structural integrity of the bridge the work needs to be phased and some structural components strengthened.

The council in planning the project has considered every effort to keep the tunnel open, however due to the level of disruption to traffic flow, accident and breakdown risk in the tunnel and workforce safety concerns, the closure represents the most viable option.

Whilst the new scheme design will involve the tunnel closure, it will in turn ensure that traffic flows are maintained and therefore reduce the overall disruption.

Debra Coupar, Leeds City Council's executive member for resources, said: "The sale of any assets is never something we take lightly and, in an ideal world, would not be something we'd wish to do. However, the financial pressures we are facing are simply so acute, we are being forced to look at all manner of options which we have never explored before.

"After consulting with experts, it's clear that the sale of this number plate gives us a one-of-a-kind opportunity to secure a significant amount of funding, helping us protect vital services where we can whilst having no tangible impact on the people of Leeds.

"In the current circumstances, it's an opportunity we can't afford not to examine in more detail and our priority has to be to do whatever we can to balance our budget, meet the needs of residents and not risk being driven to the point of financial distress."

If the decision to sell the plate is approved, the council will appoint a private dealer to act on its behalf. It is estimated a sale would then take around three months to complete.

If a sale is completed, the plate would then be replaced on the Lord Mayor's civic vehicle by L6EDS, a plate also owned by the council, but which is substantially less valuable.

Lord Mayor of Leeds, Councillor Al Garthwaite, said: "It's astonishing to think that the story of this historic number plate began with a kind, congratulatory gesture between two friends more than 120 years ago.

"I'm sure neither of those two former Lord Mayors of Leeds could have envisaged how valuable that gift would one day become. However, it is oddly fitting that the legacy of their friendship could be to potentially help their city when it is in the midst of such challenging circumstances all these years later."

WITH THE TUNNEL CLOSURE THE COUNCIL AIMS TO

- Minimise the impact on local residents as it avoids noisy night work
- Speed up the completion of the scheme by at least one month
- Improve safety for residents, bridge users, and the workforce on site

Advance signage and notices will inform road users well in advance and during the closure. A full traffic management plan with signed diversions will be in place.

DIVERSION ROUTE

During the closure, pedestrians and cyclists can safely cross Marsh Lane under the flyover, managed by the on-site construction team.

Councillor Helen Hayden, Leeds City Council's executive member for sustainable development and infrastructure, said:

"New York Road Flyover, like the work to Regent Steet bridge in 2020 is a strategic vehicle crossing used by thousands of people every day. The decision to close New York Road Tunnel to support these essential maintenance works was not taken lightly and was made after careful consideration of safety and potential network delays.

We apologise for any potential disruption and request road users' patience. The works are vital for the long-term maintenance of this crucial city infrastructure and for maintaining vehicle flow on the inner ring road."

"We urge motorists to plan their journey in advance, follow the signed diversions, and allow a little extra time for their travel. A signed diversion route is available at www.leeds.gov.uk/planahead. Thank you for your understanding and patience."



Double Win For Dacia At The 2024 What Car? Car Of The Year Awards

■ Dacia Jogger Extreme

Dacia has once again been recognised at the What Car? Car of the Year Awards, with the Sandero and Jogger being named 'Best Small Car for Value' and 'Best Seven-seater for Value' respectively.

It is the third consecutive year that the Sandero has won the title, and the 11th time the model has been awarded at the annual event. The What Car? judges were once again won over by its unrivalled value, practicality, efficiency and specification.

Highlighting the Sandero TCe 100 Bi-Fuel version, Steve Huntingford, Editor, What Car?, said: "There's more interior space than in most rivals, while fuel economy is good, and it can run on LPG, which is much cheaper than petrol. The Sandero is also decent to drive and – in our preferred trim – pretty well equipped."

Building on Dacia's haul of more than 20 UK industry awards in 2023, including the 'Best Seven-seater for Value' trophy at last year's What Car?

Car of the Year Awards, the innovative Jogger successfully defended its title after impressing the renowned magazine and website with its space, usability, and equipment.

Reflecting on What Car?'s decision to name the Jogger as its seven-seater value champion for the second year in a row, Steve Huntingford added: "There's a lot more to like than just its price. It's a very easy car to drive, and has plenty of space for adults in all three rows. Plus, our recommended Expression trim comes with all of the convenience features you're likely to want, including keyless entry, cruise control and rear parking sensors."

Luke Broad, Dacia Brand Director for the UK, said: "When it comes to offering family-focused cars that not only deliver great value but also durability and driver appeal, Dacia is unrivalled. Value will always be core to Dacia, but these awards reaffirm that there's so much more to our cars than just price. This is where Dacia excels, blending affordability with everything that car buyers and families need for years of fun adventures."



Motorcycle Live Looks Ahead, With Two Year Commitment On Bikesure Partnership

The UK's biggest, and most interactive motorcycle and scooter show, Motorcycle Live, is proud to announce a two year extension to their successful partnership with leading insurance provider Bikesure.

Motorcycle Live, in association with Bikesure Insurance for the 5th year, will see the five star defaqto rated insurance provider, and the UK's premier motorcycle show continue to capitalise on their relationship.

Grant Varnham, Business Development Manager of Bikesure, said: "Motorcycle Live offers Bikesure a unique platform to reach the most seasoned of riders across a multitude of genres, as well as budding enthusiasts. Echoing our own brand values, the show provides a premium experience to visitors, which replicates the service levels at Bikesure. Speaking directly to customers at the show gives us a great opportunity to interact with visitors and assist on their insurance related queries."

Finlay McAllan, Managing Director of Motorcycle Live added "We've been working closely with Bikesure since 2019 and we're pleased to have Bikesure partnering with us for the next two years. Our partnership goes beyond the simple inclusion of a logo, as they share our strong commitment to creating an interactive and fun-filled show."

The successful Motorcycle Live, and Bikesure partnership brings together thousands of enthusiasts, industry professionals, and thrill-seekers who make the world of motorcycling an exhilarating and welcoming community.

Motorcycle Live, in association with Bikesure, will open its doors at the National Exhibition Centre (NEC), Birmingham from 16th-24th November 2024.

'Early bird' tickets are on sale now, visit www.motorcycellive.co.uk to get yours!



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WAGGING TALES!



Study Finds High Levels Of Problem Behaviours And Use Of Aversive Training Methods In Pandemic Puppies

The average number of owner-reported problem behaviours among 'pandemic puppies' was five, with problem behaviours more likely in owners using aversive training techniques, says the Royal Veterinary College

Four in five (82%) 'pandemic puppy' owners have reported using aversive training methods in attempts to address their dog's problem behaviours, according to a new study by the Royal Veterinary College (RVC). However, this rise in negative reinforcement/positive punishment (e.g., owners shouting at their dog or using training equipment that is unpleasant for dogs, rather than using reward-based methods such as praise and treats) not only negatively impacts animal welfare, but is often poorly effective, and in some cases, can even result in new problem behaviours in dogs due to the fear and anxiety it can cause.

This study – funded by Battersea and part of the ongoing RVC Pandemic Puppies project that follows a cohort of puppies purchased during the covid pandemic in 2020 under the age of 16 weeks from breeders in the UK – sought to identify risk factors linked to four areas. These included owner-reported problem behaviours, use of training methods, expectations vs realities of behaviour and training, and seeking professional advice for behaviour and training of these puppies as they hit 21 months. This is a pivotal age when problem behaviours increase the risk of owners deciding to rehome or euthanise their dogs due to these issues.

More than 1,000 UK owners were asked to identify problem behaviours they saw in their young dogs. The list of 24 behaviours that owners considered as problems ranged from control behaviours (e.g., pulling on

their lead) and attention-seeking behaviours (e.g., jumping up, clinginess) to aggressive behaviours (e.g., towards other dogs, people and guarding food), and fear/avoidance behaviours (e.g., anxiety/fear around other dogs, people, loud noises) and more.

Almost all (97%) owners reported their dog displayed at least one problem behaviour from the list. The average number of owner-reported problem behaviours at 21 months was five, while 20% of owners reported eight or more. The three most common behaviours that owners considered a problem were pulling on the lead (67%), jumping up at people (57%) and not coming back when called (52%).

When the behaviours were grouped, the most frequent behavioural problems were control behaviours (84%), attention-seeking (77%), fear/avoidance behaviours (41%) and aggressive behaviours (25%).

When asked about the dog training methods they used in the first 21 months of ownership, 96% of owners reported verbally praising their dogs as a training method. However, 80% also reported using one or more aversive methods/aids – with 39% of participants admitting to using two or more aversive training aids.

The most commonly used aversive training method/aid was physically moving the dog (e.g., pushing them off if they jump up at a person or on furniture) (44%), followed by shouting at them/telling them off (41%) and leash corrections (e.g., yanking their lead if they pull) (40%). Other methods reported included the use of a range of aversive training equipment including rattle bottles/cans/discs, water pistols/spray bottles, choke chains and more.

Owners were less likely to use aversive training techniques if they had attended online puppy classes with their dog (while they were under 16 weeks) during the pandemic, demonstrating the value of educating owners in humane training techniques at an early stage of ownership.

Dr Rowena Packer, Lecturer in Companion Animal Behaviour and Welfare Science at the RVC, and lead author of the study, said:

“Problem behaviours in dogs are a major welfare challenge, not just for affected dogs but also for their caregivers, causing stress and lifestyle changes for many owners. Our findings indicate that problem behaviours are extremely common in Pandemic Puppies, and in many cases, are potentially being exacerbated by owners using punishment-based training techniques.

“Although we understand these problem behaviours can be very frustrating for owners, they are often a sign a dog is struggling to cope or that they haven't been taught an appropriate response in a situation, rather than dogs intentionally behaving 'badly'. Punishing problem behaviours can lead to dogs becoming anxious and fearful, going on to develop further problem behaviours, including aggression.

“Gaining a deeper understanding of the risk factors for problem behaviour development is important in helping us provide effective advice to owners. A key piece of guidance arising from our study is that attending puppy classes is a vital way to support owners in using the best training techniques available. We appreciate many pandemic puppy owners missed these opportunities due to lockdown restrictions, but thankfully, there are also many science-based behaviour professionals available running adult classes and consultations who can support owners and dogs using effective, humane training techniques, who we would encourage all owners troubled by their dog's behaviour to reach out to.”

Robert Bays, Battersea's Senior Animal Behaviour Manager, said:

“At Battersea we have seen a significant increase in the number of dogs coming to our centres with certain behavioural issues, such as separation anxiety, which can often be linked to the pandemic and the training challenges this unusual time presented. Without the right kind of positive training and support, a small behaviour problem in a puppy or dog can quickly escalate into a serious issue, so we are deeply concerned by this study's findings that so many owners are using aversive training methods. This approach can often cause further behavioural problems in adulthood and lead to suppression of behaviour, not to mention significantly damage the relationship between pet and owner, which can be challenging to overcome in the future.

“We believe that this new research from the RVC, supported by a grant from Battersea, will really help provide the animal welfare sector with a greater understanding of the behavioural needs of a whole generation of dogs, and in turn, the needs of their owners, so that we can offer the appropriate support and training advice they need.”

As a wider longitudinal study, later timepoints in this cohort of dogs' lives will continue to be investigated for the same and broader outcomes in the future, including the potential impact on these puppies' later adult-dog behaviour, their health, and their bond with their owners (including relinquishment).

More Than 10,000 Animals Rehomed By The RSPCA In West Yorkshire In Last Decade

The Achievement Is Revealed As The RSPCA Celebrates Its 200th Year Anniversary

The RSPCA has revealed that it has found loving new homes for more than 10,000 animals in a decade in West Yorkshire, with the remarkable rehoming feat revealed to mark its 200th birthday in 2024.

The charity has come a long way since 1824 - when founding members of the charity met in a coffee shop in London determined to change animals' lives, creating the then SPCA and sparking an animal welfare movement that spread around the world.

Now - as the RSPCA enters its landmark 200th anniversary year - the charity wants to inspire a one million strong movement for animals, as the charity aims to "create a better world for every animal".

Today West Yorkshire is served by a team of RSPCA rescuers who save animals and investigate cruelty while also offering welfare advice and help to pet owners in need.

The county is also home to two independent RSPCA branches - RSPCA Halifax, Huddersfield, Bradford & District and RSPCA Leeds, Wakefield & District - who rehabilitate and rehome rescued animals - ranging from cats and dogs to small furrines like hamsters and guinea pigs.

Many will have endured horrendous suffering but with the care of dedicated staff and volunteers they will be helped to recover before they are found loving homes.

The latest available figures show that in the ten years up until the end of 2022 these centres have found new homes for a staggering 10,318 animals. Additionally they have helped pet owners in the county by providing:

- 13,866 neuters (to stop unwanted pregnancies and promote responsible ownership)
- 11,332 microchips - to help reunited lost pets with their owners

Nationally the charity has rehomed 405,839 pets in need of a new home since 2013 thanks to its network of 140 branches and animal centres across England and Wales - which equates to 111 animals every day.

Also during that time 615,000 animals have been patients at the charity's hospitals for anything from life-saving operations to welfare treatments and a staggering 1.7 million vet treatments have been carried out.

Throughout their history local RSPCA teams have helped thousands more animals in the county and are determined to carry on their amazing work as the RSPCA marks a new chapter - at a time when animals are facing bigger challenges than ever with the cost-of-living crisis.

Animal neglect and abandonment is sadly at a three-year high. In 2023, the RSPCA received 72,050 reports about animal abandonment and neglect - higher than in 2022, 2021 and 2020.

Dermot Murphy, RSPCA inspectorate commissioner, said:

“We have even more animals in need of help coming into our care - but at the same time rehoming has been declining sharply, meaning thousands fewer rescue pets are being adopted and our branches and centres are full to bursting.

“We are also faced with increased bills and less donations due to the

cost of living crisis which is one of the biggest challenges facing animal welfare right now - and this economic hardship is continuing into our 200th anniversary year.

“But we are determined to rise to the challenge and help animals and pet owners who need us more than ever. That's why we're currently asking supporters to Join the Winter Rescue by donating to help our rescue teams reach the thousands of animals who desperately need them.

“Animals are now facing bigger challenges than ever as a result of factory farming, climate change, war and a cost of living crisis. In our 200th year we want to inspire one million people to join our movement to improve animals' lives.

“We've been changing industries, laws, minds, and animals' lives for 200 years. Together, there are actions, big and small, we can take to create a better world for every animal.”

To find out how you can join the million-strong movement for animals visit www.rspca.org.uk/200

The charity is also asking supporters to Join the Winter Rescue and make a donation to help rescue teams reach the thousands of animals who desperately need them. More information can be found on the RSPCA's 200th anniversary webpage;

www.rspca.org.uk/whatwedo/whoware/history

**The local branches are part of the RSPCA family but are funded independently and rely on public support.



Beechwood Veterinary Group



Beechwood Veterinary Group has added a new branch in Headingley to their surgeries in Leeds. The branch at Beechwood Vets 177 Kirkstall Lane, Headingley LS6 3EJ opened in August 23 and is open Monday to Friday offering appointments and surgeries (on certain days)



The branch is run by two of the teams experienced veterinary surgeons – Catarina Silva MRCVS who has a certificate in feline medicine and Becki Coverdale MRCVS.

The team there are in the process of also applying for the ISFM Cat Friendly Clinic at this site and hope to achieve silver status as at the Temple House branch.

The Headingley branch joins the Practice who now have sites covering Seacroft and the surrounding area, Chapel Allerton, Beeston and Garforth

Temple House in Seacroft has state-of-the-art facilities which will benefit thousands of pets across Leeds.

Clients bringing their pets for treatments and routine care will benefit from more rooms and the latest high-tech new equipment, including:

- Seven consulting rooms so more pets can be seen by vets and nurses
- Separate cat and dog wards
- Three operating theatres with top surgical facilities
- A dedicated x-ray room
- Ultrasound to diagnose heart conditions, tumours and changes in abdominal organs
- Dental theatre with dental x-ray

The additional operating space at Temple House also enables Beechwood Vets to offer laparoscopy, or keyhole surgery, providing a minimally invasive alternative to a traditional spay surgery, as well as procedures like biopsies of the liver, kidneys and intestines.

Patient benefits include smaller wounds, faster recovery, procedure is less painful and a quicker post operative recovery. If you would like to enquire about lap spaying for your female dog (as long as she will be over 15kgs in body weight after 6 months of age) please drop them an email at templehouse@beechwoodvets.com and one of the nursing team will call you back to discuss.

The practice will also have a dedicated room to provide a calm, quiet space for clients and their pets during difficult times, bringing comfort to owners whose pets are receiving end-of-life care.

Beechwood Vets Practice Manager Kelly Mann said: "It's great that we can now offer care to the patients of Headingley as well as offer a much better service at the Seacroft practice as there is much more space for improved facilities and it is much more comfortable for clients and patients."

Having separate cat and dog facilities creates a much more relaxed and comforting space for patients, especially cats, and having on-site parking is a huge bonus for our clients.

As well as providing improved facilities for clients and patients, it is also a great place to work for our veterinary team."

Beechwood Vets now have five surgeries across Leeds in Seacroft, Chapel Allerton, Beeston, Headingley and Garforth, providing emergency care for pets, as well as general healthcare, vaccinations, medical investigations, surgical procedures including orthopaedics, cardiology clinics, dietary advice and dental work.

Temple House

Limewood Approach LS14 4NH

Tel: 0113 264 54 22

All appointments and operations.

- Monday to Thursday – 8.30am-7.45pm.
- Friday, Saturday, Sunday – 8.30am-5.45pm.

Chapel Allerton Surgery

335 Chapeltown Road, Leeds LS7 3LL

Tel: 0113 262 11 89

- Routine appointments only
- Mondays to Fridays- 8.30am - 5.45pm.

Beeston Surgery

430 Dewsbury Road, Leeds LS11 7LJ

Tel: 0113 270 03 25

- Appointments and operations
- Mondays to Fridays – 8:30am - 5:45pm.



Garforth Surgery

28 Springmead Drive, Garforth LS25 1JW

Tel: 0113 232 00 30

- Routine appointments only
- Mondays, Tuesdays, Thursdays, Fridays – 8:30am-5:30pm.

Headingley Surgery

177 Kirkstall Lane, Headingley LS6 3EJ

Tel: 0113 295 88 55

- Appointments and operations
- Mondays to Fridays – 8:30am-6:00pm.

The Out of hours emergency service will continue to be operated by Holly House vets and they can be contacted on 0113 2369030.



SCAN ME

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beechwoodvets.com





Surgical Hologram Tech Launches Into Leeds Teaching Hospitals NHS Trust Following Ce Safety Mark Award

Norwegian healthtech startup HoloCare scales its commercial footprint across the UK and Europe, following UKCA and CE certification. The mixed reality and AI-powered platform will initially launch in five hospitals, including Leeds Teaching Hospitals NHS Trust, to support pre-surgical planning.

HoloCare's software creates interactive 3D holograms of an individual patient's organ, allowing surgeons to precisely plan and personalise surgeries to the patient's unique anatomy. This better spatial understanding could support surgeons to carry out operations more efficiently and accurately – helping improve wait times, improve patient surgery outcomes, and improve clinician wellbeing.

The technology will initially be available to improve the quality of planning for complex liver surgery (liver resections) – where part of the liver tissue is removed – which is commonly used in the treatment of liver cancer (19% of UK treatments) and bowel cancer (26.1% of UK treatments).

Professor Peter Lodge, a consultant surgeon based at Leeds Teaching Hospitals NHS Trust, and internationally renowned for his work in liver surgery, will be chairing a new clinical advisory board for HoloCare, an important part of clinical regulation. The team at Leeds will soon be training with the new technology and reporting back the potential impact on patient care as part of a new evaluation. He said:

NICE Updates...

Helen Knight, director of medicines evaluation said: “Our review of the evidence on the use of Paxlovid has found it offers value for money for a wider group of patients. This is good news for people who may contract COVID-19 in the coming months and will help alleviate pressure on the health service.

NICE is focused on getting the best care to patients while ensuring the NHS can continue to deliver maximum value to the taxpayer.

“Although we are no longer in a pandemic, COVID-19 is still circulating and we are pleased that more people at risk of severe disease can benefit from Paxlovid.”

25,000 People To Benefit After New Daily Pill For Ulcerative Colitis

NICE have published final draft guidance recommending a new one-a-day pill as an option for treating ulcerative colitis.

Etrasimod (also known as Velsipity and made by Pfizer) is recommended for people aged over 16 with moderately to severely active ulcerative colitis who have had an inadequate response, lost response or were intolerant to either conventional therapy or biological treatment.

Just over 25,000 people in England would be eligible to receive the treatment, which was evaluated using a simplified, cost comparison technology appraisal. As a result, this final draft guidance was available up to eight weeks faster than would have been the case under standard process.

Ulcerative colitis is a long-term disease where the colon and rectum become inflamed resulting in ulcers, bleeding and pus. It can cause recurring diarrhoea, arthritis and osteoporosis.

The treatment helps reduce inflammation in the colon by helping to control the level of immune cells in the blood.

It is estimated that around 300,000 people across the UK have been diagnosed with ulcerative colitis.

The condition can develop at any age but is most often diagnosed in people between 15 and 25 years old.

Clinical trial evidence shows that etrasimod is more effective than placebo for treating moderately to severely active ulcerative colitis. Indirect comparisons suggest that it is likely to work better than adalimumab (an immunotherapy treatment) and may be similarly effective to other usual treatments for moderately to severely active ulcerative colitis.

The recommendation is subject to the treatment being licenced by the

“We fully expect this exciting new advance to make decision making for liver surgery and other liver cancer therapies easier, more accurate and faster. We are looking forward to helping HoloCare take liver radiology forward in a way we have not thought is possible until recently. We can see wide implications for all types of liver surgery and interventions, saving time and money in patient care.”

The company's newly UKCA and CE marked (Class 2b) technology – which means the company has been assessed to meet high safety, health, and environmental protection requirements, and can now trade in the UK and the European Economic Area (EEA) – is launching at five UK and European hospitals, including Leeds Teaching Hospitals NHS Trust, UK and Oslo University Hospital, Norway.

The company plans to launch in a further 10 European hospitals in 2024.

In order to gain CE mark approval, HoloCare has completed clinical research in collaboration with Oslo University Hospital to assess the outcomes of its technology in a clinical setting. The results of this research will be published soon.

Professor Bjørn Edwin, Section Manager and Professor at the Intervention Centre, Oslo University Hospital where he specialises in liver and pancreas surgeries, has been using HoloCare's software as part of the clinical research study:

“As a surgeon specialising in minimally invasive surgery, HoloCare's software has transformed the way I approach operations. I'm able to zoom in on the intricacies of a patient's anatomy, to plan exactly how I will approach a surgery in the most efficient (and least invasive) way. I've worked closely with HoloCare's team to really test the technology to its limits, and have seen promising results.”

Alison Sundset, CEO of HoloCare says:

“This CE Mark is an important moment for HoloCare, signalling confidence (as well as compliance) in our solution and setting the scene for an exciting next chapter, as we look to scale across Europe – and ultimately beyond! I'm very proud to be partnering with incredible hospitals and research partners in our mission to advance medical imaging, and improve patient outcomes in surgery.”

More People At Risk Of Severe COVID-19 To Benefit From Wider Roll Out Of Antiviral Paxlovid

1.4 million more people will be eligible for the antiviral Paxlovid (also called nirmatrelvir plus ritonavir and made by Pfizer) if they test positive for COVID-19 following final draft NICE guidance published today (11 January 2024).

NICE already recommends Paxlovid for an estimated 3.9 million people who do not need supplemental oxygen for COVID-19 and who have an increased risk for progression to severe COVID-19. This includes people with certain cancers, people who have had haematological stem cell transplant or who have a haematological disease and people with liver or kidney disease.

Following a partial review NICE has published updated final draft guidance which increases the number of people eligible to access Paxlovid to an estimated 5.3 million.

This means that within 3 months of NICE publishing final guidance, the following groups will also have access to Paxlovid if they test positive for Covid 19:

- People aged 85 years and over.
- People with end-stage heart failure who have a long-term ventricular assistance device.
- People on the organ transplant waiting list.
- People aged 70 years and over, or who have a BMI of 35 kg/m² or more, diabetes or heart failure, and are resident in a care home, or are already hospitalised

Paxlovid is an antiviral medicine, given as 2 separate tablets to people within 5 days of getting COVID-19 symptoms. It works by stopping the virus from growing and spreading in the body.

It's 2 separate medicines, nirmatrelvir and ritonavir. Nirmatrelvir stops the virus from growing and spreading, and ritonavir helps nirmatrelvir from being broken down in the body while it is working.

People eligible for COVID-19 treatments can get free lateral flow tests from participating pharmacies and should take a test as soon as they have symptoms, even if mild. If positive, people should call their GP surgery, NHS 111 or hospital specialist as soon as possible.

Medicines and Healthcare products Regulatory Agency (MHRA).

The company has a confidential commercial arrangement in place which makes etrasimod available to the NHS with a discount.

300 People To Benefit From New Treatment For Advanced Breast Cancer

Around 300 people are set to benefit following NICE's recommendation of talazoparib for treating a type of locally advanced or metastatic breast cancer in final draft guidance.

The recommendation reverses NICE's earlier draft decision not to recommend talazoparib for adults with BRCA 1 or 2 mutated HER2-negative locally advanced or metastatic breast cancer after prior chemotherapy. It follows the offer of an increased discount to the price of talazoparib, also called Talzenna, by the company (Pfizer).

Once the draft guidance becomes final this month it will mean NICE will have made positive recommendations in all 20 of its completed appraisals of breast cancer treatments since 2016.

Talazoparib would be used instead of chemotherapy.

Currently there are no targeted treatments for this type of advanced breast cancer available in the NHS and alternative treatment options are limited.

Helen Knight, director of medicines evaluation at NICE, said: “This announcement addresses a significant need by giving people with these types of cancer access to an additional treatment. And because talazoparib is taken as a once-daily tablet it means it's much more convenient for people who would otherwise need to go into hospital for intravenous chemotherapy.

“Although some uncertainty in the clinical evidence remains, when considering the impact of advanced breast cancer and its effect on quality and length of life, the improved discount from the company means we can now recommend talazoparib for use in the NHS.”

Current treatments for this type of cancer include chemotherapy (mainly taxanes) and best supportive care.

Evidence from a clinical trial showed that talazoparib increases how long people live without their cancer getting worse compared with chemotherapy. The trial did not show any difference in how long people live.

Talazoparib is a type of treatment called a PARP inhibitor which works by shrinking or slowing the growth of certain types of cancer cells.

Four-Dose Mounjaro “KwikPen” Approved By MHRA For Diabetes And Weight Management

The Medicines and Healthcare products Regulatory Agency (MHRA) has approved a four-dose version (covering a month’s treatment) of the diabetes and weight management medicine Mounjaro (tirzepatide) - Mounjaro KwikPen.

Mounjaro KwikPen is approved to treat adults with type 2 diabetes and for weight management in adult patients with a BMI of 30kg/m² or more (obesity), as well as those with a BMI between 27-30kg/m² (overweight) who also have weight-related health problems such as prediabetes, high blood pressure, high cholesterol, or heart problems.

The medicine is to be used together with a reduced-calorie diet and increased physical activity.

Julian Beach, MHRA Interim Executive Director, Healthcare Quality and Access, said:

“The public health importance of safe and effective treatments to help manage diabetes and obesity, which can have a significant impact on people’s health, is clear.

“This approval enables access to the approved Mounjaro pen in a more convenient presentation of a month’s treatment, of one dose per week.”

Douglas Twenefour, Head of Care at Diabetes UK, said:

“We hope the MHRA’s approval of this device will help people living with type 2 diabetes, who are eligible, to access this effective treatment.

“Supporting people with type 2 diabetes to lose weight and manage their blood sugar levels is key to reducing the risk of diabetes-related complications, and tirzepatide (Mounjaro) expands the range of treatment options available to help people achieve this.”

Mounjaro KwikPen is available as a four-dose pre-filled injection pen

containing 2.5mg, 5mg, 7.5mg, 10mg, 12.5mg and 15mg of tirzepatide per dose, injected under the skin of a patient’s stomach area, thigh or upper arm.

Starting dose is 2.5mg once a week for four weeks, increasing to 5mg once a week. The dose may then be increased in at least 4-week intervals up to the maximum dose of 15mg once weekly, if recommended by the patient’s doctor.

HOW IT WORKS

The active ingredient in this treatment, tirzepatide, helps to reduce sugar levels in people with type 2 diabetes only when the levels of sugar are high.

It also regulates a patient’s appetite, so they feel full, making them feel less hungry and experience fewer food cravings.

EVIDENCE BASE

The approval of Mounjaro Kwikpen is based on the results of a bridging study, which provided evidence that the efficacy and safety of the multidose Mounjaro Kwikpen are expected to be the same as those for the single-dose Mounjaro pen that is approved based on seven global clinical trials.

Five of these trials (SURPASS 1-5), involving 6,263 participants in total, looked at the safety and efficacy of the active ingredient tirzepatide in participants with type 2 diabetes. Across all the studies, participants who received tirzepatide showed significant decreases in fasting glucose levels compared to either placebo or an active control (semaglutide, insulin degludec and insulin glargine) for up to 1 year. In one study these effects were sustained for up to 2 years. Significant decreases in body weight were also demonstrated.

Two of these trials (SURMOUNT 1-2), involving 3,477 participants in total, looked at safety and efficacy of tirzepatide when used for weight management (reduction and maintenance) in overweight and obese adults with and without diabetes. In both studies, overweight or obese adults treated with tirzepatide saw significant reductions in body weight compared to placebo, irrespective of age, sex, race, ethnicity, baseline BMI and glycaemic (status).

SIDE EFFECTS

The most common side effects of the medicine are nausea, diarrhoea, vomiting (which usually goes away over time), and constipation. Low blood sugar (hypoglycaemia) is also very common in patients with diabetes. Symptoms of this can include headache, drowsiness, weakness, dizziness, feeling hungry, confusion, irritability, fast heartbeat and sweating.

Obese or overweight female patients using oral contraceptives should consider also using a barrier method of contraception (e.g., a condom) or switching to a non-oral contraceptive method for 4 weeks after starting Mounjaro and for 4 weeks after each increase in dose as Mounjaro may affect how well the contraceptive pill works in these patients.

As with any medicine, the MHRA will keep the safety and effectiveness of Mounjaro under close review. Anyone who suspects they are having a side effect from this medicine are encouraged to talk to their doctor, pharmacist or nurse and report it directly to the Yellow Card scheme, either through the website (<https://yellowcard.mhra.gov.uk/>) or by searching the Google Play or Apple App stores for MHRA Yellow Card.

Invitations And Reminders Being Sent To Thousands In West Yorkshire As Measles Infection Cases Rise



As measles cases continue to rise across the country, the NHS is urging parents and carers in West Yorkshire to make sure their children are vaccinated against measles, mumps, and rubella (MMR).

The recent rise in cases, including in Yorkshire, has prompted the UK Health Security Agency (UKHSA) to declare a national incident. This is because measles, along with mumps and rubella, is a highly infectious illness: one child with measles can infect up to nine other unvaccinated children, making it one of the most infectious diseases in the world.

These are also potentially very serious diseases: complications from measles, mumps and rubella can be potentially life changing including blindness, deafness and swelling of the brain (encephalitis). One in five children with measles will need to be admitted to hospital.

Dr James Thomas, Medical Director at NHS West Yorkshire Integrated Care Board said:

“There is a real risk of a measles outbreak in West Yorkshire - vaccination rates have fallen over recent years, and with 27 confirmed cases last year we had the highest number of cases outside of London and the West Midlands.

“Measles is more than just a rash; it is a serious, potentially life-changing condition that spreads very easily. It can lead to severe illness and even death in children. For pregnant women, it can cause premature birth, low birth weight and still births.

“But measles, as well as mumps and rubella, is preventable, so if you or your child have not had your MMR jab, it is really important that you come forward.”

Two doses of the safe and effective MMR vaccine are needed for maximum life-long protection, with the first dose given around the child’s first birthday, and the second dose given at around three years and four months old.

However, anyone can catch up at any age on any missed doses and it’s never too late to protect yourself. Getting the MMR vaccine is free and usually takes just a few minutes.

If you’re not sure if you or your children have had the MMR vaccine, please contact your GP practice.

Letter To Editor Go Red For Heart Month



Dear Editor

We are urging readers to Go Red for Heart Month this February to support the British Heart Foundation (BHF).

You can Go Red to raise money for pioneering research this Heart Month, and learn the lifesaving skill of CPR - helping to protect the hearts of your loved ones, your community and many others too.

By fundraising for the BHF this Heart Month, you can help get us closer than ever to a world free from the fear of heart and circulatory diseases. Whether it’s a coffee morning, an office dress-up day or a heart-themed quiz, red is an easy theme to have some fun with and raise vital funds for research.

With heart and circulatory diseases affecting around twice as many people in the UK as Alzheimer’s and cancer combined, we urgently need your help to fund the cures of tomorrow.

You can also learn CPR for free in just 15 minutes using the BHF’s online training tool, RevivR. Using just a cushion and a phone, you could learn the skills to help save a loved one’s life in the event of a cardiac arrest.

For ideas on how to fundraise this Heart Month, or to learn lifesaving CPR through RevivR, visit bhf.org.uk/heartmonth

Chris Perera

Head of Field Operations North

British Heart Foundation



500,000 Women Benefit From Cheaper Hormone Replacement Therapy

Since launching on 1 April last year, more than 500,000 women in England have accessed cheaper HRT – the main treatment for negative menopause symptoms – helping to save hundreds of pounds in prescription charges.

A key pillar of the first year of England's Women's Health Strategy, which made menopause a priority area, the HRT PPC reduced prescription costs to just £19.30 per year. It can be used against a list of eligible HRT items that includes patches, tablets and topical preparations. Patients can use the HRT PPC as many times as needed throughout the year.

Making HRT more accessible through reducing its cost is one way the government is making menopause support more readily available to women. This year the government has also successfully tackled supply issues, by working with suppliers to encourage and support them to meet growing demand.

Health and Social Care Secretary Victoria Atkins said:

"I am determined to make access to healthcare faster, simpler, and fairer. Better access to HRT will improve the lives of millions and gives women the freedom to take control of their symptoms.

"This is a huge milestone and shows how successful our Women's Health Strategy is in delivering the outcomes women want and deserve."

Minister for Women's Health Strategy Maria Caulfield said:

"Every woman is different and so it's essential we make sure all women can access the right medication that works for them.

"Many women often need to try a few different types of HRT to get the right medication that works for them. By reducing the price of HRT to under £20 for a year's supply, we've made it more equitable for women to go on living their normal lives.

"Our Women's Health Strategy continues to deliver on what women want."

As a result of the government investment of £25 million, women experiencing the menopause will also benefit from the establishment of women's health hubs which will improve women's access to care, improve health outcomes and reduce health inequalities. The government aims to establish at least one women's health hub in every local area this year, enabling better access and quality of care in services for menstrual problems, contraception, pelvic pain, menopause care and more.

Menopause can impact on all areas of a women's life. The government has appointed Helen Tomlinson as the government's first Menopause Employment Champion, and have awarded grant funding to charities across England to help employers make changes to their workplace to support women's reproductive health, which includes menopause.

How to use the PPC

There are a few different ways to get the HRT PPC:

- online on the NHSBSA website: www.nhsbsa.nhs.uk/hrt-ppc
- in person at some pharmacies
- if you're deaf or hard of hearing, you can use the textphone (or minicom) to contact the NHSBSA using the text relay service. Dial 18001 then the relevant phone number.
- the NHSBSA also offers a telephone translation service and can provide documents in large print or Braille on request

Patients can call 0300 330 2089 for help and support.

To use your HRT PPC, ask your prescriber for your HRT items on a separate prescription to any other medicines you are prescribed (one prescription per item). This is to ensure the prescription can be processed correctly at the pharmacy.

Take your prescriptions and HRT PPC to a pharmacy and use it as many times as you need over 12 months.

Before getting the HRT PPC:

- check that you're not already eligible for free NHS prescriptions using the eligibility checker on the NHSBSA website
- check that your medicine is covered by the HRT PPC - see the list of eligible HRT medication
- check whether a 3 or 12-month general PPC is more suitable for you - it covers all NHS prescriptions, not just HRT items, and may be more cost-effective if you are prescribed other medicines as well as HRT

The HRT PPC will be valid for 12 months and there is no limit on the number of times the certificate is used before it expires. You do not need to get it on 1 April - get it just before your next prescription to maximise your use of it over the year.

Doctor Explains;

Image for illustration purposes only

The Difference In Types Of Cough

Seasonal coughs affect many people throughout the autumn and winter months, with those most vulnerable encouraged to take extra precautions to prevent disease, such as annual flu jabs and routine Covid vaccinations.

Although the average cough lasts around 18 days it can be difficult to determine whether your cough is in fact, 'just a cough', or if there is a further, potentially serious cause that needs reviewing by a medical professional.

Dr Malathy Munisamy, a Clinical Research Physician involved in respiratory research at MAC Clinical Research, said "if your cough lasts three weeks or more, you should book a visit to see your GP.

"Standard coughs, which are often 'harmless', settle on their own within a couple of weeks. A cough is simply the body's natural response to any irritations within the airways. Coughs can be categorised into 3 groups; acute, subacute, and chronic."

Dr Munisamy explains the difference in types of cough.

ACUTE COUGHS

Post-nasal drip symptoms include:

- Dry or tickly cough, usually presenting white mucus
- Feeling of mucus dripping down the throat
- Can cause the throat to feel sore and swollen

The cause of a post-nasal drip is usually down to allergies and the mucus caused by them.

To treat it:

A steroid-based nasal spray can ease inflammation in the nose to reduce the mucus.

COLDS AND FLU

Symptoms include:

- Sore throat with a cough that sometimes produces yellow phlegm
- Headaches
- Muscle aches
- Sneezing
- Increased temperature/fever

Colds and flu are caused by viruses spread through droplets in the air from people coughing and sneezing. This means they are contagious and if you're near someone with either of these, you are susceptible to falling ill also. The viruses cause the membranes within the nose and throat to become inflamed, which in turn causes coughing and sneezing.

To treat it:

As this cough is caused by a virus, rest, hydration, paracetamol, ibuprofen or cold relief medication are usually effective treatments. If you are taking antibiotics for viruses, these will not work and could lead to bacterial antibiotic resistance.

SUB-ACUTE COUGHS

Chest Infections symptoms include:

- A chesty cough
- Wheezing, shortness of breath and chest pain
- High temperature, aching muscles, fatigue and headaches
- Lots of dark yellow or green mucus

Chest infections are usually caused by a virus, such as bronchitis.

To treat it:

Chest infections can either be viral or bacterial, both are treated with different medications. Either antiviral medication or an antibiotic can be prescribed alongside the usual advice of rest, paracetamol, and hydration.

COVID

Symptoms include:

- A new continuous cough, which means you cough a lot for more than an hour or have three or more coughing episodes in 24 hours
- A high temperature
- A loss or change to your sense of smell or taste
- Shortness of breath and/or a sore throat
- Tiredness, runny nose, diarrhoea

Most of us will know that it is caused by a virus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which emerged in 2019.

To treat it:

While there are vaccinations against developing severe symptoms of Covid, treatment is mostly the same as when you have a cold or flu; staying hydrated, getting lots of sleep, and paracetamol for when you feel uncomfortable.

If you are categorised as 'vulnerable', ensure you are up to date with your Covid vaccination to avoid severe symptoms.

PNEUMONIA

Symptoms include:

- A wet cough, sometimes with foul-smelling green or yellow mucus
- Shortness of breath, chest pain, and a wheezing noise when you breathe
- A high temperature
- Aches and pains and feeling very tired
- Loss of appetite

Pneumonia is usually caused by a bacterial or viral infection, much the same as a chest infection, but the infection and its symptoms are much more severe.

To treat it:

Hydration and medication, such as antibiotics or antivirals, is recommended, but if you are at risk of serious illness, (for instance, if you are over 65), have cardiovascular disease, a lung condition, or if it is your baby or child that has pneumonia, you may need to go to hospital to receive further treatment and oxygen.

CHRONIC COUGHS

Chronic Obstructive Pulmonary Disease (COPD) symptoms include:

- Shortness of breath and a persistent cough
- Wheezing and chest tightness
- Fatigue and frequent respiratory infections
- Increased amounts of mucus, commonly coloured brown

COPD is a term given to a group of lung conditions including bronchitis and emphysema. Prolonged or long-term exposure to damaging irritants, such as smoking, dust, chemicals, and fumes are the primary cause of COPD.

To treat it:

There is currently no cure for this progressive illness, but there are lifestyle changes which can help ease symptoms and aim to prolong life expectancy. These include stopping smoking, bronchodilators, inhaled corticosteroids, pulmonary rehabilitation, and oxygen therapy. Speak to your doctor or GP about the options available.



Leeds' Evolve Medical Achieves CQC Registration With Half-Million-Pound Investment

A Leeds-based aesthetics clinic has made an initial six-figure investment of over £500,000 in new premises, staff and equipment to become the first CQC-registered practice in the area, with an ongoing annual commitment of over £400,000 to retain this highly respected medical standard.

Evolve Medical, in Pudsey has a team made up of qualified consultants, GPs, nurses and beauty therapists, headed up by registered nurse Rachel Green who has over 20 years' experience.

At present, a significant area of the aesthetics field is not regulated, for example councils regulate tattooing but not injectables, which performed incorrectly can cause significantly more harm to patients. And this is something Rachel feels passionate about.

She said: "Ultimately, it's all about the safety of patients. We want to provide an accessible service, but of the highest standard which CQC immediately demonstrates. I strongly believe that injectables should be brought under the regulations of CQC, to ensure the standards of patient safety.

"If the industry was regulated with CQC then standards would be the same across the UK, and so create a safer consumer experience stopping non-medical, non-qualified practitioners which would be a significant turning point for the industry. With no industry standards for aesthetic practitioners as well as clinics, how can safety be guaranteed?"

To achieve its 'Good' rating, Evolve Medical invested

hugely in equipment and training for staff, because this rating requires achieving the same standards as hospitals. All staff received additional mandatory training and the clinic made official its commitment to using regulated products (which it already did), which at the volumes used costs an additional £180,000 per year for filler alone. The cost without CQC could be much cheaper because it wouldn't need to be approved by FDA or even marked by CE.

All products that the clinic uses are sourced and prescribed by regulated pharmacies, whereas unregulated practitioners are able to source freely online. Rachel even travelled to Geneva to visit the sites where the products are made, to see the quality and care in production for herself.

She continued: "As a nurse or doctor, to be able to carry out treatments such as thread lifts you must be regulated by CQC. However, if you aren't medical then you don't - so in theory you could just practice from your own bedroom which seems insane.

"By becoming CQC registered we are making a clear commitment to being a safe, responsible and well-led clinic which puts its patients first."

The only higher standard than 'Good' on the CQC rating system is 'Outstanding', and Evolve Medical's current standard is described on the CQC website as 'The service is performing well and meeting our expectations'.

For more information, see www.evolvemedical.co.uk

Spire Methley Park Hospital Maintains Its 'Good' CQC Rating

Spire Methley Park Hospital has maintained its overall 'Good' rating, following an unannounced inspection of services by the Care Quality Commission (CQC) in November 2023. The previous inspection had been in 2016.

As well as receiving a 'Good' overall rating, the CQC rated the hospital 'Good' for being safe, effective, caring, responsive to patients' needs and well-led, and for each of the services they inspected; surgery, diagnostic imaging and outpatients.

In its report, CQC inspectors praised the way in which hospital leaders were focused on the needs of patients and that colleagues treated patients with compassion and kindness, respected their privacy and dignity, and helped them understand their conditions. They made particular mention of the way that the hospital teams took account of patients' individual needs, made it easy for people to give feedback and provided emotional support to patients, families and carers. People could access healthcare services when they needed it and did not have to wait too long for treatment, the inspectors said.

The CQC noted that Spire Methley Park had received a gold award for being a quality data provider from the National Joint Registry. This showed the hospital's commitment to patient safety, and accountability through data submission and results.

The CQC also commented positively on how hospital leadership engaged and supported colleagues to feel respected, supported, and valued. They added that the hospital engaged well with patients and the community to plan care to meet the needs of local people.

Following on from its support for the NHS during the pandemic, Spire Methley Park is pleased to be helping local NHS trusts to address waiting lists in the area, caring for some of those NHS patients who have been waiting the longest for care.

Andrew Webster, Hospital Director at Spire Methley Park Hospital, said: "Everyone at Spire Methley Park is delighted with the news of our 'Good' rating from the CQC. This demonstrates our significant efforts to drive clinical excellence; deliver high-quality and compassionate patient care; and be an employer of choice for outstanding colleagues. Keeping our patients safe and comfortable while delivering outstanding personalised care remains our priority - the entire team should be incredibly proud of what we've achieved here at Methley Park."

98% of Spire Healthcare's inspected hospitals and clinics are rated 'Good,' 'Outstanding' or the equivalent by health inspectors in England, Wales and Scotland.

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Monthly Horoscopes By Russell Grant

ARIES March 21st - April 20th

A generous friend or relative will offer to lend you money on the 1st and this will allow you to travel, study or take some time off work. If you're applying for a job, a former employer you got on well with will give you a glowing reference. A meeting or interview on the 5th will transform your life. You have accomplished a lot already which is why you're happy to take on new challenges in connection with work, education and travel. The New Moon on the 9th brings an opportunity for you to enjoy, accept or apply for something you have always longed for. The 20th will see you reassessing your friendships and deciding on the company you really want to keep while the Full Moon on the 24th brings results of a job or financial application that will be meaningful to you.

TAURUS April 21st - May 21st

Do anything that allows you to expand your horizons as February begins. Learning new skills will make it easier for you to outshine your professional rivals. Follow a desire to enhance your education on the 5th. Set small goals and visualise yourself making gradual steps towards achieving them. An opportunity to break new ground in a creative field will take you by surprise on the 9th. At last you have an outlet for your talent. The New Moon will present you with an engrossing project that's likely to take up a lot of your time. If you're thinking about upgrading your mobile, computer or technical equipment, wait until the 16th and you will get a good deal. You won't lack for things to do on the 24th. You will want to tackle tasks that get your interest immediately; the Full Moon prompting you to plunge into projects with energy and enthusiasm.

GEMINI May 22nd - June 21st

You're more aware than ever of your psychic powers. That's why, on the 1st, you will not let appearances deceive you. If you sense someone isn't being honest with you, trust your intuition. Again on the 2nd, tune out of conversations and tune into the atmosphere around you. This will give you a better sense of what is really going on. If you encounter an obstacle on the 7th, whether this holds up a journey, delays a meeting or prevents you from moving forward with a special project, be patient. Changes suggested could be surprisingly successful. The New Moon on the 9th will bring an invitation to take a long distance trip or a chance to work or live overseas. This is something you will be putting serious thought into. If your daily commute has been a big cause of stress, the Full Moon on the 24th will bring a better arrangement for you to work from home.

CANCER June 22nd - July 23rd

Be honest in business and finance on the 1st. Someone will greatly exaggerate the success of a project they want you to get involved in. Let caution be your guide. Listen to logic on the 2nd and no one will get away with misleading or deceiving you as they are trying to do. A serious legal commitment will be made on the 9th when the New Moon will bring agreement in matters that have been causing a lot of argument. When was the last time you did something purely for your own pleasure? Let it be the 16th. Whatever fun activity you choose, your partner and family will be squarely behind you. The Full Moon on the 24th will require you to set aside some time to respond to emails, letters and phone calls. Choose your words carefully so there can be no confusion or misunderstandings.

LEO July 24th - August 23rd

Dreams you once had but gave up on or wishes you put to one side and never followed up will come to your mind on the 2nd. Life choices may have taken you in a different direction but things can change. The 5th will bring a chance for you to start working toward a cherished goal. If you let this pass by without acting on it, you will only have yourself to blame. Whether it means going back to school, adopting a spiritual practice or developing a creative skill, these are all goals worthy of your time. The New Moon on the 9th is time for you and a partner to have a serious discussion about your joint future. Traffic jams and transport delays will slow your progress on the 16th. Be sensible and allow yourself extra time to get to your destination. The Full Moon on the 24th will bring some extra money your way.

VIRGO August 24th - Sept 23rd

The 1st is the time to focus on the best ways to turn ideas into reality and to enjoy the feeling of satisfaction that this brings. There is a sense of a new maturity being reached in more than one area of your life. The New Moon will open doors on the 9th that were locked to you in the past. Go with a strong desire to be active and you can and will make things happen. If you are travelling on the 16th, check your mobile is fully charged before leaving. That way you can notify anyone who is expecting you if you are delayed. Venturing into the unknown on the 21st will be stimulating and you could find yourself developing an interest in subjects that never held your attention before. Put in some overtime on the Full Moon on the 24th if you could do with some extra money.

LIBRA Sept 24th - Oct 23rd

Remember when you believed anything was possible? On the 2nd, you will realise that deep down, you still believe this. If you can dream it you can achieve it. Dreams on the 3rd are reminding you of the wonderful things you still want to do with your life and this will stir you into action on the 8th. It is time to allow your passion to take you where you want to go. The New Moon on the 9th will breathe new life into a creative effort. Don't be surprised when you are asked to display your art locally. Overcoming obstacles on the 17th will boost your confidence and give you a new sense of personal power. The Full Moon on the 24th reminds you of the long road you have already travelled and encourages you to make good use of the knowledge, experience and gifts you have acquired along the way.

SCORPIO Oct 24th - Nov 22nd

You will be quietly determined to get results on the 1st. Patience and courage, combined with your inner strength will be all you need. Proving you are capable of a difficult assignment will be easier than you think on the 5th. People will be relieved to have you take control and they will follow your lead. A sudden change of fortune on the 8th will be met with a mixed response. You are happy for this chance to move forward but in doing so you may have to leave an old friend behind. The New Moon on the 9th will bring changes on the domestic front. A happy family life is critical to your sense of security. Spending time with relatives on the 16th will give you a lot of pleasure. It will be reassuring to get some positive feedback for your recent accomplishments. The Full Moon on the 24th will bring the end of a frustrating work problem.

SAGITTARIUS Nov 23rd - Dec 21st

You have something special to celebrate on the 1st. Someone in a position of authority will do you a favour that could change your life. Don't put it down to luck. It is your past hard work that has brought you to this present situation. People are impressed by your skills and are willing to pay handsomely for them. An offer made on the 7th will be too good to refuse. The long term prospects of a new business enterprise look exceedingly good. The New Moon on the 9th will bring written confirmation of a verbal agreement made earlier. Steer clear of a friend who is always getting themselves into trouble on the 16th. Being seen with them could damage your reputation. You may have enjoyed each other's company in the past but that particular chapter is over now. You will accept this on the 24th when the Full Moon reveals what they have been getting up to.

CAPRICORN Dec 22nd - Jan 20th

Before making an important decision on the 1st you will be taking a look at all sides of the issue. That's why when you make your mind up, you will be confident you are making the right choice. It might appear as if you are looking before you leap on the 2nd but people won't realise all the thought that has gone into these actions, previously. A little extra money will come your way on the 9th. The New Moon prompts you to put this into a savings account and you will eventually build quite a big nest egg. The Full Moon on the 24th will get you thinking about the possibility of travelling to an exotic location with your family. A holiday booking gives you something to look forward to even if you are making this for some time in advance.

AQUARIUS Jan 21st - Feb 19th

New horizons will open up for you on the 9th when the New Moon encourages you to strike out in a different direction. You're not afraid to make changes if these are necessary to bring improvements into your life. By being adventurous and taking up a challenge, you will reach heights you never knew existed. Moving to a new area, learning a foreign language and earning a degree are among the possibilities. Aspects of your life that are in need of change will undergo a transformation on the 16th. Although this will cause some disruption it will be a blessing in disguise. It will not take long for a versatile person like you to adapt to new situations. The Full Moon on the 24th marks the end of a legal matter. The settlement will be in your favour.

PISCES Feb 20th - March 20th

The 2nd is your time to shine. Take a different approach, try something new and experiment with fresh ideas. This will stir your inner magic and enable you to reach goals you never expected to be fulfilled. Make practical use of your skills on the 5th. With a little effort you will create something beautiful that draws attention to your unique talents. Trust your instincts on the 9th when the New Moon heightens your intuition. This day will be in some way very meaningful for you. Some people will greet changes being suggested on the 16th with excitement but the whole idea leaves you cold. If you aren't happy with a situation, cut ties immediately. Arrange it so you and a partner are doing favourite things on the 24th when the Full Moon reminds you how good you can be together. Joint activities, as the month ends, will benefit you in a number of ways.



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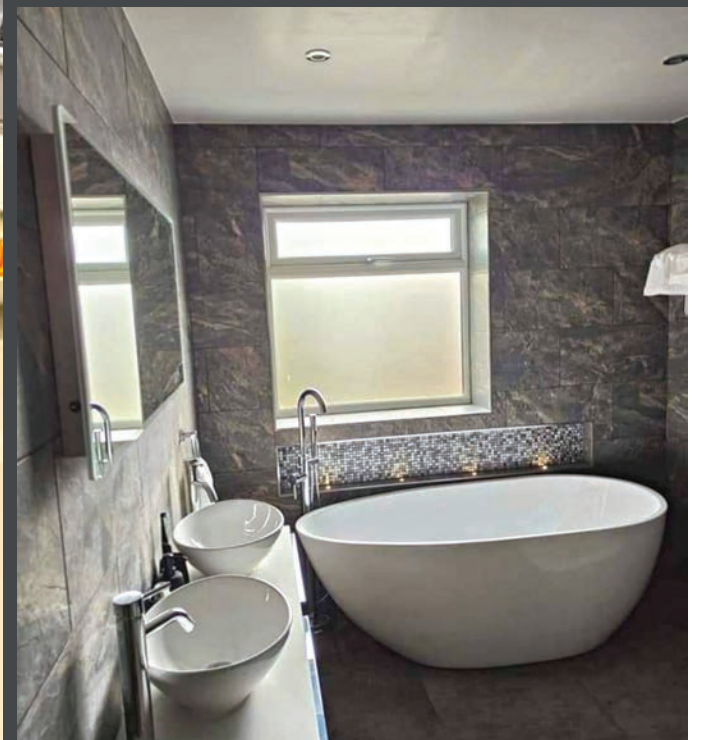
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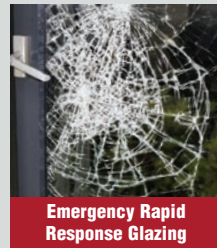
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