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MARCH 2024

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Linzi, Editor

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■ Front row, from left: Cllr Peter Kilbane, Deputy Leader of City of York Council; Cllr Claire Douglas, Leader of City of York Council; Richard Flinton, Chief Executive of North Yorkshire Council and James Farrar, Director of Economy & Interim Head of Paid Service at York and North Yorkshire Combined Authority, with attendees at the York and North Yorkshire Combined Authority launch, York Guildhall

Formation Of The York And North Yorkshire Combined Authority

A new authority has launched, unlocking millions of pounds of investment for York and North Yorkshire.

Formation of the York and North Yorkshire Combined Authority will see more than £540 million coming to the region, with further funding for housing, transport, skills and net zero schemes moving from central government to be controlled and invested locally.

The first working day of the York and North Yorkshire Combined Authority was marked with a launch event at York Guildhall. The launch included exhibitions from businesses, community groups and academic institutions, showcasing the innovation and partnership working which exists in the region. Leaders from City of York Council and North Yorkshire Council highlighted the combined strengths of the city region and rural powerhouse and the opportunities ahead for greater devolution in the north by working with other Mayors and Combined Authorities.

The devolution deal for the region, worth more than £540 million over 30 years, will be delivered through the Combined Authority. The first year will see more than £56 million delivered, which includes projects to build hundreds of new homes and schemes to help the region transition to net zero.

The Combined Authority will be led by the first Mayor for York and North Yorkshire, following elections on Thursday 2 May. The Mayor will work with City of York Council and North Yorkshire Council to deliver devolved funds and attract new investment. In May, the existing Police, Fire and Crime Commissioner role will also become the responsibility of the Mayor.

The first working day followed the Combined Authority's inaugural meeting, where the constitution, budget and statutory officers were confirmed. This was attended by leaders of the constituent councils, North Yorkshire Council and City of York Council.

North Yorkshire Council's leader, Cllr Carl Les, said: "We have waited a long time to bring the benefits of devolution to hundreds of thousands of people in York and North Yorkshire.

"These benefits will make a real difference to people's lives, whether that is creating more affordable housing, improving skills and training, creating better career opportunities and promoting the green sector to protect the environment.

"The launch of the Combined Authority is a major moment in realising what devolution actually means for the residents and businesses of North Yorkshire. It will allow us to have more decisions made locally and also the responsibility for hundreds of millions of pounds in extra funding from the Government.

"We now have a powerful organisation to achieve this, and as a council we are looking forward to working closely with colleagues at the Combined Authority and City of York Council, as well as the new mayor when they are elected in May."

Cllr Claire Douglas, Leader of City of York Council, said: "It was fantastic to join local stakeholders to mark the first day of the Combined Authority and the start of a new era for our region. I want to thank everyone across York and North Yorkshire who has been involved in making this happen.

"One of York's Council Plan priorities is to make the most of devolution and we are looking forward to getting on with the job in the coming weeks, months and years by working closely with our North Yorkshire partners and the new Mayor.

"While we are all rightly proud of where we live, our region does face challenges, especially around housing, transport and the cost of living crisis. Making devolution a success means delivering for our residents and businesses by investing in sustainable and affordable housing, tackling the climate emergency, transforming transport and boosting our economy for the benefit of everyone."



The York and North Yorkshire Combined Authority website is at: www.yorknorthyorks-ca.gov.uk which will include details of upcoming public meetings. The Combined Authority can also be followed on Facebook, X and LinkedIn.

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Transport Across Yorkshire And The Humber To Be Transformed With New £947 Million Investment

Millions of people in Yorkshire and the Humber - from the York and North Yorkshire Combined Authority to Kingston Upon Hull and North East Lincolnshire - will benefit from better public transport, reduced congestion and upgraded bus and train stations as the Government continues to reallocate funding from HS2 to revolutionise transport, drive economic growth and transform communities.

Prime Minister Rishi Sunak and Transport Secretary Mark Harper have confirmed that Yorkshire and the Humber will receive a £947 million funding boost from April 2025 through the Local Transport Fund to improve the transport connections that so many people rely on every day, particularly across smaller cities, towns, and rural areas.

The new investment - announced as part of Network North - will deliver an unprecedented long term funding uplift across the region over seven years. It's the first fully devolved transport budget of its kind targeted at smaller cities, towns and rural areas, which empowers local communities and local leaders to invest in the transport projects that matter most to their communities.

Over the 7 years as a whole this funding will be on average at least nine times more than these local authorities currently receive through the local integrated transport block which is the current mechanism for funding local transport improvements in their areas.

This funding prioritises the forms of transport that matter most to people and will deliver for future generations – driving jobs, growing the economy, and levelling up the country.

Prime Minister Rishi Sunak said:

“We have a clear plan to level up our country with greater transport links that people need and deliver the right long-term change for a brighter future.

“Through reallocating HS2 funding, we're not only investing nearly £1 billion directly back into our smaller cities, towns and rural areas across Yorkshire and the Humber, but we are also empowering their local leaders to invest in the transport projects that matters most to them - this is levelling up in action.

“The Local Transport Fund will deliver a new era of transport connectivity. This unprecedented investment will benefit more people, in more places, more quickly than HS2 ever would have done, and comes alongside the billions of pounds of funding we've already invested into our roads, buses and local transport services across the country.”

The funding will be made available from 2025 to give local authorities enough time to develop their funding plans and prepare to hit the ground running to start delivering them as early as possible.

This investment will give local authorities long term certainty to invest in transformative and ambitious transport improvements from 2025 through to 2032 including:

- Building new roads and improving junctions
- Installing or expanding mass transit systems
- Improving roads by filling in potholes and better street lighting for personal safety
- Improving journey times for car and bus users by tackling congestion
- Increasing the number of EV chargepoints
- Refurbishing bus and rail stations
- Improving our streets so they are safer to walk children to school and increasing accessibility for all.

Councils will work with local MPs and will be held to account by the government as well as their communities to make sure the money is spent promptly and effectively. Local councils will be expected to publish their delivery plans for which projects they wish to invest in.

To ensure local authorities can make the most of this unprecedented funding, the Department will publish advice for local councils and transport authorities to help them develop ambitious plans to improve local transport infrastructure in their areas.

Lord Patrick McLoughlin, Chair of Transport for the North, said:

“We welcome this funding for our local transport areas as a sign of progress towards transforming the north to a more inclusive, sustainable and better-connected region. By having greater clarity on the funding that's available, and consolidating funding streams, it helps remove inertia and accelerates delivery on the ground.

“TfN look forward to working with government and local leaders, because we know that the travelling public will get better results the more locally the decisions are made on how those services should be provided.”

■ Stuart Hodgson (far right) as part of a Yorkshire Three Peaks Challenge group. Image © Stuart Hodgson www.HikingPhotographer.uk



Mobile coverage in rural parts of North Yorkshire has been significantly improved after EE revealed it has upgraded or built more than 40 masts in the county in the last two years.

Five masts have been upgraded in recent months to bring enhanced 4G mobile connectivity to the villages of Chapel-le-Dale, Rievaulx, Blubberhouses, Danby Wiske and Terrington, enhancing connectivity for residents, visitors, local businesses and the emergency services.

Scenic tourist sites like Fewston Reservoir and Ingleborough Mountain – including large parts of the popular Yorkshire Three Peaks route – now have reliable 4G coverage as part of these upgrades. The upgrades also cover transport routes including the A59, A167, B1257, and parts of the East Coast Main Line railway.

North Yorkshire is England's largest county, 85 per cent of which is classed as rural or super sparse, and contains two national Parks, the Yorkshire Dales and the North York Moors. To balance the desire for improved mobile connectivity in rural communities with the need to respect the natural landscape, efforts have been made to situate the sleek and compact mobile masts in non-intrusive areas, while providing maximum benefit to the places where people live, work and travel.

Most of the masts have been built or upgraded by EE as part of the Shared Rural Network (SRN), a £1 billion initiative to extend 4G connectivity to rural communities, with the aim to cover 95 percent of the UK's landmass by the end of 2025.

Responding to the news, Kevin Hollinrake, MP for Thirsk and Malton, said: “Having championed the creation of the Shared Rural Network, I know how essential it is in helping to close the digital divide between urban and rural areas and boost regional economic growth.

“This improved mobile connectivity from EE means businesses and visitors in North Yorkshire are now better connected and residents have more options when it comes to working remotely and accessing essential services.”

North Yorkshire-based photographer and creator of the popular

walking blog www.HikingPhotographer.uk Stuart Hodgson said that improved mobile coverage was a big boost for the entire community.

“Mobile coverage in rural areas like this has been patchy or non-existent in the past, so it's great news to hear about these upgrades,” he said. “Having better mobile coverage in rural areas can encourage more people to venture out to enjoy this great countryside and share photos and videos in real time. That's got to be a good thing in terms of people's general health and wellbeing, but also for local communities and businesses who welcome visitors.”

Mobile connectivity came to the rescue recently when Stuart and a group of hikers were doing the Yorkshire Three Peaks challenge. When a couple of people in the group could not carry on due to injury, they used their mobiles to navigate to the closest recognised safe place and find bus times to get them back to the start point.

He added: “Our phones can now help us follow walking routes and find our way, and even help us identify some of the wildlife and plants along the way. It can also provide peace of mind in case of an emergency. When people come here to walk, particularly for the big challenges like the Yorkshire Three Peaks, being able to share spectacular images with friends and family, and via social media, is now a big part of the day.”

A report in 2021 by an independent rural commission set up by North Yorkshire County Council warned that poor internet and mobile connectivity in rural areas was hindering economic growth and leaving tens of thousands in technology 'notspots'.

The report highlighted that improved connectivity has the potential to boost investment and jobs in sectors such as agriculture and tourism, as well as encouraging younger people to live and work in rural areas.

These upgrades come at an important time for countryside communities as the UK's mobile providers retire older 3G – and later 2G – networks. 4G connectivity offers remote communities the biggest and most reliable network of any current mobile technology in the UK, which is why EE has expanded its 4G coverage by more than 10,000 square kilometres in the last five years.

Aviva And York College Invite Young People And Their Families To Discover Supported Internship Opportunities For Young Adults With An Education, Health, And Care Plan (EHCP)

An exciting new supported internship programme to help young adults transition from education into employment will begin in York in September 2024.

A supported internship is a one-year transition-to-work programme for young adults aged 17-24 with an Education, Health, and Care plan (EHCP), who are interested in learning valuable skills and joining the workforce.

The supported internship programme is a collaboration between Aviva, City of York Council, York College, and the national transition-to-work charity DFN Project SEARCH. The partnership will create inclusive employment opportunities and empower young adults through specialised training and practical work experience. The new interns will be working from Aviva's offices in York.

Holly Hudson, Co-Chair of the Aviva's Ability Community and York Supported Internships Lead, says: “We are really excited to provide this opportunity for young adults in York with an Education, Health, and Care plan, to work at Aviva, in collaboration with our dedicated partners across the county.

“This initiative ensures we are celebrating the strengths of our communities and colleagues, alongside creating talent pathways into Aviva that are accessible for everyone, so all young adults can develop the employment skills they need to get ready for their futures.”

Cllr Pete Kilbane, the Council's Deputy Leader and Executive Member for Economy and Transport, including Skills Development and Apprenticeships, says: “Last year, we set out our key priorities for the next four years, including making York a more equal place for everyone. We see again and again the positive impacts that diversity has on all aspects of our community, including in the workplace.

“The internship is a brilliant example of how we're working with partners from business, education, and the voluntary sector to build a fairer, more inclusive future. We are delighted to support the programme and are committed to creating opportunities for everyone in our city to learn, earn and grow.”

For more information please email Yorks_supportedinternships@aviva.com



Yorkshire Welcomes PlanBEE Rail To Drive Talent Development

A pioneering apprenticeship has been launched to address skills shortages and give young people from across Yorkshire the chance to launch their careers in the rail industry.

Network Rail and its supply chain partners have joined forces to launch PlanBEE Rail, a bespoke apprenticeship programme which aims to develop a new generation of multidisciplinary project managers, specifically trained to meet the changing needs of the rail sector.

Apprentices will gain hands-on experience working on some of the UK's most significant infrastructure projects, including the Transpennine Route Upgrade programme, the Digital Railway programme and Northern Powerhouse Rail.

Successful candidates will be based in York, Leeds, Doncaster, and Huddersfield and employed to learn on the job, with a starting salary of more than £22,000. During the two-year programme, they'll undertake four six-month placements working for leading employers in the rail sector including Alstom, AmcoGiffen, Amey, Balfour Beatty, BAM, Keltbray, Morgan Sindall, Murphy, Network Rail, Systra, Transpennine Express, and Volker Rail.

Tim Craddock, HR director at Network Rail Eastern Region, said: "PlanBEE Rail is a fabulous opportunity to start a dynamic career in rail - it is not just a standard apprenticeship programme; it's a strategic initiative to bring talent into the rail industry by working collaboratively with our supply chain partners.

"This approach ensures that our apprentices will not only gain a valuable qualification but will get the opportunity to work with a range of employers across the sector. In doing so, they will be able to develop the skills and understanding, necessary to become fully qualified project management professionals, with all the potential and opportunity that brings for the future. I am proud and excited to be part of such a fantastic programme."

The apprenticeship offers a viable alternative to traditional university routes with tuition fees covered. Apprentices will spend one day a week studying for a Level 4 Associate Project Manager qualification and will develop their knowledge of the rail industry and project management through a combination of lectures, tutorials, field work and site visits.

The programme is based on a similar, highly successful, apprenticeship in the built environment sector - PlanBEE - which was developed by Gateshead College in partnership with architecture and design company Ryder. Launched in 2016, the award-winning PlanBEE has been highly successful in developing talent in the built environment industry with 98% of PlanBEE graduates progressing to permanent jobs within the sector.

PlanBEE has been rolled out nationally across the UK, in the North East, Manchester and London. It's also been implemented internationally in Canada through a partnership with the British Columbia Institute of Technology (BCIT) in Vancouver.

For more information about PlanBEE Rail or to enquire, visit: www.gateshead.ac.uk/planbee/planbee-rail

Drax Foundation Supports Energy Sparks' Workshops In Yorkshire Schools

The Drax Foundation, the charitable entity of the renewable energy company Drax Group, has recently helped Energy Sparks, the energy education charity, to deliver two energy and climate change workshops to pupils at Selby Community Primary School and Carlton Primary School in Yorkshire.

Staff from Drax's Community Team also supported the workshops at the schools, helping pupils understand the effects that climate change is having on the planet and how, through reducing both their personal and school's energy usage, they can help the environment. This included using creative examples of global warming, including how participants in a walking expedition to the North and South Poles would observe its effects on their trek.

The funding for the workshops comes from a £150,000 grant that the Foundation provided to the charity in 2023. This money has helped Bath-based Energy Sparks work with a further 240 schools across the UK by providing free access to their online energy management tool, education programme and support services.

These schools are located in the areas of the country where Drax Group operates: Yorkshire and the Humber, East Midlands, and East of England.

The funding is drawn from a pot of £2.5m that Drax Foundation ringfenced to enable UK schools and other non-profit organisations to install energy-efficient LED lights and solar panels, and deliver energy saving monitoring and education.

This year, the Foundation intends to provide additional funding for a range of measures to help schools reduce their energy consumption.

Shona King, Drax Group Head of Community, said:

"It was fantastic to participate in Energy Sparks' workshops at Selby Community Primary School and Carlton Primary School. The climate challenge is the biggest issue we face and it is so important that young people learn how they can play a part in solving it by reducing both their personal and school's energy consumption and cutting greenhouse gas emissions.

"That is why we are proud of the funding we provide to Energy Sparks. We have been working closely with the charity over the last few months and we can see first-hand the amazing work they do to support schools and pupils across the UK to cut their energy use, save money and support the fight against climate change."

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

"We are delighted to be working with the Drax Foundation. Their funding means we can reach even more schools and pupils, and remove financial barriers to ongoing engagement for some of the existing schools using our services.

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

Danielle Burton, Deputy Head at Carlton Primary School, said:

"The workshop allowed our School Council group to begin to look at our energy use in school and really opened our eyes to all the things we can do to reduce our usage. The children can't wait to now take this on themselves and make a real difference."



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British Parents And Teachers Have Been Urged To Educate Children On The Dangers Of Low-Level Cybercrime, After A New Study From The National Crime Agency (NCA) Revealed That One-In-Five 10 To 16-Year-Olds Have Committed Offences Online

Experts at NoDeposit365.co.uk believe now is the time for parents to ensure children remain extra vigilant when using the internet, from connecting to Wi-Fi, downloading from unknown url's and making online purchases.

Below, NoDeposit365.co.uk share the ten most common ways online users put themselves at risk of data breach online.

Using Public Wi-Fi

Using public Wi-Fi is risky without proper precautions. This is because hackers can take advantage of public Wi-Fi's lax security to spy on you and steal your personal information and passwords.

Identity theft is the biggest risk when using public Wi-Fi. If you are not using a virtual private network (VPN) to hide your information, hackers can easily pinpoint information about you.

Some hackers have specialised tools that search for passwords you have saved in your browser or typed into websites, apps, or emails while using public Wi-Fi.

Once they have this information, they can perform targeted cyberattacks and phishing emails. They can also try to find out your passwords and hack into your online personal accounts.

The information they can obtain includes your location data, your work, your marital status, and detailed financial information about your bank and credit.

How to keep safe: If you do need to use public Wi-Fi, use a virtual private network (VPN) when connecting to any Wi-Fi hotspot (including your own). This is because a VPN connection disguises your data traffic online and protects it from external access.

Privacy Settings Are Not So Private

Web browsers and mobile operating systems have settings to protect your privacy online for a reason.

Whilst marketing companies and hackers can both learn a lot from your browsing and social media usage, you are able to stop this using the enhanced settings available in your applications.

Many things including your personal social media direct messages, GPS, and photographs can be accessed easily if you are not restricting third-party access to apps such as Facebook, Twitter, Instagram, LinkedIn, TikTok, etc.

When downloading an app, we will automatically accept a privacy policy without reading them.

With so much data used for marketing and advertising, it is a good idea to review the privacy policies of the apps and websites you use to understand how your data is collected and analysed.

How to keep safe: Restrict third-party access in the applications you have personal data in. Often in the settings of these apps, or in your iPhone's application settings, there will be a "Revoke Access" button in which you can adjust the setting.

Using The Same Passwords For Several Accounts

32% of internet users reuse the same password across 5 to 10 websites and apps.

This is one of the most risky things you can do, as once a hacker guesses one password, they can guess several. This is where your accounts can be accessed, and personal data can be leaked or tarnished.

How to keep safe: Increase the difficulty of your password. Make it long with at least 12 characters or more, use a mix of characters both upper and lower-case including symbols and numbers, and avoid using sequential numbers ("1234") or personal information that someone who knows you might guess, or that might already be online, such as your place of birth or a dog's name.

Keeping Unused Accounts Open

Unused accounts that are still open are likely to have weaker passwords and poor data protection policies

Therefore, if your easy-to-access account is still open, it can put you at future risk of having your current accounts hacked. This is because any remaining personal information within this account that is accessed by a cybercriminal could be used against you for further attacks.

How to keep safe: Close any old online accounts and request that your data be deleted from the relevant third-party servers.

Carelessly Clicking Any Links

Clicking a malicious link can expose your personal data online or infect your device with malware.

Normally, malicious links are lurking on things such as online quizzes, free offers, unsolicited adverts, spam emails etc.

Often if you are on a website on a particular topic, and then there is an advert to click to something completely different, this should raise alarm bells.

How to keep safe: When you are on a website, make sure links click through to relevant or expected topics. As for emails, it is best to avoid opening untrusted emails at all. If you are not sure whether an email is legitimate or not, go directly to the source and follow it up there.

Not Using Multi-Factor Authentication

Multi-factor authentication (MFA) is another layer of security that requires you to verify your identity with more than one piece of information before accessing an account.

An example of this could be using a fingerprint or facial recognition scan, after entering a password.

This layer of security makes it harder for hackers to access your account, even if they have your password.

How to keep safe: Enable MFA whenever possible, especially for accounts that contain sensitive or valuable information, such as banking, social media, or email accounts. You can do this in the setting of any of your email accounts and there are some apps also dedicated to layering this security across several of your apps.

Oversharing Online

Social media is great for sharing your whereabouts with friends and family. However, many people forget that social media sites are still a public domain

and can be accessed widely.

If a cybercriminal has their eye on you as a potential victim, any information such as full name, date of birth, home address, contact number, email address, photos, or videos can help them get a step closer to hacking you.

Therefore, sharing too much personal information online can make us vulnerable to identity theft, fraud, phishing, cyberstalking, and other cybercrimes. It can also impact reputation, relationships, and opportunities in the future depending on the repercussions.

How to keep safe: Be careful about who we share our information with online and only share with people we know and trust on secure platforms that have privacy settings that we can control, as opposed to a public domain.

Not Keeping Antivirus Software Up To Date

It is important to not neglect security and ensure you are running regular antivirus and malware protection scans.

When it comes to online shopping, having a comprehensive, up-to-date security solution not only removes the uncertainty associated with online transactions, makes online shopping safer."

How to keep safe: Your antivirus software should be set as default to check for updates at least once a day, but also check to make sure this is the case. You can run an on-the-spot scan at least once a week to check for the latest threats.

Not Having A Firewall Set Up

A firewall does what it says on the tin- keeps something in or out.

In your case, a firewall will act as a barrier for any unauthorised intruders who may want to access your network. Firewalls monitor all incoming and outgoing traffic occurring within your device's network.

A firewall will work alongside a pre-established set of guidelines. Therefore, giving you ultimate control over monitoring your network access.

How to keep safe: You can configure a firewall to flag any unauthorised entry and block it too.

You can do this in five steps. 1. Secure your firewall. 2. Architect your firewall zones and IP addresses. 3. Configure access control lists. 4. Configure your other firewall services and logging. 5. Test your firewall configuration.

Being Uneducated

If you are going to use the Internet, you should take some time to research trends and look up any ongoing news regarding data breaches, security status, etc.

Particularly if you work remotely or own your own business with remote workers, putting secure, robust systems in place to keep you and your business network educated and safe is extremely important.

You should ensure every member of staff is security trained and knows exactly what to look out for when cyber threats or malware occur.

How to keep safe: Participate in or offer regular online safety training. Also, ensure all important data is backed up on a separate storage drive and be prepared if your personal data is hacked.



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Symbolic York Ledger Stone Leaves For New York

A ledger stone created by York Minster masons to commemorate the long-standing historic links between the cities of York and New York has officially started its journey to the American city.

A special dinner was recently held at the York Minster Refectory to mark the event and was attended by senior representatives from York Minster, the Lord Mayor of York, West & North Yorkshire Chamber of Commerce and St. George's Society of New York.

The ledger stone, an inscribed stone slab usually laid into the floor of a church, has been specially crafted by York Minster masons as a gift from York to New York to celebrate their historic connection. The ledger stone was designed by Richard Bossons, who was responsible for creating York Minster's statue of Queen Elizabeth II.

Not only do the two cities have an unbreakable link through the history of their names - dating back to 1664 when New York was named - but in 1924, New York presented the city of York with a bronze plaque, which is currently housed in the York Guildhall. The new ledger stone marks the centenary of this gift.

The stone was unveiled by HRH Duke of Gloucester, Patron of the St George's Society New York on July 11th last year, a date that also signified the formal affiliation of the Company of the Merchant Adventurers of the City of York and the St George's Society of New York.

The stone will now head transatlantic and will be formally unveiled during a special evensong and civic reception at the Church of St Thomas in New York on 5th May 2024. York Minster shares a close relationship with St Thomas' Church through its liturgy and music.

The Very Revd Dominic Barrington, Dean of York, said: "York and New York have a deeply rooted history, and continue to remain connected in many ways, from education, business, and culture. We're extremely excited that we've reached the next step in the programme of celebration marking the centenary of this historic moment as we look to further develop connections between the two cities.

"It also comes at a time where work on our Centre of Excellence is well underway, a project that will establish the York Minster Precinct as a world class campus facility for heritage craft skills, so we're delighted to be able to showcase the talent of our stonemasons and the scheme on an international scale through this gift."

Alongside the unveiling of the stone, the West & North Yorkshire Chamber of Commerce will be visiting New York as part of a wider trade mission to highlight the many tourism, business, travel, and education and skills opportunities that North Yorkshire has to offer.

James Mason, Chief Executive of West & North Yorkshire Chamber of Commerce, said: "This visit to New York creates an opportunity to open up new trade relationships between York and North Yorkshire businesses and new audiences in North America. As a collective group of North Yorkshire representatives across many sectors it will enable us to shine a light on the region for people to think about visiting, studying and travelling to North Yorkshire whether for business or pleasure.

"This is a self-funded trip with all organisations covering their own costs. Here at the Chamber, we are using our global reach and contacts to facilitate the trip at low cost with big impact. For example, on 2nd May we will be staging a Great Yorkshire show event at the British Consulate in Manhattan and hope to plan other trips dependent on its success. Our aim as always is to support our members and has certainly caught the imagination of businesses within our region who are thinking big and further afield to grow their own organisations."

Sarah Czarniecki, President of York and North Yorkshire Chamber of Commerce, added: "I am delighted and excited to be working with my wonderful colleagues at York Minster to send the Centenary Ledger Stone on its way to New York. The visit to unveil the stone in May presents a fantastic opportunity for York Minster, The Chamber of Commerce and our partners to represent York, Yorkshire and Britain and will be a fitting tribute to mark this historic landmark occasion."

Mark Aiston, 2nd Vice President of St. George's Society of New York and Owner of Aiston Fine Art Services, who is sponsoring the shipment of the stone and travelled to York especially to accompany the stone back to New York, added: "I am thrilled to be a part of such an important project for both the City of York and for New York City, particularly as it marks the 100th anniversary of a similar event for which the City of York was then the recipient. I hope many other visitors from York add this to their list of things to see in Manhattan too!"

The Centre of Excellence is a first-of-its-kind project which will see the creation of a world-class campus facility for research, education and training in the traditional craft skills required to preserve and maintain the Minster for future generations. It will also establish the Minster as an international example of best practice in managing complex heritage estates.

To find out more about the Centre of Excellence, visit: www.yorkminster.org/discover

Trenches Opened To A New Generation Of Archaeologists Kids Dig York, 25 March To 6 April 2024

Young people in York will have a unique opportunity to get their hands dirty and uncover hidden parts of the city's past, as Kids Dig York returns. From 25 March to 6 April, children aged 8 to 12 can join a real dig alongside experts from York Archaeology at Willow House, just inside Walmgate Bar, for three-hour hands-on sessions.



During the sessions, the young archaeologists will learn site safety, the historical background of the site and discuss the processes of excavation and recording. Once briefed and armed with a trowel, they will get a chance to dig, clean up and identify their finds, and handle artefacts from previous excavations in York and discuss what they can teach us about the city's history.

The Willow House site has already revealed evidence of activity spanning 4,500 years. Finds so far have ranged from Victorian brick cellars to medieval butchery waste pits filled to the brim with animal bone. Thousands of artefacts have been discovered, from 1970s crisp packets to Victorian, medieval and Roman pottery. Some finds have even pre-dated the Roman occupation in York!



"York Archaeology already has a superb reputation for introducing children to archaeology in DIG in St Saviourgate, which gives them a 'clean digging' experience, but this is the real thing: a real site within the city walls in which we've already made some significant finds," comments community archaeologist, Arran Johnson, who has been working on the site for three years. "This is a brilliant introduction to the work of a fieldwork archaeologist, and a fun and educational way of spending time during the Easter holidays."

This is the second year that York Archaeology has hosted a Kids Dig York



event, with fantastic feedback from participants in the first, which took place last Easter.

Places on the sessions must be prebooked, as interest is expected to be very high. Sessions are currently open for bookings from Monday 25 March to Saturday 6 April and can be booked via the York Archaeology website;

<https://community.yorkarchaeology.co.uk/events/kids-dig-york-2024>

Any further enquiries regarding these sessions can be directed to: trainingdig@yorkat.co.uk



Local Artist Featured In Heck!'s First Recipe Book

Bedale-based HECK! has launched its first recipe book and features stunning illustrations by Harrogate based graphic designer, Lizzie Anthony.

Harrogate-based Lizzie (@lizzieanthonyart) first started working with HECK! back in 2022, when she was commissioned to design a mural inspired by the popular Bedale-based sausage company.

A Day In The Life Of HECK! depicts the family, colleagues, and even dogs, at the heart of the business, set against the backdrop of Yorkshire's rolling hills. Her quirky designs have since been featured in HECK!'s national advertising campaigns and at major food shows across the country, and now they're taking centre stage in new recipe book that is on sale now.

HECK! Recipes You Can Swear By (Ebury Press | £18.99 | 9781529921816) is packed with 75 new and delicious recipes, all featuring the family food company's popular meat, chicken and meat-free sausages, burgers and mince. With chapters on breakfast & brunch, quick & easy meals, family favourites, fake-aways, BBQ, showstoppers, party food and snacks, the new book provides the answer to the daily dinner dilemma and everything else in between.

Started by the Keeble family in 2013, their growing online recipe collection has become a go-to for anyone looking for clever, easy to follow and delicious recipes. The book features 30 of their most searched recipes, as well as 30 brand new ones written especially for HECK! by Sophie Godwin and Adam Bush; experienced writers and chefs who bring great flavour and fun twists to traditional classics and modern favourites.

"I had great fun with the original mural and hope it represents the personality of the family," explains Lizzie. I wanted to create their journey from the farm, where it all began, to the factory, depicting the HECK! entourage along the way, and it was really exciting to design more illustrations for the new book."



THE YORKSHIRE REPORTER HAS
A COPY OF THE HECK! RECIPE BOOK & PRODUCT KIT
TO GIVEAWAY

Product Kit Includes;

- HECK! Simply Chicken Chipolatas
- HECK! Chicken Italia Mince
- HECK! Simply Chicken Burgers
- HECK! 97% Pork Sausages
- HECK! Meat Free Chipolatas
- HECK! Steak & Butter Burgers

To enter simply send 'HECK! RECIPES' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

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

The Story Of Colours Found In The Collections At Harewood House From The Renaissance To The Present Day

Colours Uncovered is a new exhibition tracing the history and science of colour, through selected objects and artworks from the Harewood House collection. **Colours Uncovered** examines what colour can tell us about the history of civilisation, scientific discovery and society from the 1500s to today. Curator Darren Pih connects the vibrant pigments in a Renaissance Vivarini painting, the blush pink in Sèvres porcelain, and the muted natural pigments in work by contemporary artist Max Lamb in a celebration of Harewood's collection and gardens.

Harewood House is in Leeds, Yorkshire and is one of the Treasure Houses of England. The House was built in the 18th century and is renowned for its collection of paintings, furniture, ceramics, and gardens. The house is managed by independent charity Harewood House Trust.

Colours Uncovered is curated by Darren Pih, Chief Curator and Artistic Director for Harewood House Trust, who joined the Trust from Tate Liverpool in 2022. Throughout the house and gardens specific colours will be spotlighted in artworks and objects within the collection, revealing their hidden colour stories and histories.

The exhibition, room by room, explores artists using colour theory, the science of extraction of pigments from nature, how colour affects wellbeing and colour trends through history.

Colours Uncovered highlights include

- The ultramarine blue in the 16th century painting 'Madonna and Child with St John and St Jerome', attributed to Venetian artists Alvise Vivarini and Marco Basaiti.
- The pink in the Sèvres porcelain collection from the 1700s. Pieces in the porcelain collection will also be planted with bulbs from the gardens.
- Muted colours from the ivy berries, eucalyptus and alder harvested from the estate's grounds in a hand-dyed 24 metre square rug by Max Lamb, a contemporary work in the Harewood House collection.

- 'Memory Garden' 2023, a large-scale textile installation by Cecilia Charlton, inspired by flowers found in a British garden, on loan and shown for the first time outside London.

Colours Uncovered is co-created with the Harewood House Collections team who share their extensive research into the creation and manufacture of the featured artworks and objects. Each exhibition is accompanied by newly commissioned interpretation texts from a diverse range of colour experts. These include horticulturalists, colour psychologists, artists and fashion designers, offering fresh perspectives into the colours found in the Harewood collection.

There is a display of colour theory including colour wheels and historic pigments from the rarely seen collection of the Bradford-based Society of Dyers and Colourists Textile Collection, and a colour spectrum work by artist James Hugonin. The exhibition design is by Manchester-based studio Instruct and includes papers and cards from specialist paper maker GF Smith, based in Hull.

Outside the house and into the one hundred acres of gardens, the colour spectrum in nature can be seen in the vast variety of plants from around the world, especially the spring planting in the parterre of the Terrace and the Walled Garden.

Colours Uncovered will be accompanied by a series of events and activities across Harewood, for all ages and abilities.

Colours Uncovered is showing at Harewood House, Yorkshire from 22 March - 9 June 2024. Free with admission to Harewood House.

For more information visit www.harewood.org

Spring Exhibition For North Yorkshire Open Studio Artists



The artist-run collection, North Yorkshire Open Studios (NYOS), has announced a spring exhibition ahead of its annual open studio event.

Each summer, North Yorkshire's artistic community invites the public to take a peek inside their studios. It's a chance for artists to meet, promote and sell their work direct to the public.

Visitors however can get an exclusive preview thanks to an exhibition featuring artists from this summer's open studio event at the Inspired by... gallery at Danby Lodge National Park Centre, near Whitby.

The exhibition takes place until 12 May 2024.

During the exhibition, visitors will be able to vote for their favourite two-dimensional and three-dimensional artists as part of an Audience Choice Award, sponsored by the Inspired by... gallery. The two winners will receive £200 towards furthering their art practice.

Sally Ann Smith, curator of the Inspired by... gallery, said: "We are delighted to return to support the NYOS open studio artists, after a very successful exhibition last year. It's thrilling to showcase local artists, and curate some of the most talented painters, printmakers, sculptors and designers in our region. It's a chance for visitors to immerse themselves in all the creativity and originality that North Yorkshire has to offer, and discover new exciting talent, as well as preview new works from established artists."

This June's open studio weekends will feature a record 170 artists in one of the biggest open studio events in the UK, with 30 artists exhibiting for the first time.

The open studio weekends offer a chance to explore and discover artists in their studios located across the region, stretching from the remote hills of the Upper Dales to the boutique streets of Harrogate, across the Vale of York to rural North York Moors and coast.

NYOS, a not-for-profit community, works to support the hundreds of painters, sculptors, printmakers, jewellers, ceramicists, photographers and creatives who live and work in North Yorkshire.

2024's open studio event will take place across the first two weekends of June: 1-2 and 8-9 June, from 10am to 5pm.

Garth Bayley, Project Manager for NYOS, said: "The artists taking part in the open studio weekends this year are now online and a downloadable pdf of the art trail will be available before the summer event."

Garth, also a working artist whose works capture moments in time such as cycling and dance, will be one of the artists exhibiting at the spring exhibition. Visitors can experience the wide-range of NYOS artists from across the region, such as Anna Matyus, whose studio is in Kirkbymoorside and whose work is inspired by ancient architecture using etching and collagraph printmaking, Anna Lambert, whose studio is in Crosshills, with earthenware ceramics inspired by the Yorkshire landscape, and Kate Moores, based in West Tanfield, will showcase her paintings and portraits often featuring floral motifs.

Garth added: "The open studio weekends offer a wonderful opportunity to go on a cultural tour, from coastal spots in Scarborough, through to our scenic National Parks, the North York Moors and Yorkshire Dales. You can visit well-known attractions or explore lesser-known areas and experience this beautiful and diverse region with new eyes. Before that we're delighted the Inspired by... gallery is hosting an exciting spring exhibition, so the public can see the breadth of talent from across the region in one spot."

GARDENING

Fresh Young Leaves Give Such A Thrill, Whilst Slugs Emerge To Eat Their Fill



BY MARTIN S WALKER



**DAYLIGHT SAVING
TIME STARTS**

Clocks go forward 1 hour at 1.00 am on
Sunday 31st March 2024

I generally leave sowing of annual crops such as flowers and vegetables until this month, the days are lengthening and temperatures increasing and I have found that plants seem to catch up with earlier sowings. In addition if you start sowing seeds that need heat to germinate then you either have to heat a greenhouse or use a windowsill propagator, both are great ways to protect early sowings but not without problems. The trick with most seedlings is making sure they don't stretch for the light, resulting in long thin twisted stems that won't make good plants. As seedlings start to emerge they need lots of light, and a windowsill only has light from one side. A conservatory or greenhouse is the best place to grow them on as they get light from all around, and a frost free environment. Grow lights are an option but it all depends how much you want to invest in starting seedlings. If you have limited space and time it's often better to wait until 'Garden ready' plants are available at your local nursery or garden centre.



I still love growing some plants from seed as there is generally more choice and I have time to pamper them. I will be sowing my tomatoes this month, starting them off in an electric propagator that has lights above, once germinated transferring them to my greenhouse where I can maintain a frost free environment. There are hundreds of cultivars to choose from and I tend to try a couple of different ones each year, but there are a few I always grow, 'Shirley' is a favourite (used to be my Mum's favourite too), it's a great medium sized tomato with great flavour, 'Sungold' a golden cherry sized sweet as a sugar cube, they rarely make it to the kitchen. 'Shimmer' is a teardrop shape deep red with dark green stripes great in salads and adds a different colour. Sue likes the yellow cherry plum 'Katie Bell' a good tomato flavour. We also grow a beefsteak type, called 'Big Rainbow' when you slice it the flesh is multicoloured, from pale green through yellow orange and red, again great in salads and has that typical slightly acid edge to its taste. I know by the time we will be harvesting they will be cheap as chips in the shops but no where near the taste, if you only have space for one try it they are great fun to grow.

I grow the vast majority of our annual flowers and vegetables under glass, growing them on to a stage where they are strong healthy plants, hardened off to go in the garden when the risk of a heavy frost has gone, usually late April to Early May.



■ Crocus



■ Daffodils

As the spring display of flowering bulbs approaches its peak, Snowdrops have given way to Crocus and Narcissus (daffodils), and the fat buds of tulips are full of promise. There are two key things to remember this month, feed the bulbs that are flowering now and as the flowers fade, remove faded blooms but don't be tempted to cut down the foliage just yet, it's best to leave them to die down naturally. If you are desperate to tidy up your floppy daffodil leaves then leave them at least six weeks after flowering before you cut them back. Once the flower fades the plant will be busy building up a new bulb for next year's display.



■ Gladioli



■ Dahlias

It's also time to buy your summer bulbs and tubers for planting after the last spring bulbs have finished. Lilies, gladioli and dahlias, will provide a bright colourful display through summer and well into the autumn.

If you have grown bulbs in planters they too will need feeding once the flowers have faded, especially if you plan to re-plant them somewhere in the garden. If you can allow the leaves to die back naturally then you can either plant them directly into the garden or knock them out of the pot, let them dry out in a tray and store them until late summer. We have invested in two sets of containers so that we can plant the summer displays before the bulbs have died back, if you have the space it does make life easier at a busy time of year.

I can count on one hand the days since last autumn that the lawn was frozen, wet on the other hand is another question, I have never seen so much rain and at times the lawn has been standing in water. We are fortunate that our soil is free draining but never the less the incredible amount of water has meant that it's been impossible to do any repairs or maintenance on the lawn. This weather certainly highlights any drainage issues you may have and sadly creates an ideal environment for moss to take over. As soon as the lawn dries out, (who knows when that will be) take a little time to assess how the grass is doing, chances are that it will have grown along with any weeds and there will be some evidence of moss. I like to give the lawn a trim in early March, setting the mower blades quite high, if you don't use a grass box it's a good idea to rake up the clippings, scarify with a wire lawn rake or if you can hire locally a powered rake. Again collect all arisings and pop them on the compost heap. Don't be in a hurry to use a moss killer as if we get a dry late spring small infestations may disappear. We don't feed the lawn preferring to allow nature to provide the nutrition but if your soil is poor, carry out a soil test which will tell you what you need to use.

Happy gardening, Martin.

Next month, plants that need support, check out summer bedding plants, plan your patio.

Top Tip - Give Your Spuds The Best Start



We always grow a few potatoes, not rows and rows, about ten tubers of a salad potato like 'Charlotte' or 'Ratte' for no other reason than we like to have some home grown vegetables available most of the time. We also like to grow a red skinned main-crop that keeps well into the new year, in fact we have just finished the last of them recently. For the past few years we have grown a cultivar called 'Setanta' a great all rounder that crops and stores well, good for most uses in the kitchen.

I always like to give plants the best possible start and think that extra care in the early stages helps them settle and grow away quickly.

All the advice regarding potatoes suggests that starting them into growth before planting (chitting) will give them a good start, although I do know many gardeners who just plant them and still achieve great results.

I have tried many methods over the years, but have settled on starting them off in 'multipack' trays. The four or six segment bedding plant cell trays are a good size for most cultivars, and I simply half fill the cell tray with compost, usually the compost saved from last years summer bedding planters, it doesn't need to be new compost providing what you grew in the pots didn't have any pest or disease problems. Water the compost if it is a little dry, then inspect the potato tuber and cut off any soft or damaged part. I dust the wound with yellow sulphur to protect from rots. Potatoes have two ends, one has what looks like the remains of a little stalk or thick root, this is where it was attached to the plant, the other end, if you look closely will have little depressions which have a very small dormant shoot (eye), this is often referred to as the 'rose' end. So with the rose end uppermost and little stalk the other end gently press the tuber into the compost leaving about half to two thirds sticking above the compost. Place them in a light frost free place and they will not only start to shoot but the buried portion will start to root. When the shoots are about 1cm (1/2 inch) long they can be planted in the normal way, as you ease them out of the container you will see healthy roots, and a firm tuber, not wrinkly and dehydrated, like many dry chitted tubers are. Once planted treat them as you would any other potato, or if you don't have space try a few in a potato planter or large container.



Harrogate Spring Flower Show

Welcoming up to 50,000 visitors across the four days, the Harrogate Spring Flower Show is one of the most highly anticipated events in the gardening calendar and this year's show promises to be even more special than ever before.

Set in the Great Yorkshire Showground, Harrogate, the show will take place on 25 – 28 April 2024 and will feature spectacular horticultural displays by expert plant nurseries and societies.

The unique Floral Arts Pavilion will proudly host the largest exhibition by florists and flower arrangers in the country with stunning displays across a wide range of classes and themes. The show will also offer a wealth of garden inspiration, with the Show Gardens and Creative Borders competitions showcasing innovative garden designs for all spaces.

Visitors to the show will be treated to a packed programme of live talks

and demos across four stages, featuring tips on growing your own produce and creating delicious dishes in the Gardener's Kitchen. The Create! stage will include inspiring demonstrations from celebrity floral designer Jonathan Moseley. The GROW! Live stage welcomes back BBC Radio York's Martin Fish, plant expert Helen Bainbridge and North Yorkshire plantswoman Sarah Hopps to share their expert garden advice. Finally, there will be a range of experts and ambassadors from across the horticultural spectrum who will share their passion for gardens, nature and wellbeing on the Human Gardener stage.

Find all the inspiration needed to plan and plant the perfect outdoor space and take advantage of the wide range of garden shopping on offer. There will be something for every plot, from garden furniture and pots to plants, bulbs and seeds.

For more information and tickets visit www.flowershow.org.uk

Extra Payments Available For Large Woodland Projects

The North York Moors National Park Authority is increasing its financial incentive for farmers and landowners to create large woodland areas.

It means that anyone with a planting area greater than 10 hectares can claim £3,000 per hectare, with the cost of the work also fully covered.

Sam Newton, Woodland Creation Officer at the North York Moors National Park Authority, said:

“Over the past seven years we have created some really valuable woodland habitat across the North York Moors and we are keen to create much more.

“The grant is very flexible and can be for the creation of both native woodlands as well as grazed wood pasture, which involves planting trees at much lower density and continuing grazing regimes amongst them. You may even have an area of land where young trees are appearing naturally and we could support you to enable this to develop further.”

There is evidence to suggest that the North York Moors was almost entirely wooded before it was cleared by human activity in the Middle

Ages. Today, woodlands and forests cover about 23% of the National Park which support many key wildlife species such as turtle dove and small pearl-bordered fritillary.

As well as capturing carbon from the atmosphere and boosting biodiversity, planting new woodland can also improve livestock welfare, reduce soil erosion and help mitigate surface flooding by slowing the flow of water across landscapes.

Once trees are planted, the National Park Authority will fund and coordinate up to five years of maintenance, at no cost to the landowner, including weeding around young trees, replacing any trees that have died and supporting the removal and recycling of tree guards.

Although the increased financial incentives are only for larger area of land, payments of £1,000 per hectare are still available for areas of between five and 10 hectares.

For more information, you can visit northyorkmoors.org.uk/grants.

The National Park's Woodland Creation Team can be contacted on 01439 77 27 00, or email conservation@northyorkmoors.org.uk

Young Wild Photographer Competition Launched By Wildlife Conservation Charity Hen Harrier Action

Following the success of its Young Wild Writers competition last year, which attracted over 300 entries, upland wildlife conservation charity Hen Harrier Action has announced the launch of a new competition aimed at young photographers.

The charity's Young Wild Photographer competition is open to all young people between the ages of 12 and 18, and entries are encouraged to capture the essence of Spring as a season of renewal and reawakening. The judges are looking for images that concentrate on wildlife, plant and insect life in the UK. The competition is open until midnight on the 31st of March, and the winning entries will be announced on the charity's live Skydancer Day broadcast via YouTube on Saturday 4th of May.

Winning and shortlisted entries will be displayed on the charity's website and social media channels, and the overall winner will be interviewed for the Skydancer Day broadcast.

Hen Harrier Action Co-chair Indy Kiemel Greene, a familiar face from BBC Springwatch and 8 Out of 10 Bats, said “Spring is a fantastic season when I love to spend time in the British countryside. There are so many visual spectacles to capture the imagination and inspire your shots, from dew-laden spiderwebs in the morning sunlight to the emergence of early butterflies and the welcome return of our migrant birds like the Chiffchaff and Wheatear.”

Young photographers are invited to submit their best image capturing the theme of Spring renewal, with judging taking place during April, and a first prize of a £300 photography voucher awarded to the overall winning entry, with a further three highly commended images receiving £100 vouchers.

Full details and the competition entry form can be found here:

www.henharrierday.uk/news/young-wild-photographer-competition-2024

Restoration Hope For Recently Unearthed Historic Lime Kiln

An unsightly heap in the corner of a North York Moors field has revealed a well-preserved historic limestone kiln, thanks to a collaboration between the landowners, the National Park Authority and a local archaeology company.

The find has delighted Elaine and Dave Newham, who had little idea as to what the untidy mound on the edge of their land was hiding.

Elaine said:

“It was completely neglected, just a heap of earth covered in discarded stones, bushes and nettles. It was marked on an old map as a kiln so we knew that's what had been there, but we had no idea if anything was left of it.”

While researching the types of grants available for farmers and landowners in the National Park, Elaine saw that funding was available through the Farming in Protected Landscapes scheme to help conserve historic structures, as well as to enable more people learn about them. Through this scheme, the North York Moors National Park was able to provide a grant of just over £12,000 to support the excavation work.

The trees and vegetation were cleared and experts from Staithes-based company Quercus Archaeology set to work carefully investigating the mound, which measured around 300m². This revealed a well-preserved section of the kiln's main firing chamber, lined with handmade bricks, and a stokehole (the mouth of the kiln) from which the fire would be fed with fuel.

The kiln will have once produced lime to improve the local farmland, most likely during the 18th century. After transportation from a nearby limestone quarry, the raw product would be fired in the kiln to produce lump lime (also known as quick lime), before being dispersed over a field.

Located on the Scarborough edge of the North York Moors, the site is now undergoing a more in-depth investigation, with hope the structure can be restored as an educational asset for the benefit of the local community. New trees have also been planted nearby, to replace those removed at the start of the project.



■ Dave Newham landowner of lime kiln. Image © NYMNP

Dave Arnott, Farming in Protected Landscapes Officer, said:

“While lime kilns are not an unusual sight in the North York Moors landscape, they remain an important link to our agricultural and industrial past. It's fantastic that Elaine and Dave want to conserve this heritage for future generations and can see the site's potential.

Stephen Timms, Director of Quercus Archaeology said:

“I've been an archaeologist for 30 years and it never ceases to amaze me what is just under your feet. We weren't expecting to see such a well-preserved kiln under what looked like a big pile of rubble. It has been great to be involved in such a positive project which not only adds to our understanding of rural life on the North York Moors but also helps Elaine and David contribute to the local community as part of the Farming in the Protected Landscapes scheme.”

Elaine continued

“It's been so exciting to see what's emerged, a very worthwhile process when you think that it could have stayed as it was and been lost. Quite what's next for our kiln, you'll have to watch this space!”

Red Hot Chilli Pipers And Red Hot Chilli Dancers Come To Harrogate – Royal Hall On Saturday 25th May 2024!!!



The Red Hot Chilli Pipers are on a world tour to celebrate their 20th anniversary. Accompanied on the tour by the amazing Red Hot Chilli Dancers....It really is a sizzling show! The start of the tour coincided with the release of a first Best Of Live album in the Spring of 2023, featuring new recordings of all their best loved tunes and songs.

There has never been anything quite like The Red Hot Chilli Pipers, from their beginnings in 2002 and a cameo appearance at T in the Park in 2004 with the Darkness to opening the main stage in their own right in 2014. The past twenty years have seen the Red Hot Chilli Pipers become the most famous bagpipe band on the planet.. ever! Bagpipes with attitude, drums with a Scottish accent and a show that leaves people with warm hearts and smiles on their faces.

The bands achievements have reached incredible heights with their groundbreaking fusion of traditional Scottish music and rock/pop Anthems which they proudly call "Bagrock". The Red Hot Chilli Pipers are a genuinely unique experience.

The Chillis have never been more in demand for their infectious style of feel-good music which appeals right across the age range to people all over the world. They have collected together an impressive group of musicians, dancers and singers from Scotland and further afield, many holding World Championship titles and all exceptional performers with impressive credentials and qualifications.

In June 2019 the Red Hot Chilli Pipers released a studio album, entitled "Fresh Air". It's an exciting fusion of brand-new songs and carefully selected covers. In a new departure for the Red Hot Chilli Pipers many of the songs feature lead vocals. Some of the highlights are "Leave the Light On" featuring Tom Walker on vocals. Leonard Cohen's "Hallelujah" and "Shut Up and Dance" from the American band Walk the Moon, both songs featuring the incredibly talented singer Chris Judge on vocals.

Tickets for the RED HOT CHILLI PIPERS – May & June 2024 UK Shows are available from:

www.thegigcartel.com

WIN TICKETS

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

To enter simply send 'CHILLI PIPERS' along with your contact details including tel number to

competitions@yorkshirereporter.co.uk

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



■ Another Sky

The Music Scene With Stuart Glossop

ANOTHER SKY's second album *Beach Day* is out this month and if you were expecting more of the same as their brilliant debut: think again. Their recent single 'The Pain' is the latest in a wave of hard-hitting and exciting comeback singles released over the last few months. The first single from the album, 'Psychopath' was a far more punchy and direct rock song than anything the band had previously released, and was followed up with 'A Feeling' which received strong support across BBC Radio 1 and 6 Music. Continuing the ferocious sentiments and instrumentation of the previous two singles, they swiftly followed with 'Burn The Way' and last month released 'Uh Oh!' which saw the band wrestling with their newly found creative zest, holding frustration and hindsight with both hands, and having a lot of fun with it too. At this moment in time for Another Sky, there are maybe three certainties in this life: death, taxes, and rage. White-hot rage that takes you inwards, deeper into yourself, your fears, all the hidden truths you desperately tried to keep quiet while finding yourself. With the band's sophomore album *Beach Day*, that feeling opens a doorway to the most confident, fully formed and forthright version of Another Sky so far.



■ Dea Matrona

Irish rock duo DEA MATRONA have announced the release of their highly-anticipated debut album 'For Your Sins', out 3rd May. The announcement comes hand-in-hand with the release of brand-new single "Stuck on You", plus an extensive tour of the UK and Ireland. With a crashing bassline and heavy instrumental groove, "Stuck On You" carries the band's ethos of bold, sensational rock with a modern twist. Catapulting and captivating, the song tells of being hopelessly drawn to someone's charm. They told

us the single: "Stuck on You" basically wrote itself after multiple insomniac nights. "After taking a break from touring, we both locked ourselves away for a while and I think this song sums up how crazy it drove us. It was initially written as an instrumental and it was the most challenging track on the record to produce. It will be very exciting to bring these songs on the road with us in May & see how people react in real life". They also said about the album "It's a record about trying to find ourselves & failing over & over again until we realised that part of the fun of being in Dea Matrona is that we'll never really know who we are or what we want to say". Dea Matrona are Mollie McGinn and Orlaith Forsythe, who grew up busking to their favourite rock 'n' roll anthems on the streets of Belfast. With their hard-hitting riffs and musical intensity, they have established a rare, sensational sound which you can experience at The Wardrobe in Leeds on 4th May



■ The Snuts

With their highly-anticipated new album *Millennials* coming later this month, Scottish 4-piece THE SNUTS have announced a 2024 UK winter tour, including a date at Leeds Academy 3rd December. From start to finish, top to bottom, *Millennials* has been made entirely to The Snuts' script. The result: a tight, taut, fat-free masterclass in songwriting and production, with 10 tracks clocking in just shy of half-an-hour. Also look out for 'Millionaires', an epic anthem with stadium scale, as well as 'Circles', the last track on the album and a fittingly epic closer to everything the band wanted to achieve with *Millennials*. Frontman Jack Cochrane took the studio lead in collaboration with the band's live MD Scott Anderson. Tracks were written on the run as The Snuts toured the world in support of their previous Top 3 album *Burn The Empire*, recorded on the fly in tour buses, dressing rooms, hotel rooms and a 300-quid-a-week studio in the Scottish Highlands. The Snuts have a chart-topping and top 3 albums under their belts, songs that attack subjects affecting the youth of today, and an arsenal of adoring fans up and down the country. As these four lads from Whitburn, West Lothian vowed four years ago, The Snuts wanted to be risky. And with *Millennials*, the millennial men of The Snuts have followed through on that promise. On their third album they've followed up, changed up and – fully, wholeheartedly, joyfully – revved up.

Is Now The Time To Buy A Rolex?



It's fair to say that over the last 12 months the pre-owned Rolex market has had a bumpy year. Whilst the RRP of new models has remained constant, the price of those on the grey market has seen a significant correction since the peaks of 2022. The Rolex market went wild after lockdown with people looking to invest their excess money into something they might enjoy.

That caused the prices in the secondary market to spike during late 2022 and early 2023 to unrealistic levels which will have had an impact on any investors looking to resell their watches after only a short period of time.

It's important to note that Rolex dictate the retail list price of all their models through their agents and while they moderately increased their prices by 2.5% on average in 2023, it's the secondary market that saw the massive spike in prices because, basically, no one could get their hands on a new one. The demand was so astronomically high that even a supply of one million new watches a year could not satisfy demand. With the average waiting time for a new Rolex Daytona being 1-3 years, an Oyster Perpetual up to 18 months and a GMT Master II also 1-2 years, it doesn't look like the situation will change anytime soon.



So, with the secondary market prices now stabilised and with some models having fallen back up to 20% since the market highs, is now the right time to make your purchase?

Even though most Rolex are not made of precious metal, they stand to hold their value based on demand alone. Rolex have introduced their new price list for 2024 and it is a more moderate increase than recent years with an average rise of 4% on last years prices.

Demand remains as strong as ever and supply remains as steady as it always has been, well behind the demand. Good things take time, and a Rolex watch can take up to 1 year to manufacture so there remains a constant demand that will always make the secondary market a premium, as people who want a Rolex just cannot wait that long!

The experts feel that the prices have stabilised and are likely to begin to climb again in 2024 so even if you bought your watch at its peak, it will still be worth more than you paid for it, given time.

At Christopher Brown Jewellers we match our prices to those of the market and make sure we remain competitive with the leading online retailers. However, the expertise and service you receive in store and the knowledge that you are buying a certified genuine time piece with a 3 year warranty from a company you can rely on..... is priceless!

We sell and buy a large amount of pre-owned Rolex and luxury watches.



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Visit www.christopherbrownjewellers.co.uk to see our latest range and call in to one of our stores for a personal appointment to select your perfect timepiece.

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BRACELET
3.29 CT
CODE 322369

WAS £5,820
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Chocolate, Sugar & Spice

An Easter Tradition That's Very Nice

— BY GARETH WHITEHEAD —

Easter Sunday falls on the 31st March this year and many of us will be enjoying the traditional chocolate eggs, hot cross buns and simnel cake. Here we take a look at the history behind them.

Hot Cross Buns



Hot cross buns were first baked in England to be served on Good Friday to mark the end of Lent. Historically, only plain buns were eaten during Lent, so the fruit and spices added were a real treat after the period of restriction and fasting. The sale of spiced breads was forbidden during the reign of Elizabeth I except at burials, Christmas or Good Friday. The first definite record of hot cross buns comes from Poor Robin's Almanac in 1733 which listed a London street cry saying 'Good Friday comes this month, the old woman runs. With one or two a penny hot cross buns.' There are many superstitions surrounding hot cross buns such as it is said if they are taken on a sea voyage they will protect against shipwreck! These days, hot cross buns are enjoyed toasted and buttered and come in a variety of flavours.

Simnel Cake



This light fruit cake has been eaten since medieval times as a way of breaking the Lenten fast. The cakes became a tradition for Mothering Sunday when young girls working in domestic service would bake one to take home to their mum on their day off. Different towns have their own recipes but it typically contains dried fruits, zest and candied peel, and is topped with marzipan with 11 marzipan balls – one to represent each of Jesus' disciples minus Judas.

Easter Eggs



Easter Eggs are probably the most familiar of all Easter traditions and particularly popular with children! Did you know that Easter eggs weren't always made of chocolate though? This tradition goes back centuries, as eggs are the perfect symbol of spring, fertility and new life. Before chocolate eggs became popular, people used to exchange hard boiled chicken eggs that had been dyed in various colours and patterns to represent the bright colours of spring and light. An old traditional game involved rolling hard boiled eggs down a hill, and whoever's egg went the furthest or stayed uncracked the longest won. Some villages in England still carry out this custom today, but you are more likely to see children on a hunt for eggs of the chocolate variety that have been hidden by the Easter Bunny.

The rabbit has always been a symbol of fertility, and the hare was allegedly a companion to the goddess Eostre and the ancient moon goddess. The tradition of the Easter Bunny though appears to originate in Germany where he is mentioned in 16th century writings. The first edible Easter bunnies, made of pastry and sugar also appeared first in Germany in the early 1800's. Hare hunting used to be a common pastime at Easter but thankfully this is no longer the case.



Stockeld Park Is Putting On A “Cracking” Array Of Easter Activities For Families To Enjoy!



Whether it's taking part in the “EGGCITING” Easter trail through the Enchanted Forest, watching the Family Theatre Show The Great “EGGSCAPE”, laughing at the “YOKES” in the giant yew tree maze or meeting the Easter Bunny himself, there's something for everyone at Stockeld Park this Easter.

MEET THE EASTER BUNNY AT STOCKELD PARK!

Date: 23rd March – 7th April. Price: Included with entry ticket.

The Easter Bunny himself will be making a guest appearance on the Stockeld forecourt on the hour every hour between 10am-4pm. Grab yourself a spot and see if you can gather some clues on where he's been hiding those eggs!



STOCKELD THEATRE PRESENTS - THE GREAT “EGGSCAPE”

Date: 23rd March-7th April. Price: £3.50pp

Join adventurers Alice and Brussel on their biggest quest yet; to save Easter from the dastardly plans of naughty Guy Fox! Help them complete The Great “EGGSCAPE” and save Easter before it's too late. A fun show for all the family!



EASTER IN THE ENCHANTED FOREST

Date: 23rd March-14th April. Price: Included with entry ticket.

Help the Easter Bunny find his lost rainbow carrots on the “EGGCITING” Easter trail through the award-winning Enchanted Forest. While you explore, keep an eye out for giant eggs, hand-painted with faces you'll be sure to recognise! (All children receive a sweet treat upon completing the trail).

YOKES IN THE MAZE

Date: 23rd March-14th April. Price: Included with entry ticket.

Get lost in Yorkshire's largest maze and giggle along the way at Easter “YOKES”. They're sure to crack you up every time!

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Our Guide To A Selection

For Adults

BIRD & BLEND CREAM EGG AND HOT CROSS BUN TEA



Some people just don't enjoy chocolate and that's ok – we have something for you too! Everyone knows us Brits love nothing more than a good old cup of tea, and tea specialists Bird & Blend have not let us down with these Easter offerings. Cream Egg tea puts a new twist on the iconic Easter treat which is vegan and sugar free. The Hot Cross Bun loose leaf tea gives off the wonderful aromas of currants, cinnamon and freshly baked buns. Enjoy!

FROM £6.70 FROM WWW.BIRDANDBLENDETEA.COM

EXTRA SPECIAL EXTRA THICK FRUIT & HAZELNUT MILK CHOCOLATE EGG



Asda are renowned for their 'Asda price' and here is a luxury offering which won't break the bank. The iconic combination of fruit and nuts are nestled in extra thick creamy chocolate for an indulgent Easter treat.

£8 FROM ASDA

ADULT EGGS FROM THORNTONS



Choose from the 150g Thorntons Classic Easter Egg which includes a tempting selection of individual chocolates from the classic collection, the larger 262g Thorntons Classic Milk Chocolate Easter Egg with a selection of chocolates perfect for sharing, or the premium Continental Easter Egg which comes with 8 of the most iconic and loved Continental chocolates.

FROM £5.48 AT SELECTED SUPERMARKETS

LIMITED – EDITION JOYFUL HOT CROSS BUN BAR



This delightful bar combines Divine's signature smooth milk chocolate studded with juicy raisins and spiced biscuit pieces, perfect for sharing.

£4.50 FROM AMAZON

HAPPI OAT MILK EASTER EGG



These colourfully packed eggs are ideal for those who have dairy intolerances and those following a plant-based diet. Crafted from delicious oat milk chocolate and 100% natural ingredients, the eggs are available in four different flavours – White Chocolate Raspberry, Plain Milk, Salted Caramel and Orange.

£10.70 FROM AMAZON AND WAITROSE

Family Sharer's & Teens

HAPPY BUNNY EASTER HAMPER



Love Cocoa is a luxury offering from James Cadbury, and this gorgeous hamper contains treats for the whole family! The hamper includes a Salted Caramel Milk Chocolate Easter Egg, a limited edition Easter Bunny Honeycomb Chocolate Bar, and an Easter Bunny Pouch – all in gorgeous colourful packaging.

£30 FROM WWW.LOVECOCOA.COM

POPCORN EASTER EGG



If you love popcorn and chocolate then this is the egg for you! Luxury caramel gourmet popcorn fully enrobed in delicious Belgian milk chocolate from gourmet popcorn specialists Popcorn Shed. Weighing in at 300g, this egg is big enough to share – or not!

£17 FROM WWW.POPCORNSHED.COM AND AMAZON

Of Eggstra-Special Treats

TONY'S CHOCOLONELY CHUNKY EGG



The Chunky Egg is a brand new offering from the ethical chocolate company Tony's Chocolonely. Available in 2 different flavours, milk or milk caramel sea salt, these 180g eggs each come with 5 different lil eggs too. Enjoy the delicious taste of this chunky chocolate, whilst knowing that you are supporting cocoa farmers to receive a fair wage too.

£10 FROM WAITROSE, SAINSBURY'S, ASDA AND OCADO

DIVINE FLAT EGGS



Divine's Flat Eggs are made with 100% Fairtrade chocolate and are palm-oil free. The eggs are eco-friendly too with over 40% less packaging than a traditional boxed egg and will fit perfectly through the letterbox! These ethical credentials do not compromise on quality and taste though – choose from the decadence of vegan friendly 70% smooth dark chocolate with raspberry, or the smooth milk chocolate, caramel and crunch.

£5 FROM AMAZON

For Kids

SMASHERS DINO ISLAND EPIC EGG



Search through cotton candy foam, squishy sand and super stretchy slime for your dino pieces. With over 25 surprises to smash and discover, this egg is a great fun alternative to chocolate, suitable for ages 5+.

£24 FROM ARGOS

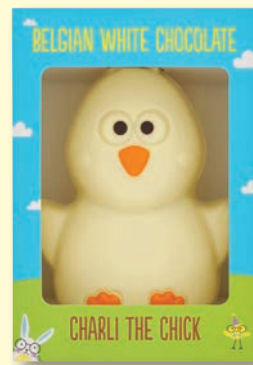
HALILIT EGG SHAKER



This cute little shaker egg is perfect for babies who are not eating solids yet but still want to join in with Easter fun! The eggs are tactile and produce a lovely rich sound to introduce your little one to the world of early years music-making. Available in 3 different colours.

£2.50 FROM WWW.HALILIT.CO.UK

BELGIAN WHITE CHOCOLATE CHARLI THE CHICK



Young children love the taste of white chocolate and this extremely cute chick from Asda is a character they will love too! Made with Belgian chocolate, it is finished with a little orange beak and feet.

£4.50 FROM ASDA

CHILDREN'S CHARACTER EGGS FROM THORNTONS



These 151g eggs are made from the smooth and creamy chocolate which Thorntons is famous for. Available in 3 different characters, there is something to suit everyone. There is the Milk Chocolate Unicorn Egg, Milk Chocolate Dinosaur Egg, and the White Chocolate Bunny Egg.

ALL £4.25 FROM WWW.THORNTONS.COM AND SELECTED SUPERMARKETS

THORNTONS CHOCOLATE BUNNIES



Back by popular demand, these adorable chocolate bunnies have been a Thorntons favourite for years! The milk chocolate bunny is available in two sizes – 170g and 90g, and the white chocolate bunny in 90g making a perfect little treat for the younger members of the family.

FROM £2.74 AT SELECTED SUPERMARKETS AND WWW.THORNTONS.COM



ENTERTAINMENT

WHAT'S ON TV & STREAMING



STARZPLAY



sky

01 March - Dead Hot, Season 1 - Prime Video

Comedy thriller television created by Charlotte Coben about two best friends investigating the death of a man to whom they are both linked.

01 March - Dick Turpin - The Completely Made-Up Adventures Of Dick Turpin, Season 1 - Apple TV+

Noel Fielding ('The Mighty Boosh', 'The Great British Bake Off') stars as Dick Turpin, the legendary British highwayman.

05 March - Death and Other Details, Season 1 - Disney+

Mandy Patinkin plays Rufus Coteworth, the world's greatest detective, who finds himself on a luxury cruise liner when a locked-room murder takes place.

05 March - Mary & George, Season Limited - Sky Atlantic

Eight-part limited series based on the true story of Mary Villiers (Julianne Moore), who moulded her beautiful son, George, to seduce King James I and become his all-powerful lover.

06 March - Extraordinary, Season 2 - Disney+

From writer/comedian Emma Moran, the story follows Jen, a young, self-aware woman who lives in a world where everyone has a superpower... except her.

07 March - The Gentlemen, Season 1 - Netflix

Meet our new class of criminals in The Gentlemen. A new drama series from Guy Ritchie, inspired by the original film.



08 March - How To With John Wilson, Season 3 (Final) - BBC Two

John Wilson attempts to give advice while dealing with his own personal issues.

10 March - The Oscars - 96th Academy Awards, Season 96 - ITV

The Academy Awards. Sunday night/Monday morning.

11 March - The Cleaning Lady, Season 1 - Sky Witness

Mob drama starring 'Dardevil's Elodie Yung.

14 March - Girls5eva, Season 3 - Netflix

A one-hit-wonder band from the '90s gets a second shot at fame when they're sampled by a young star. Originally on Peacock, but moving to Netflix for Season 3.

14 March - Whitstable Pearl, Season 1 - Drama

Single mum Pearl pursues her lifelong dream and starts a private detective agency in the coastal town of Whitstable.

14 March - Invincible, Season 2b - Prime Video

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

19 March - Hightown, Season 1 - Alibi

Set on Cape Cod, the series follows one woman's journey to sobriety, intertwined with an unfolding murder investigation.

20 March - Palm Royale, Season 1 - Apple TV+

A true underdog story that follows Maxine Simmons (Kristen Wiig) as she endeavours to break into Palm Beach high society.

20 March - X-Men '97, Season 1 - Disney+

An animated series from Marvel Studios that explores new stories in the iconic '90s timeline of the original series.

21 March - Twisted Metal, Season 1 - Paramount+

Live-action action/comedy based on the video game, starring Anthony Mackie. Been showing up in ads for Paramount+ UK, but they haven't specifically announced it yet, so may or may not show up!

21 March - 3 Body Problem, Season 1 - Netflix

An adaptation of the renowned Chinese sci-fi novel trilogy by Liu Cixin.

24 March - S.W.A.T., Season 7 (Final) - Sky Max

The drama follows the sergeant of a Los Angeles SWAT unit who is torn between his loyalty to his team and the streets.



28 March - American Rust, Season 2 - Prime Video

A compelling family drama that will explore the tattered American dream through the eyes of a complicated and compromised chief of police Del Harris (Jeff Daniels) in a Rust Belt town in southwest Pennsylvania.

28 March - Grey's Anatomy, Season 20 - Disney+

The long-running medical show is still going.

28 March - Station 19, Season 7 (Final) - Disney+

'Grey's Anatomy' spin-off series about the heroic firefighters at Seattle Fire Station 19.

29 March - A Gentleman In Moscow, Season 1 - Paramount+

An adaptation of Amor Towles' internationally best-selling novel.

29 March - Renegade Nell, Season 1 - Disney+

A swashbuckling adventure series set in the 18th century, by the BAFTA-winning Sally Wainwright ('Gentleman Jack', 'Happy Valley').

AT THE MOVIES



01 March - Dune: Part Two - 12A

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family.

Stars: Timothée Chalamet, Zendaya & Rebecca Ferguson

08 March - Vindication Swim - PG

The inspirational story of Mercedes Gleitze, the first British woman to swim the English Channel and her battle against both the cold waters of the Channel and the oppressive society of 1920s England.

Stars: Kirsten Callaghan, John Locke & Victoria Summer



22 March - Ghostbusters: Frozen Empire - PG-13

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age.

Stars: Paul Rudd, McKenna Grace & Carrie Coon

27 March - Mothers' Instinct - 15

Alice and Celine live a traditional lifestyle with successful husbands and sons of the same age. Life's perfect harmony is suddenly shattered after a tragic accident. Guilt, suspicion and paranoia combine to unravel their sisterly bond.

Stars: Anne Hathaway, Jessica Chastain & Josh Charles



28 March - Kung Fu Panda 4 - PG

After Po is tapped to become the Spiritual Leader of the Valley of Peace, he needs to find and train a new Dragon Warrior, while a wicked sorceress plans to re-summon all the master villains whom Po has vanquished to the spirit realm.

Stars: Jack Black, Awkwafina & Viola Davis

29 March - Godzilla x Kong: The New Empire - PG-13

Two ancient titans, Godzilla and Kong, clash in an epic battle as humans unravel their intertwined origins and connection to Skull Island's mysteries.

Stars: Rebecca Hall, Dan Stevens & Rachel House

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MOTORS



RENAULT CLIO AND CAPTUR OFFERS ARE A PERFECT MATCH FOR 24-PLATE CAR BUYERS

Renault has made its Clio and Captur offers even more attractive, matching the initial customer deposit to the monthly payment and increasing its own deposit contribution.

Available until 2 April 2024, the enhanced Personal Contract Purchase (PCP) offers come at the perfect time for anyone who is considering upgrading to an award-winning supermini or acclaimed compact SUV in readiness for March's 24-plate registration. With deposits of only a few hundred pounds, the offers allow customers to get behind the wheel of a brand-new Clio or Captur for an initial outlay that is far less than they may have imagined.

The improved offers mean that the TCe 90 evolution version of the Clio can be driven away with a deposit of only £248 and monthly payments of £248 via a four-year 7.9% APR representative PCP, which includes a £1,000 deposit contribution.

Should car buyers wish to add many of the benefits of an electrified vehicle to their Clio experience, they can also opt for the same finance package on the highly efficient Clio E-Tech full hybrid 145. In evolution trim, the stylish five-door supermini is available for £298 per month following a customer deposit of £298. All offers on the advanced petrol/electric hybrid Clio include a deposit contribution of £750.

Captur customers also have the choice of the same advanced hybrid drivetrain and the turbocharged TCe 90 petrol engine. If they opt for the frugal TCe 90 in evolution specification, the ever-popular SUV is available with a customer deposit of £279 and monthly payments of £279. The 7.9% APR representative PCP deal also includes a sizeable deposit contribution of £2,000.

The Captur E-Tech full hybrid 145 comes with a £1,750 deposit contribution on all versions. The range starts with the comprehensively-equipped evolution, which customers can purchase with a £319 deposit and monthly payments of the same amount.

For full details of the enhanced Clio and Captur offers, please visit <https://offers.renault.co.uk/#All>



Yorkshire's National Parks Launch New Electric Vehicle Chargers To Cut Visitor Driving Emissions

Yorkshire's National Parks (Yorkshire Dales National Park and North York Moors National Park) have announced that 18 new electric vehicle (EV) charging points are now live, funded by BMW UK through its Recharge in Nature partnership with National Parks UK.

This enhancement of the EV network in Yorkshire is the next important milestone in the Recharge in Nature partnership, which will install EV chargers across all 15 of the UK's National Parks by the end of 2025. The three-year initiative will support the use of electric cars both for visitors and also for those who live and work in the National Parks – and so help to reduce both emissions and noise pollution in these precious landscapes.

Twelve of the new EV charge-points have been installed in the Yorkshire Dales National Park, at the Malham National Park Visitor Centre; the Dales Countryside Museum in Hawes; and Grassington National Park Visitor Centre. Meanwhile in the North York Moors, six chargers can be found at Sutton Bank National Park Centre, with an additional six chargers set to be installed at Danby Lodge National Park Centre.

Neil Heseltine, Chair of the Yorkshire Dales National Park Authority and National Parks Partnerships' Board Member, commented: "The Yorkshire Dales National Park alone welcomed 5.1 million visitors in 2022. We're so pleased that our partnership with BMW UK will support those who are travelling to Yorkshire's National Parks in EVs, to do so with more confidence. Part of our responsibility as National Parks is to conserve and enhance the natural beauty, wildlife and cultural heritage of our Parks and this includes facilitating more sustainable journeys to Yorkshire's National Parks."

The UK has nearly 54,000 public charging points but one third of these are currently in London. With 93 million visits to the UK's National Parks made by car each year, this enhancement of the network throughout National Parks, supported by BMW, means more travel options for those choosing to drive.

Alongside the installation of EV chargers throughout all National Parks, the Recharge in Nature partnership is also supporting community impact and nature restoration projects unique to the individual National Parks. The North York Moors National Park is using BMW funding to support outdoor volunteering programmes for families and young adults. The goal is to boost the physical and mental wellbeing of those volunteering and establish a community of committed conservationists. An important aspect of this is also ensuring young people have a say in the National Park's decision-making processes.

The BMW Group has set clear CO2 reduction targets across the lifecycle of every vehicle and is constantly seeking new ways to cut emissions. By 2030, the average CO2 emissions per vehicle will be at least halved from 2019 levels. BMW Group was one of the first automotive brands to join the Business Ambition for 1.5°C as part of the Paris Climate Agreement - the most robust commitment to the goal of full climate neutrality, over the entire value chain, by 2050 at the latest. By doing so, the company is also part of the Race to Zero.

For more information about the Recharge in Nature partnership visit:

www.bmw.co.uk/nationalparks

ROAD USERS IMPOLORED TO STOP LITTERING AS DEADLY IMPACT ON WILDLIFE IS REVEALED

Almost half of the people who took part in a new study were unaware that fruit peel and apple cores – which lure wildlife to their death – count as litter, research by National Highways has revealed.

The study was unveiled as National Highways launched a new campaign, and offers an eye-opening insight into road users' confusion about the link between littering and wildlife, with many oblivious to the fact that discarded rubbish and fruit can attract animals, with often deadly consequences.

The campaign, which is supported by the RSPCA and Keep Britain Tidy, kicks off with a simple plea: 'Lend a paw – bin your litter'.

A key finding from focus groups with drivers who admit to littering is that many don't regard biodegradable food as litter. And a survey revealed that nearly half were unaware that fruit peel and apple cores – which lure animals into often fatal situations – fall into the litter category.

Almost a third of the survey participants thought dropping organic waste like an apple core or leftover food on the road was beneficial to wildlife, while around a third weren't sure or didn't know.

And while more than 90% said they had never discarded litter onto the roadside, over 60% said they had seen someone else doing it.

Over the last three years the RSPCA has received more than 10,000 reports of animals found injured, trapped or dead from discarded litter – that's nearly 10 reports every day.

As part of a long-term effort to rid the roadsides and motorway service areas of rubbish, National Highways has run a trial using AI-enabled cameras in conjunction with a local authority that is carrying out enforcement.

National Highways has also trialled message signs to reduce motorway

littering, used geofencing to send texts to motorists entering laybys where littering is an issue to prompt them to take their litter home, and will be taking part in the upcoming Great British Spring Clean for the ninth year running.

National Highways chief executive Nick Harris said:

"Littering is a dreadful social problem. It's not just unsightly, it can have a deadly impact on wildlife, turning verges into lethal roadside restaurants.

"We're working hard to tackle it on our roads, with our people litter-picking every day. To keep them safe we have to close motorway lanes, which delays drivers and costs millions of pounds.

"But if people don't drop litter in the first place it wouldn't need to be picked up – so we urge road users to take their litter home."

RSPCA lead wildlife officer Geoff Edmond said:

"We welcome National Highways' campaign to raise awareness about the dangers wildlife faces from litter discarded by the roadside.

"Our rescuers deal with thousands of incidents every year where animals have been impacted by litter. Old drinks cans and bottles, plastic items and even disposable vapes are just some of the items that pose a danger to our wildlife including hedgehogs, squirrels, deer and foxes. Animals can ingest the litter, become trapped in it or be attracted to old food on the roadside which puts them in danger of moving vehicles.

"Sadly, for every animal we're able to help there are probably many others that go unseen, unreported and may even lose their lives.

"But it's really easy for the public to help. When people are out on the

roads, we urge them to hold on to their litter until there is an opportunity to dispose of it safely and responsibly - or recycle where appropriate. As we all strive to create a better world for every animal, this could save an animal's life."

Allison Ogden-Newton OBE, chief executive of environmental charity Keep Britain Tidy, said:

"Our roads are a graveyard for small mammals and other wildlife that is attracted to the littered food and drinks that drivers illegally chuck out of their vehicles.

"We are pleased to see National Highways launch this long-awaited campaign aimed squarely at getting motorists to do the right thing, bin their rubbish and protect these precious, highly biodiverse areas where so many animals live."

Keep Britain Tidy research in 2018 found that up to three million animals per year died on the roadside, trapped in litter such as bottles and cans. They included birds, small mammals and larger animals such as badgers and deer. The increase in vehicles on the road network since that study was carried out means the number of animals killed by litter could now be higher.

National Highways complies with its duties under the Environmental Protection Act and is responsible for collecting litter from England's motorways and a small number of A-roads. It works closely with partners, including local authorities, who collect litter on most of the country's A-roads.

The new campaign will feature on radio adverts, roadside billboards, posters at motorway service areas and petrol stations, and on social media.

RAC HITS 150 MOBILE MECHANICS MILESTONE ENABLING NATIONWIDE FLEET SERVICING AND REPAIRS AT HOME OR WORK



The RAC has now recruited more than 150 mobile mechanics as demand continues to grow for servicing and repairs to be carried out at home or work.

With four-in-10 (40%) UK adults now working from home at least some of the week, RAC Mobile Mechanics – launched in June 2023 – is ideal for businesses running fleets of vehicles that brings the garage to where it's needed.

Servicing of combustion and electric vehicles can be carried out wherever is most convenient, whether at a driver's home, place of work or fleet depot, meaning there is no downtime as work can be scheduled to suit the driver and fleet manager. RAC Mobile Mechanics can also be booked outside of core operating hours, before or after a driver's shift or on a rest day, guaranteeing minimal vehicle downtime and maximising business efficiency.

The mobile servicing solution was originally introduced in response to RAC research where six-in-10 drivers (62%) said they would prefer a trained mechanic to service their vehicle at home or work, rather than taking it to a garage.

Since then, the RAC has been on a recruitment drive to boost its expert team to meet the changing maintenance and repair needs of fleet managers and drivers of their vehicles. The service now covers 80% of national postcodes across the length and breadth of the UK, from Penzance in the south to Perth in Scotland.

While the RAC's famous patrols fix four-out-of-five breakdowns on the spot, there are some repairs that cannot be done safely at the roadside. Increasingly, patrols are providing a seamless, end-to-end time-saving service for members by booking RAC Mobile Mechanics to attend their homes or workplaces to carry out repairs soon after, adding convenience. The RAC is also seeing this benefit its business customers as vehicles can often be fixed more quickly without the need for a garage booking.

In terms of routine maintenance, RAC Mobile Mechanics can complete diagnostic checks, full services and interim services to keep the car running in between. As you would expect from the RAC, all mechanics are highly experienced in vehicle diagnostics, qualified to IMI Level 2 standard and EV trained.

For complete peace of mind, all RAC Mobile Mechanics' servicing adheres to OEM-standard specifications to protect residual vehicle values and to ensure vehicle manufacturer warranties remain valid. The RAC's technicians are multi-skilled and therefore can complete full services, full diagnostic checks and oil changes as well as some repairs, avoiding further future vehicle downtime. The RAC's team of remote experts are also on hand to assist with any vehicle-specific service queries drivers may have.



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Ride 'Owt In Style: Charity Calls On Motorcyclists To Join Scenic Ride Through The Dales

Calling all bike enthusiasts! Yorkshire Children's Charity has announced its Yorkshire Ride 'Owt fundraising event is back for 2024, held at the luxury five-star Grantley Hall in Ripon on Thursday 16th May. This year's event, sponsored by Apache and DMB Collection, will include a ride out on some of the world's most desirable motorcycles, gourmet BBQ cuisine and special guest John McGuinness MBE.

VIP guests and motorcycle enthusiasts will arrive to a tea and coffee reception at the stunning Grantley Hall, before commencing the Ride 'Owt, with each guest taking their own motorcycle and experiencing a scenic ride through the Yorkshire Dales, with a pit-stop for lunch in Sandsend.

After lunch, guests will travel back to Grantley Hall at their own leisure, where there will be an opportunity to view some of the latest models presented by Cobb & Jagger including Ducati, Triumph, Kawasaki and BSA.

To end the day in style, a gourmet BBQ will be served on the lawn, while guest speaker, John McGuinness MBE, will share tales of his career as the

current Isle of Man TT lap record holder and the second most successful TT rider of all time.

Charlotte Farrington, CEO at Yorkshire Children's Charity said: "This event is a must for bike enthusiasts across the region and further afield – this is our chance to show off the beautiful Yorkshire scenery!

"Events such as these are vital to help us raise funds for underprivileged children across Yorkshire and are the perfect way for guests to have a day full of amazing food and good company, while raising significant money for a great cause. We were able to raise over £6500 for Yorkshire children in desperate need last year and we're hoping to raise even more this year."

Tickets are priced at £75pp.

For more information or to book visit:

www.yorkshirechildrenscharity.org/events-home

or contact events@yorkshirechildrenscharity.org

Squires Cafe

Tues 5th March - Japanese Car meet
 Monthly Japanese car meeting (evening)
 £2 entry per car

Sat 23rd March (AM) - Autojumble
 Our monthly autojumble
 Pitches are £5 each for sellers

Sun 24th Squires Egg Run
 Our annual Easter Egg run -
 leaving Squires at 11am



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



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

WAGGING TALES!



Paws For Concern: New Study Confirms Flat Faced Dogs Have 40% Increased Risk Of Shorter Lifespan

New research led by the UK's largest dog welfare charity Dogs Trust provides further insight into the life expectancy of our beloved canine companions. The study in Scientific Reports, explores how different factors such as breed, body size, face shape and sex affect how long our pooches live for.

The study used data from over half a million* UK dogs, from over 150 breeds and crossbreeds to highlight those dogs most at risk from an early death. The study showed the median life expectancy of all dogs was 12.5 years, with breeds such as the Lancashire Heeler (15.4 years), Tibetan Spaniel (15.2 years), and Miniature Dachshund (14.0 years), found to live the longest.

Researchers found brachycephalic dogs, those with flat-faces, like popular French Bulldogs (9.8 years) have a 40% increased risk of living shorter lives than dogs with typical shaped faces e.g., Border Collie (13.1 years). The team also found large-sized breeds have a 20% increased risk of shorter lifespan than small-sized breeds. The data was collected from 18 different UK sources, including breed registries, vets, pet insurance companies, animal welfare charities, and academic institutions.

The nation's favourite breeds according to Dogs Trust's National Dog Survey, Labradors (13.1 years) and Cocker Spaniels (13.3 years), lived longer than the average age. Researchers also found female dogs had a

slightly higher median life expectancy than males (12.7 years compared to 12.4 years). The dog breeds with the lowest median lifespans are the Caucasian Shepherd (5.4 years), Presa Canario (7.7 years) and Cane Corso (8.1 years).

Lead author Dr Kirsten McMillan, Data Manager at Dogs Trust said: "We found life expectancy varies between breed, body size, face shape and sex - this is the first study where all of these elements have been compared and contrasted alongside evolutionary history. Many of these factors interact to compound the issue, for example medium sized, flat-faced male dogs are nearly 3 times more likely to live shorter lives than small sized, long-faced females."

"The findings have important implications for the canine pedigree health debate: although this study does not determine risk factors for early death, it does highlight groups that require further investigation. We hope this study can help breeders, policymakers, funding bodies, and welfare organisations make informed decisions to improve the welfare of companion dogs, as well as helping owners understand the range of factors that influence health and longevity, especially when acquiring a dog."

Dr Dan O'Neill, Chair of the Brachycephalic Working Group (BWG) which comprises of veterinary, breeder and welfare organisations to tackle the health and welfare issues facing flat-faced breeds, said: "Issues related to their huge popularity and serious health problems have triggered a health and welfare crisis for flat-faced dog breeds such as the French Bulldog, Pug and English Bulldog. This new research underlines these major health issues by revealing that flat-faced dogs live 1.5 years shorter lives than typical dogs. It is crucial that the public prioritises health over what they might think looks 'cute' and we urge anyone considering getting a flat-faced breed to 'Stop and think' and to ensure that they acquire a dog with the best chances of a long and happy life."

For more advice on getting a dog responsibly, visit the Dogs Trust website;

www.dogstrust.org.uk

Key Dates For Owners Of XL Type Dogs In England And Wales



- **31 March 2024** — deadline for your dog to be microchipped (and microchip number provided to Defra by email or post, by this date) if your dog was less than eight weeks old when you applied for a Certificate of Exemption.
- **30 June 2024** — deadline to have your dog neutered (and neutering evidence provided to Defra by email or post, by this date), if your dog was more than one year old on 31 January 2024.
- **31 December 2024** — deadline to have your dog neutered (and neutering evidence provided to Defra by this date), if your dog was less than one year old on 31 January 2024.

The Kennel Club Expands DNA Testing Services

The Kennel Club has expanded its DNA Testing Services by launching 87 individual DNA tests, providing more dog owners and breeders with the tools they need to protect their dogs' health.

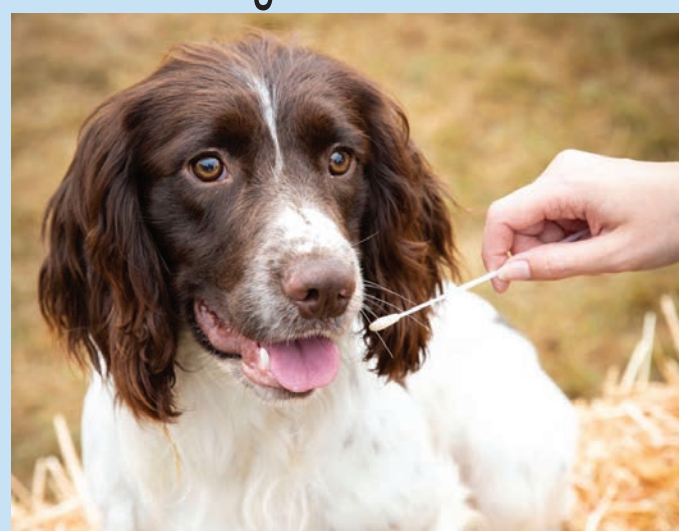
Developed with the primary goal of improving and protecting dog health, The Kennel Club's individual DNA test menu offers owners and breeders the flexibility to choose specific tests tailored to their dog's unique needs. While The Kennel Club continues to offer comprehensive breed-specific packages for those seeking an easy way to obtain all the essential DNA tests for their dog's breed, the introduction of over 80 individual DNA tests aims to make genetic testing more accessible and straightforward.

The Kennel Club DNA Testing Services, which promote responsible dog breeding practices, provide owners with cost-effective access to the most impactful genetic health tests, with results that are easy to interpret and accompanied by breeding and care advice. The service has been uniquely developed by The Kennel Club, the UK's largest dog health organisation, in partnership with Weatherbys Scientific, to advance understanding of dog genetics and disease, with those who use the service contributing to canine genetic research – both through data collection and with all funds reinvested into ongoing research and health initiatives.

"The Kennel Club DNA Testing Services simplify the often confusing DNA testing process for breeders and aims to provide a premium service, with all-inclusive pricing and no added extras," comments Bill Lambert, Health, Welfare and Breeding Services Executive at The Kennel Club. "Regular email updates and electronic results, complemented by a hard copy certificate, ensures a seamless process.

"The service extends beyond testing, with results automatically uploaded to dogs' records, saving breeders time and effort. We also provide breeding advice as an integral part of the offering, and The Kennel Club's specialist health team are on hand to provide tailored advice over the phone or via email.

"Importantly – and uniquely – those using The Kennel Club DNA Testing Services are directly supporting canine genetic research. Through data collection and reinvestment of all funds, owners using these services are actively contributing to a collective effort to reduce the prevalence of genetic diseases in dogs."



The Kennel Club DNA Testing Services collect a dog's DNA sample via a simple cheek swab. From the swab, the service checks the DNA for markers associated with inherited breed-relevant disorders and provides advice to help reduce the risk of producing puppies affected by these conditions, so they can ultimately be eradicated through responsible breeding.

Test results are automatically registered on a dog's record and available on The Kennel Club website, allowing breeders to find health-tested mates, and puppy buyers to check if the dog they are thinking of buying has come from health-tested parents.

For owners, understanding a dog's genetics and knowing which testable hereditary conditions they may be affected by allows preparation for the future. Some dogs affected by hereditary conditions can go undiagnosed during the early stages of disease, due to clinical symptoms being missed or mistaken for ageing, and missing the early signs of disease can leave a dog in unnecessary pain or discomfort. Early intervention can frequently improve quality of life.

To access the services, including the 87 individual DNA test menu, and for more information, visit;

www.thekennelclub.org.uk/TheKennelClubDNAtesting



Vet Shares Spring Safety Advice

Springtime officially starts on the 20th March and with the new time of year comes seasonal dangers. PDSA Vet Catherine Burke shares spring safety messages and advice.

Catherine says: "Many of us will be pleased the winter gloom is on the out, and both flowers blooming and more daylight hours are back.

"Whilst enjoying the new season, it's important for animal lovers to watch out for certain dangers that Spring brings.

TICK SEASON



"Most active in warmer months, ticks will begin to make an appearance in Spring. They are parasites that feed on both animal and human blood, and some may carry Lyme disease. They are commonly found in long grass, woodlands, and areas with lots of wildlife, so be mindful when heading out for dog walks.

"Regularly check your dog for ticks after walks, as well as checking your cat if your feline friend is a bit of an adventurer - you may find a tick before it has had the chance to attach. They are commonly found on your pet's head, ears, armpits, groin and tummy, but you want to give your pet a complete check over just in case. If you find a tick on your pet, it is important to remove it quickly and properly with a tick removing tool.

POISONOUS SPRING PLANTS

"As temperatures rise, we begin to see spring bulbs bloom. Many beautiful common plants, such as daffodils, lilies and tulips are toxic to pets and can lead to them becoming unwell if they eat them.

"Bulbs often have a higher concentration of nutrients than leaves or flowers, so can be more dangerous for your pet. When gardening, keep your pets away from any bulbs or flowers, and call your vet straight away if you think your pet has eaten any part of a toxic plant.

COUNTRYSIDE WALKS

"The warmer weather makes longer walks even more appealing. When venturing out into the countryside look out for farm animals, especially those with offspring like lambs or calves. Keep your dog on a short lead when entering fields to prevent injury and stress to farm animals or your four-legged friend.

CHOC-LOVERS WHO HAVE FURRY FRIENDS IN THE HOUSE



"Chocolate contains a substance called theobromine, which is perfectly safe for humans, but toxic for dogs, cats and rabbits. The seriousness of chocolate poisoning depends on how much chocolate your pet has eaten, how big they are, and the cocoa content of the chocolate - the darker the chocolate the more toxic it is for your pet.

"Symptoms of chocolate poisoning usually appear within two to four hours but can take up to 12 hours. In severe cases, toxicity can cause:

- Fast breathing or panting
- Shaking, trembling and tremors
- High temperature (fever)
- Seizures
- A fast heart rate
- High blood pressure

"The most severe cases of chocolate poisoning in pets can lead to heart failure, coma and even death. Although this is rare this is why it's really important to keep chocolate safely away from prying paws. Especially during festivities like Easter when there's likely more chocolate than usual in the house.

More seasonal safety messaging can be found on PDSA's website: www.pdsa.org.uk/what-we-do/blog/pet-care-advice-for-spring

Sleeping With Your Pet? Experts Reveal All

— BY WWW.BEDKINGDOM.CO.UK —

In 2023, 53% of UK adults owned a pet, a 2% rise compared to 2020. And while it's natural to want to share most of our lives with our furry friends, how far is too far?

According to a YouGov sleep survey, almost half of Britons admit to letting their pets sleep in the same bed as them - sleep experts at Bed Kingdom have looked at the pros and cons of doing this and whether it's right for you.

WHAT ARE THE BENEFITS?

Helps with Insomnia

Falling asleep with your pet beside you can increase endorphin levels, thus reducing stress and anxiety. In turn, this can help you fall asleep quicker, which is ideal if you're someone who has difficulty getting some well-needed shut-eye.

Security and comfort

If you live alone, sleeping with a pet can increase your sense of security and heighten comfort levels. Feeling safe and relaxed is extremely important and can drastically improve your sleep quality.

Warmth

A key factor in determining whether you have a good night's sleep is body temperature. If you feel the cold more than the average person, cuddling up to a warm pet at night may be precisely what you need to drift off.

Bonding

Sleeping with your pet can significantly increase your bond and strengthen your relationship. You might find that you can read their body language better, and simply be more in tune with one another, which can improve their behaviour and overall happiness as a result.

ARE THERE ANY RISKS INVOLVED?

Like most things, letting your pet sleep in the same bed has some potential risks.

Sleep disruption

Our pets are living beings and therefore, move around a lot; you may find that your pet is finding it difficult to settle and won't stay still, so their constant movement and rearranging may disrupt your sleep. One way to combat this is to invest in a bed large enough to accommodate you and your pets - this allows for any movement that does occur to go unnoticed.

Hygiene

Our pets can carry dirt and other unwanted guests in their fur. Fleas, ticks, and lice are all common problems, and the last thing you want is for those to end up in your bed. Dirt may also cause allergies, as well as getting all over your sheets. To tackle this, keep up to date with your pet's vaccinations and make sure they are clean after being outside. You should also wash your bedding more frequently if you decide to let your pets sleep with you, specifically every three to four days.

Behavioural issues

There are varying arguments as to whether letting your pet sleep with you causes them separation anxiety. Either way, it is important to stay vigilant, and if you notice any problem behaviours begin, consult a trainer or an animal behaviourist. Some signs to look out for include an increase in destructive behaviour, extreme vocalising like howling, barking or whining when you leave, and toileting inside the house, even if they are trained.

Ashley Hainsworth from Bed Kingdom has commented: "No one knows our pets like we do. When deciding whether to let your pets share the bed, you should consider several different factors, such as your lifestyle, sleeping habits and your pet's temperament. It has clear benefits, but the risks shouldn't be disregarded either. Keep an eye on how things progress, but if sleeping with your pet works for you, that is the most important thing."

HEALTH

Pioneering Genetic Biobank To Start Recruiting Patients On Stroke Prevention Medicines

The pioneering Yellow Card Biobank, a pilot launched by the Medicines and Healthcare products Regulatory Agency (MHRA) and Genomics England, have started investigating a new group of medicines used to prevent strokes known as Direct Oral Anticoagulants.

The Yellow Card Biobank aims to help understand how a patient's genetic makeup can impact the safety of their medicines and forms part of a long-term vision for more personalised medicine approaches. Approved scientists will use the genetic information in the Biobank to investigate whether a side effect from a medicine was caused by a specific genetic trait. This would in turn enable healthcare professionals to personalise prescriptions using rapid screening tests, so patients across the UK will receive the safest medication for them, based on their genetic makeup.

Adverse Drug Reactions (ADRs), or side effects, continue to be a significant burden on the NHS and account for one in 16 hospital admissions. These screening tests would therefore provide the opportunity to prevent these adverse drug reactions from happening.

The MHRA is asking anyone who has experienced excessive bleeding following the use of Direct Oral Anticoagulants to report it to the Yellow Card scheme. Patients who submit Yellow Cards (or have submitted one previously) may be contacted to ask if they would consent to providing further information and submitting a small blood sample. This information will then be used to explore whether some people are at a higher risk of excessive bleeding due to their genetic makeup, with the overall aim of reducing the occurrence of serious side effects.

Heart Attack Significantly Increases Risk Of Other Health Conditions

Having a heart attack significantly increases the risk of developing other serious long-term health conditions, a major new study shows.

Researchers at the University of Leeds have analysed more than 145 million records covering every adult patient admitted to hospital over a nine-year period to establish the risk of long-term health outcomes following a heart attack – in the largest study of its kind.

Whilst heart attacks are a serious and life-threatening condition, the British Heart Foundation estimates that nowadays more than seven in 10 people survive them, provided they receive quick and emergency treatment to get the blood flowing to the heart muscle again. Yet previous research has shown that heart attacks can have health implications for patients including further conditions which affect the heart and circulatory system, but also conditions affecting other parts of the body and mental health conditions.

The new research, part funded by The British Heart Foundation and the Wellcome Trust, shows that patients who had a heart attack went on to develop further conditions at a much higher rate than people of the same age and sex who had not had one.

Up to a third of patients went on to develop heart or kidney failure, 7% had further heart attacks and 38% died from any cause within the nine-year study period.

Heart failure, atrial fibrillation, stroke, peripheral arterial disease, severe bleeding, kidney failure, type 2 diabetes and depression all occurred more frequently for people who had a heart attack compared with those who did not; but the risk of cancer was lower overall, and the risk of dementia did not differ overall.

The study also identified that people from more socioeconomically deprived backgrounds were more likely to die or develop serious long-term health conditions following a heart attack. In particular, those from more deprived backgrounds were more likely to develop heart and kidney failure, compared to people from less deprived backgrounds of a similar age.

Lead author Dr Marlous Hall, Associate Professor of Cardiovascular Epidemiology in Leeds' School of Medicine and Multimorbidity Research in the Leeds Institute for Data Analytics (LIDA), said: "There are around 1.4 million heart attack survivors in the UK who are at high risk of developing further serious health conditions. Our study provides accessible online information of the risk of these health outcomes for specific age, sex and socioeconomic deprivation groups so that individuals surviving a heart attack can be well informed about their future risks, in order to support informed healthcare decision making with their doctor.

"Effective communication of the likely course of disease and risk of adverse long-term outcomes between patients and healthcare professionals can promote positive lifestyle changes, encourage patients to stick to treatment, and improve patient understanding and quality of life."

"Our study highlights the need for individual care plans to be revised to take into account the higher demand for care caused by survivorship."

The researchers analysed the records of all individuals aged 18 years and over, who were admitted to one of 229 NHS Trusts in England between 1 January 2008 and 31 January, 2017. This amounted to 145,912,852 hospitalisations among 34,116,257 individuals. There were 433,361 reports of people who had a heart attack for the first time. The average age of heart attack patients was 67 years, and 66% of patients were male.

The study looked at 11 non-fatal health outcomes detailed below, plus death from any cause, and compared the results to a control group of 2,001,310 individuals.

HEALTH OUTCOMES

The research showed a significantly increased risk of developing some conditions following a heart attack, when compared to the control group.

Most likely was heart failure, with 29.6% of the study group going on to develop the condition within nine years of their heart attack, compared with 9.8% of the control group over the same time frame.

Kidney failure developed in 27.2% of the patients in the study group, compared with 19.8% of the control group.

Some 22.3% of the study group went on to develop atrial fibrillation, compared with 16.8% of the control group.

And new hospitalisation for diabetes was seen in 17% of the study group, compared with 14.3% of the control group.

Other conditions were:

- Severe bleeding - Study group: 19%; Control group: 18.4%
- Cerebrovascular disease - Study group: 12.5%; Control group: 11.6%
- Peripheral arterial disease - Study group: 6.5%; Control group: 4.06%
- Death from any cause - Study group: 37.8%; Control group: 35.3%

Overall, hospitalisation records indicating depression occurred in 8.9% of people after a heart attack – which was 6% more likely following a heart attack than in the control group. Women were more likely to develop depression after a heart attack than men, especially those who had their heart attack at a younger age. 21.5% of women who were under the age of 40 at the time of their heart attack had hospitalisation records for depression compared with 11.5% of men in the same age category.

There was no overall difference in the risk of dementia following a heart attack compared with the control group. Whilst the risk of vascular dementia was more likely in the study group, the difference observed was small (study group 2.3%; control group 2.1%).

In contrast with other health outcomes the research showed that cancer was less pronounced in the study group than in the control group. Some 13.5%

Dr June Raine, the MHRA Chief Executive, said:

"We are excited to launch the second phase of the Yellow Card Biobank, which demonstrates that we are at the absolute forefront of innovation in the field of drug safety monitoring. Almost a third of adverse reactions to medicines could be prevented with the introduction of genetic testing. The Yellow Card Biobank will help us move towards our goal of personalised medicine.

"Getting involved with this important initiative means you will help more people use medicines safely."

Professor Matt Brown, Chief Scientific Officer at Genomics England, said:

"We are delighted to be taking this next step in our partnership with the MHRA towards harnessing the power of genomics to break new ground in medicine safety.

"Many adverse drug reactions are influenced by underlying genetic risk factors. We hope that through the Yellow Card Biobank pilot we will gain a deeper understanding of these genetic influences that in turn could help patients to receive the best and safest treatment possible."

The Yellow Card Biobank launched in June 2023. The initial phase of the pilot started with a medicine called Allopurinol and related rare severe skin reactions, including Stevens-Johnson Syndrome (SJS) and Toxic Epidermal Necrolysis (TEN). Participant recruitment for both topics is now underway."

The sequencing of the participants' genetic material will begin this Spring, with initial research findings from the pilot expected in 2025. Genomics England is collaborating with the MHRA providing the sequencing and storage of genetic material through use of their well-established and secure infrastructure.

Patients who get involved will be visited at home or at another location convenient for them by a nurse, who will then take a small blood sample to be added to the Biobank and sequenced. Participants' data will be de-identified and added to the National Genomic Research library, a platform that allows approved researchers to access genomic and other associated health data via a secure research environment.

Those that would be interested in getting involved should visit the Yellow Card Biobank page for future updates between now and the end of the pilot phase in late March 2025.

of the study group went on to develop cancer after their heart attack, but this compared with 21.5% of the control group. Researchers believe there are likely many factors affecting this finding but the specific reasons for fewer cancers after a heart attack remain unclear and require further investigation.

The increased risk of developing each condition following a heart attack is listed below.

- Heart failure - 93% greater risk
- Atrial fibrillation - 98% greater risk
- Peripheral arterial disease - 86% greater risk
- Kidney failure - 77% greater risk
- Cerebrovascular disease - 25% greater risk
- Severe bleeding - 22% greater risk
- Vascular dementia - 13% greater risk
- Depression - 6% greater risk

The research received funding from the Wellcome Trust and British Heart Foundation.

Morag Foreman, Head of Discovery Researchers at Wellcome, said: "This research provides valuable insight into the types of support and interventions that may be needed for patients following a heart attack, helping both doctors and patients make informed decisions during recovery and beyond."

"This research shows how cohort studies and analysis of large data sets can further our understanding of key health challenges and demonstrates the value to supporting discovery research in the field of population and public health. As survival rates following a heart attack improve, understanding the longer-term impacts on physical and mental health is crucial."

Professor Bryan Williams, Chief Scientific and Medical Officer at the British Heart Foundation, said: "While more people than ever are surviving heart attacks, there can be longer term consequences. Particularly after a major heart attack, people can be left with irreparable damage to their heart, putting them at increased risk of heart failure.

"This study sheds further light on how heart attacks are associated with increased risk of developing other serious health conditions, including heart failure and atrial fibrillation. It also found that those from more socioeconomically deprived backgrounds are at greater risk of further ill health after a heart attack, and at a younger age. The research suggests that these patients may benefit from additional support and monitoring to help reduce their risk of developing further health conditions.

"It is vital NHS has the resource, including staff, infrastructure and equipment, to deliver the care that patients need to help them stay in the best possible health for longer."

NICE Updates...

Up To 14,000 People Could Benefit From The First Treatment For Severe Alopecia

Thousands of people with severe hair loss due to alopecia areata are set to benefit from a new one-a-day tablet to help treat the condition. Ritlecitinib (also known as Litfulo and made by Pfizer) is recommended by NICE as an option for treating severe alopecia areata in people aged 12 and over.

The treatment, taken as a daily pill at home, works by reducing the enzymes that cause inflammation and subsequent hair loss at the follicle. It is the first treatment for severe alopecia areata recommended by NICE for use on the NHS.

The recommendation comes after ritlecitinib was not recommended by NICE's independent appraisal committee in September 2023. Following a public consultation and the company providing additional information and an improved discount to its price the treatment is now recommended as clinically and cost effective for use in the NHS.

Evidence from clinical trials shows that ritlecitinib is more effective than placebo at improving hair regrowth and that response rates continued to improve for people taking ritlecitinib for up to two years.

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

"Our committee heard how severe alopecia areata can have a significant impact on people's health and quality of life. I'm delighted that we are now able to recommend this innovative treatment, the first time a medicine for severe alopecia areata has been recommended by NICE for use in the NHS.

"It is especially pleasing that we have been able to recommend ritlecitinib just 16 weeks after it was granted a licence by the Medicines and Healthcare products Regulatory Authority (MHRA), demonstrating NICE's commitment to getting the best care to patients fast."

Alopecia areata is an autoimmune disease, where the body's immune system attacks the hair follicles causing the hair to fall

out. In severe cases, hair is lost from across the body. Lack of hair on parts of the body other than the scalp, including eyelashes and eyebrows, nasal hair, and hair on the skin leaves people more vulnerable to infections and reduces their ability to regulate their body temperature.

Hair loss in alopecia areata can occur suddenly and may affect people of all ages. The hair follicles are not destroyed but become dormant, making regrowth possible. The extent and duration of hair loss can vary widely from person to person.

The recommended dose is a 50 mg capsule taken daily.

The company has a confidential commercial arrangement in place through a simple patient access scheme which makes ritlecitinib available to the NHS with a discount.

Updated Guidance Recommends More Targeting Of Antibiotics To Those At The Highest Risk Of Suspected Sepsis

NICE has recommended better targeting of antibiotics for suspected sepsis to ensure the right people receive treatment as soon as possible but the medicines are not overused, which can lead to resistance.

National Early Warning Score (NEWS2) is the NHS England endorsed system to identify acutely ill patients, including those with sepsis.

NICE guidance recommends using NEWS2 to help assess people with suspected sepsis who are aged 16 or over, are not and have not recently been pregnant, and are in an acute hospital setting, acute mental health setting or ambulance.

This recommendation is included in a partial update of NICE's recognition, diagnosis, and early management of suspected sepsis

guideline alongside further advice on assessing patients most at risk, when to give antibiotics and identifying the source of infection.

The guideline states people graded by NEWS2 as being the most severely ill should be prioritised and continue to receive broad-spectrum antibiotics within an hour.

As a result of the updated NEWS2 warning scores, it is expected that more people will be graded at a lower risk level where treatment should begin within 1-3 hours and the diagnosis clarified before antibiotics are given, targeted at a specific infection if possible.

This will help to reduce the risk of antibiotic resistance and give healthcare professionals more time to investigate those who are less severely ill, so they receive the right treatment.

There are at least 245,000 sepsis cases diagnosed in the UK every year. An analysis of data by the UK Sepsis Trust in 2017 showed that there were 200,000 admissions to hospitals in England where sepsis was diagnosed.

Professor Jonathan Benger, NICE chief medical officer said: "This useful and useable guidance will help ensure antibiotics are targeted to those at the greatest risk of severe sepsis, so they get rapid and effective treatment. It also supports clinicians to make informed, balanced decisions when prescribing antibiotics.

"We know that sepsis can be difficult to diagnose so it is vital there is clear guidance on the updated NEWS2 so it can be used to identify illness, ensure people receive the right treatment in the right clinical setting and save lives.

"This update is the latest part of the process to ensure NICE guidance is as current as possible. We recognise this is a vital and rapidly evolving area, so this is the latest in a series of planned updates to our guidance."

The updated guidance aligns with the Academy of Medical Royal Colleges (AoMRC) statement on the initial antimicrobial treatment of sepsis.

It also includes recommendations on identifying the source of infection and involving surgical teams, which have been broadened to cover the risk of sepsis in all parts of the body and a wider range of interventions.

UK Sepsis Trust Founder and Joint CEO Dr Ron Daniels said: "We welcome that NICE have provided this important update to their national guidance. We particularly support that the update continues to recommend the identification of high-risk factors, whilst reinforcing the importance of clinical judgement to prevent injudicious use of antibiotics."

Healthy Heart Tip: Benefits Of Physical Activity On Heart Health



— BY THE HEALTH PROMOTION AND EDUCATION TEAM AT HEART RESEARCH UK —

Physical inactivity is one of the main risk factors for heart diseases and is associated with a 24% higher risk of coronary heart disease. In the UK, it is recommended that adults partake in at least 150 minutes of moderate-intensity physical activity a week plus two sessions of resistance training. Over six in 10 adults meet this guideline, if one of these is not you, then why not? Your heart is a muscle too! This muscular organ also needs to be worked out and increasing the amount of physical activity you do is one of the best things for your heart health. In this healthy tip, we share some benefits of physical activity.

WHAT IS PHYSICAL ACTIVITY?

Physical activity is any form of movement produced by your

muscles that uses energy. A few examples include walking, running, dancing, swimming, and gardening.

HEART HEALTH BENEFITS

Partaking in physical activity strengthens your heart muscle and decreases your blood pressure. Regular physical activity can improve your blood sugar control and reduce your risk of developing type 2 diabetes, a major cardiovascular risk factor. Changes in your cholesterol levels will become apparent, with your LDL (bad cholesterol) levels becoming lower and HDL (good cholesterol) levels rising. Ultimately, physical activity is essential for a healthy heart. It strengthens your heart, reduces your chances of developing heart diseases and increases your lifespan.

OTHER HEALTH BENEFITS

Physical activity benefits both your physical and mental health. If these are in good health, it is likely that your heart is too. Partaking in regular physical activity will help you build cardiovascular endurance, muscular strength, and improve your flexibility and balance. You may find that you have more energy after carrying out physical activity due to the rise in your endorphins, this also helps to improve your mood. Other benefits include improvements in your sleep quality and duration, improvements in anxiety and depression as well as a reduction in the amount of stress hormones in your body. These additional health benefits all directly or indirectly help your heart too.

Codeine Linctus To Be Reclassified To A Prescription-Only Medicine Because Of Risk Of Abuse And Addiction

Codeine linctus opioid medicine, an oral solution or syrup licensed to treat dry cough in adults, is to be reclassified to a prescription-only medicine due to the risk of abuse, dependency and overdose, the Medicines and Healthcare products Regulatory Agency (MHRA) has announced.

Since 2019, there have been increasing reports in the media of codeine linctus being misused as an ingredient in a recreational drink, commonly referred to as 'Purple Drink'.

The decision to reclassify the medicine has been made following a consultation with independent experts, healthcare professionals and patients. 992 responses were received.

The consultation was launched by the MHRA after Yellow Card reports indicated instances of the medicine being abused, rather than for its intended use as a cough suppressant.

Responses to the consultation identified the pressure pharmacists were under to provide the medicine to those suffering from addiction.

Dr Alison Cave, MHRA Chief Safety Officer, said:

"Patient safety is our top priority. Codeine linctus is an effective medicine for long term dry cough, but as it is an opioid, its misuse and abuse can have major health consequences.

"We would like to thank all the patients, independent experts and health professionals who responded to our consultation.

"As a result, and taking into account the reports we have received in relation to abuse, we have reclassified codeine linctus to a prescription-only medicine for the benefit of patients, carers and healthcare professionals across the UK."

Codeine addiction can be a gradual process. If you have been taking it for a long time and want to stop, you can talk to your healthcare provider and reduce the amount you take slowly.

If you feel that you are addicted or have concerns for someone who has been using codeine linctus for too long, you can seek advice on the NHS website. Support groups and self-help groups are also available such as Talk to FRANK.

We ask people to report any adverse reactions from codeine linctus via the MHRA Yellow Card scheme."

Alternative non-prescription cough medicines are available for short-term coughs to sooth an irritated throat, including honey and lemon mixtures and cough suppressants.

Patients are urged to speak to a pharmacist for advice and not to buy codeine linctus from an unregistered website as it could be dangerous.

Still Work To Do But Encouraging Improvements In Maternity Services Say RCM

The Royal College of Midwives (RCM) has welcomed the recognition by the Care Quality Commission (CQC) of improvements across the board in women's experience in maternity care. The CQC's annual maternity survey, published today, also acknowledges the huge pressures midwives and maternity support workers (MSWs) are facing.

A survey of over 25,000 women and their families found that they were much more positive about the care they received from midwives than in 2022. Mothers report feeling more informed and better cared for, while partners felt more included. Crucially, there has been a big improvement in the mental health care that women and their families receive. The RCM acknowledges that, while the improvements are welcome, there is still more work to do.

The RCM's Chief Executive, Gill Walton, said:

"Putting women at the heart of maternity care may sound obvious, but it may not always be their experience. We are pleased to see things are moving in the right direction, and that is testament to the dedication and hard work of midwives and MSWs. In particular, the improvement in the mental health support women get during pregnancy, especially around the information they receive, is welcome. As we highlighted in our perinatal mental health roadmap published last year, mental ill-health ranks with physical factors as one of the leading causes of maternal deaths in the UK, so this is a positive step.

"While we welcome the commitments made in the NHS Long Term Workforce Plan, we need to see action, particularly around the retention of skilled, experienced staff."

The RCM is working with the Government and NHS England to highlight areas of good practice around staff recruitment so that these can be replicated in other Trusts.



York Against Cancer Celebrates The First Anniversary Of The Leveson Centre And Marks Its Official Launch

In February 2023, local charity York Against Cancer was proud to open the doors of their new cancer support centre, The Leveson Centre. Just over a year on, The Leveson Centre has helped close to 5,000 people through a mixture of phone calls, walk-ins and booked appointments.

York Against Cancer celebrated the one year anniversary of The Leveson Centre with an official launch event. Joined by Labour MP Rachael Maskell and Conservative MP Julian Sturdy, the charity held an opening ceremony to commemorate all that has been achieved so far and all that is yet to come.

Since opening last year, The Leveson Centre has been a welcome addition to the region's cancer support services, offering a wide range of resources for anyone affected by cancer. Cancer patients can make use of services such as six free sessions of complementary therapy, join a weekly Pilates class, attend Look Good Feel Better workshops, take up a new hobby in an arts and craft group, and much more.

Steve Leveson, founder and Trustee of York Against Cancer, says, "As a local charity, York Against Cancer is proud to have developed this facility for the people of York and surrounding area. The Centre provides support for patients, their families and carers. Since opening a year ago there have been nearly 5,000 contacts and we are confident that the centre will continue to benefit those affected by cancer."

In addition to the direct support available to cancer patients, the Centre provides plenty of community and wellbeing activities for anyone who has been affected by the disease. For adolescents with a family member going through cancer, appointments can be booked with Rebecca, a Chartered Clinical Psychologist and her registered therapy dog, Luna, to receive psychological support; the Rhythm of Life Wellbeing Choir has heralded

great success since starting in September, made up of patients, friends, family and York Against Cancer's own volunteers all eager to come together in song. Similarly, every week The Leveson Centre hosts a coffee morning for anyone affected by cancer to pop in and have a chat with others in similar situations. Services like these have proven to be an invaluable touchstone in the lives of those affected by cancer, bringing joy, understanding and a sense of togetherness to anyone who needs it.

After using the services on offer at The Leveson Centre, a cancer patient got in touch to express their thanks; "You have made me feel so much better about myself, not only with the massage but about taking time out for me. Thank you for being so kind and caring. Keep up the amazing work and good luck with everything in the future!"

The Leveson Centre's official launch saw a congregation of the charity's Board of Trustees, staff, volunteers, service users and more as MPs Maskell and Sturdy cut the ribbon. CEO of York Against Cancer, Julie Russell states, "The vision was to create a calm and caring environment where people can come to receive support whilst going through cancer. One year on and it is heartwarming and rewarding to hear the many compliments we are receiving. The Centre's success is testament to the vision of the board of trustees and the hard work of the staff."

If you would like to make use of The Leveson Centre's resources, it can be found in York Community Stadium, Huntington; alternatively, get in touch on 01904 20 26 47, email support@thelevesoncentre.org.uk or visit thelevesoncentre.org.uk to learn more.

Groundbreaking Research Could Change The Face Of Bowel Cancer Diagnosis

York and Scarborough Teaching Hospitals NHS Foundation Trust has been awarded £3 million to lead national research into a device that could improve the clinical pathway for diagnosis of bowel cancer.

The research, which has been funded by the National Institute for Health and Care Research (NIHR), marks a huge milestone for the Trust and is the biggest project it has ever undertaken to fund a national clinical diagnostic study.

The research, called the ColoCap study, will evaluate a new bowel imaging technology for patients known as colon capsule endoscopy.

Colon capsule endoscopy is an easy-to-swallow 'camera in a capsule'. Once swallowed it travels through the stomach and small intestine to the large bowel and takes multiple photographs of the inner lining of the bowel. The images are sent to a recorder that the patient wears which is then downloaded. This provides consultants with a minimally invasive, remotely accessible, and innovative tool to diagnose bowel cancer, colitis, and pre-malignant polyps. Eventually, the capsule passes naturally out of the body within the stool, having significantly less impact on the environment than a colonoscopy.

Currently, patients usually undergo a telescope test of the large bowel known as colonoscopy. A colonoscopy is an invasive test that can be uncomfortable or embarrassing for some patients and is performed in hospital. Colonoscopy is the 'gold standard' for diagnosing bowel cancer and, because it can take samples and remove polyps, it has advantages over colon capsule endoscopy. However, demand for colonoscopy is high, resulting in long waiting times and it takes long time for a health worker to train in colonoscopy.

If the ColoCap study is successful, the colon capsule endoscopy could rapidly increase the capacity for diagnosing bowel cancer and other bowel diseases and so reduce waiting times. It is also hoped that the technology

will increase patient satisfaction since it rarely causes pain and for some end the requirement to travel long distances for a colonoscopy. Instead, patients could swallow the capsule in a GP surgery or the comfort of their own homes, which allows more flexibility for patient needs.

Professor James Turvill, Consultant Gastroenterologist, York and Scarborough Teaching Hospitals NHS Foundation Trust, explained: "It has taken 15 years of hard work to get to this stage and it is a real privilege to think that I am working on a project that may change the way bowel cancer is diagnosed in future, both in the UK and internationally. Working on the ColoCap project is the pinnacle of my career and comes as we complete the largest evaluation ever undertaken into the use of colon capsule endoscopy in bowel cancer diagnosis."

Professor Turvill said that although the device is not a new product it was not being used effectively across the NHS before the Covid pandemic.

The Trust is working in partnership with leading academics in Scotland and Wales as part of the study, which is the largest evaluation of its kind nationally and will involve about 30 sites across the UK. Staff from York will be working with the University of Aberdeen, Centre for Healthcare Randomised Trials (CHaRT) and Cardiff University Centre for Trials Research, colleagues at The University of York and the York Health Economics Consortium.

Work around recruiting patients onto the trial will start in the new financial year. The results will be made public in 2026-2027.

Simon Morritt, Chief Executive, York and Scarborough Teaching Hospitals NHS Foundation Trust, added: "The colon capsule endoscopy has a great deal of potential and we are excited and privileged to be leading its national evaluation. If successful, the potential benefit to patients cannot be underestimated."



Drink Caused Paul To Miss Out So Much In Life, And Now He Has Alcohol-Related Dementia. Caring For Him Is Challenging, But Rewarding

A woman from York who gave up her job to care for a man diagnosed with Alcohol-related dementia has opened up about the life-changing difference support from Alzheimer's Society has made.

Debbie Johnson, 59, took it upon herself to care for Paul Richardson after he was diagnosed with dementia nine years ago, at the age of 71, even though they are not related.

Debbie said: "Paul is my late husband's cousin and to be honest we didn't see him that often. But one day, at a family funeral, I realised there was something wrong when he asked me 'why isn't John here?'. It was John who was being buried.

"I persuaded him to have a memory test and accompanied him on his appointment. That eventually led to a brain scan that revealed his diagnosis was alcohol related.

"Paul has been a bachelor all his life. He missed out on so much because he chose alcohol over everything else, but it was clear to me he needed support, so I chose to be there for him.

"It hasn't been easy. It put a strain on my own relationship and, sadly, when my husband Alwyn died last year, I even found it hard to grieve for him as looking after Paul is so demanding.

"However, as challenging as it is, caring for someone is also very rewarding. Paul is like a frightened little boy sometimes, and just wants to be reassured he's going to be OK. So, I'm here to support him in any way I can. Even though he is confused for much of the time, I still get glimpses of the old Paul – and the cheeky chappie he used to be."

Debbie, who gave up her job as a family support worker to care for Paul, says she is especially grateful for the support she has received from Alzheimer's Society.

They have visited a Dementia Café run by the charity in York, as well as craft sessions and a Singing for the Brain group, which uses music to stimulate memories.

Debbie added: "I've received valuable advice from Alzheimer's Society in relation to Paul's dementia, such as how to cope with difficulties with diet, swallowing, toileting as well as the constant repetition that can be both exhausting and challenging.

"The charity has also provided me with support on legislation, including the Mental Capacity Act 2005 and the Care Act 2014. This was particularly helpful where disagreements occurred over Paul's care needs and funding challenges.

"Without this valuable support and information, I really could not have managed or coped with the challenges Paul's dementia brings.

"The charity's online forum and support line were a huge help too, providing me with strategies to manage Paul's behaviour.

"These support networks made me realise I was not the only person struggling with managing the many challenges the disease presents on a daily basis."

Alzheimer's Society says its Dementia Support Services are a lifeline to families – and last year they were used more than 6.1 million times.

The charity's Dementia Support Line (0333 150 3456) was used over 69,000 times in 2023.

Meanwhile, pages relating to support on its website (alzheimers.org.uk) were visited more than four million times last year.

Among the top reasons for calling the Dementia Support line were for information about local services, which accounted for more than 51,000 calls, how to live well with dementia, with more than 23,000 calls, as well as more than 17,000 health-related calls.

There were also over 5,800 calls relating to legal matters such as Lasting Power of Attorney.

Linda Haggie, Regional Manager for Alzheimer's Society in Yorkshire, said: "It's encouraging to hear how Debbie has benefited from our support. She is doing a remarkable job caring for Paul.

"We want everyone affected by dementia to know that whoever you are, whatever you are going through, you can turn to Alzheimer's Society for practical advice, emotional support and guidance for the best next step.

"We are here to provide help and hope to everyone affected by dementia. We want to help people make the most of life with the condition, supporting them through some of the hardest and most frightening times."

One in three people born today will develop dementia in their lifetime, and there are currently 900,000 people living with the condition in the UK, including more than 10,000 in North Yorkshire and an estimated 76,130 across Yorkshire and Humber.

The charity is urging those affected by dementia or anyone concerned about their memory, or that of a loved one in the region to get in touch.

It's estimated a third of people in England living with dementia don't have a diagnosis. The charity is also calling on the government to make dementia a priority and to do more to make sure people receive a timely and accurate dementia diagnosis.

For more information and advice, call Alzheimer's Society's Dementia Support Line on 0333 150 3456 or visit alzheimers.org.uk where you can also download a free symptom checklist.

Discover Fulfilling Careers In Health And Care New Websites Launched

Two new careers websites have been launched to encourage people to pursue a career in health and care across Humber and North Yorkshire (HNY).

HNY Careers Hub (www.hnycareershubs.co.uk) is a one stop shop for all things health and care careers, targeting all ages and career stages.

Supporting people to understand their skills, education and training opportunities, vacancies and more, the website is being delivered by the Humber and North Yorkshire Health and Care Partnership to strengthen recruitment and retention across the area.

Alongside the launch of the HNY Careers Hub, Hull University Teaching Hospitals NHS Trust (HUTH) is launching Med Shed - a website aimed at introducing young people aged 11 to 16 to potential NHS careers.

Within the Humber and North Yorkshire footprint, there is the NHS Integrated Care Board plus five NHS hospital trusts, three NHS mental health trusts, six local councils, two NHS ambulance trusts and four community interest/not for profit organisations.

There are also around 170 GP practices, 550 residential care homes, 10 hospices, 180 home care companies and thousands of voluntary and community sector organisations - all helping to keep local people well, and all offering a wide variety of careers.

Jobs across the sector are not just clinical and frontline; there are many important roles behind the scenes supporting service delivery, such as estates, human resources, communications, digital, and much more.

The Careers Hub's interactive career pathways section can help people to find their route into a career, explore how their skills can be used, understand the next steps in education, and learn about potential pay rates.

Med Shed (www.hull.nhs.uk/medshed) showcases NHS careers, and is designed in a bright and bold style with animation, video career case studies and an NHS careers' spinning wheel, giving young people the chance to see what appeals to them.

Jayne Adamson, Executive Director of People for the Humber and North Yorkshire Health and Care Partnership said: "Partnership working is key to enabling us to effectively recruit and retain staff across our health and care system, to ensure the public are receiving the best possible services we can offer.

"The Careers Hub ensures we can help the public navigate health and care career options successfully. And while the Careers Hub is for all ages, the Med Shed site is helping us to target our younger cohort of prospective workforce."

Simon Nearney, Group Chief People Officer for HUTH and Northern Lincolnshire and Goole NHS Foundation Trust, said: "It's no secret the entire NHS struggles with recruitment. Med Shed raises aspirations in our next generation so our young people understand they can stay local, get on and do well in great jobs without having to move away to other cities."

Deborah Robinson, Faculty Director of Professional External Engagement at the University of Hull, said: "MedShed fosters a passion for making a positive difference in the lives of others. By showcasing the vast array of opportunities within the health and care sector, these careers empower the younger generation to dream big, pursue higher education, and strive for excellence, thereby creating a healthier and more compassionate society. Aspirations in health careers become catalysts for personal growth, community development, and the advancement of global well-being."

HUTH and the University of Hull are partners working together with other NHS and social care organisations, making up the Humber and North Yorkshire Health and Care Partnership.

Find out more about career opportunities, visit;

www.hnycareershubs.co.uk and www.hull.nhs.uk/medshed.



Humber and North Yorkshire
careers in health and care

302 Pharmacies Across Humber And North Yorkshire Sign Up For Launch Of Pharmacy First

The Government have launched Pharmacy First, which enables pharmacists to provide treatment for seven common health conditions without the need for a patient to visit the GP or have a prescription.

Pharmacists will now be able to help with conditions like sore throats, sinusitis, earache, infected insect bite, impetigo, shingles, and uncomplicated urinary tract infections in women.

This new approach will not only speed up access to essential care for patients, but also help to reduce pressure on local GP services. Backed by up to £645 million, 95 per cent of pharmacies across England have opted-in so far, including 302 across Humber and North Yorkshire ICB.

Pharmacy First builds on the other measures outlined in the Primary Care Recovery Plan last year which, taken together, aims to free up ten million GP appointments a year by next winter.

MP Julian Smith said, "The pandemic put huge pressure on our local services and, while real progress is being made, it's no secret that our fantastic GPs face significant pressure, particularly over the winter.

"That's why I'm really pleased that Pharmacy First has been launched. Seven of the most common ailments that clog up our GP's time can now be dealt with by your local pharmacy, alleviating pressure and helping to end the 8am rush.

"I'd encourage everyone to make the most of this new approach. It's a sensible initiative, making the most of the brilliant local pharmacists on our doorstep."

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Monthly Horoscopes By Russell Grant

ARIES March 21st - April 20th

The exuberance you feel about a new project on the 1st will be somewhat muted by a friend or colleague's tendency to criticise. You might prefer to take a background approach to matters that are important to you. Watch what you say in conversations on the 8th and double check what you are writing in reports and sending in emails. Visiting a beautiful area on the 9th will be an emotionally uplifting experience. The New Moon on the 10th makes this a great time to embark on any project aimed at elevating your spiritual awareness. Discussing religious and cultural beliefs with people from different backgrounds will be enlightening on the 20th. Even so, your focus later will be on projects that involve just a handful of people when the Lunar Eclipse on the 25th brings the successful conclusion of a joint enterprise.

TAURUS April 21st - May 21st

You will make a worthwhile contribution to a group project on the 1st. Accomplishing something special as a team will make you want to continue with similar activities in the future. If you're thinking about upgrading to a new vehicle on the 8th, be prepared to visit a number of showrooms before you find the right one for you. Choose a model that is known for its reliability. On the 10th the New Moon will bring a chance for you to volunteer for a charity. Joining a team that helps those who are less fortunate will make you feel better about the human race. If you're going through the same patterns repeatedly and this is bringing you no satisfaction, the Full Moon and Lunar Eclipse on the 25th will push you to break out of this rut.

GEMINI May 22nd - June 21st

If it feels like people are expecting too much from you on the 3rd, just take one hour at a time. If an hour seems too long, then break it down into minutes. A salesperson will be persuasive on the 8th. Whatever it is they are trying to sell to you, ask for time to consider it. If they imply a deal will not be available when you return, refuse to be manipulated by them. The New Moon on the 10th gently pushes you in new professional directions. It's no use trying to hurry things along on the 14th. The more haste, the less speed. An older colleague will remind you of the benefits of taking your time. Events on the Lunar Eclipse will take you by surprise. There will be something theatrical about a group situation on the 25th. Friends and workmates will be receptive to new ideas.

CANCER June 22nd - July 23rd

You can make a difference in a conflict on the 2nd by speaking face to face with someone who has a lot of influence. Someone will try to pull off a grand transformation when it is a gradual change that will get a better response. A troubled relative will ask for some help and advice on the 8th. They value your sensitive understanding. The New Moon on the 10th will see you making plans for a family holiday. Travelling to a place you have always dreamed of visiting won't cost as much as you imagined. This is a destination that will appeal to your spiritual side. You need to find healthy ways to deal with frustrations that occur under the Lunar Eclipse on the 25th. It's not doing you any good to bottle up your emotions. Music and art are great ways to express your creative side as well as being therapeutic.

LEO July 24th - August 23rd

You will want to take advantage of harmonious relationships in the workplace on the 1st. Devote time to improving communications between colleagues. If there is a subject that has always fascinated you and you want to find out more, the 5th will bring an opportunity for you to pursue this dream. If you are in the market for a new home or there is a piece of property you want to buy, the New Moon on the 10th will bring the possibility of relocating one step closer. Avoid riding roughshod over the wishes of your loved ones on the 14th. You might think you are taking action for their benefit but they might see it very differently. You may have to reschedule a meeting on the 20th to fit in a trip you had not previously planned for. The first draft of an important document will be completed on the 25th as the Lunar Eclipse helps you focus on details.

VIRGO August 24th - Sept 23rd

You may have to face the fact that holiday plans will have to be delayed on the 13th. This does not mean you won't ever get the chance you are hoping for to travel, just that you can't get away right now. The New Moon on the 10th makes you wonder whether you are providing a partner with enough support to sustain your relationship. Tension is in the air on the 14th, too. On days like this avoid starting anything new. Chaotic surroundings will get you down on the 20th. Clearing the clutter from your favourite room will make you less frustrated. What you will want most on the 17th is to build a more secure future for yourself and your family. The Lunar Eclipse on the 25th will bring an unusual offer that is likely to boost your income. The long term security a new career opportunity can bring will be what influences your final decision.

LIBRA Sept 24th - Oct 23rd

Don't set out to do anything important on the 3rd. Information you need will not be readily available. Just do what needs to be done and take some time off, even, for a rest. Something strange that happens on the 8th will take you by surprise. It won't take long for you to work out that you are pleased about this too. A pilot project will go well and the New Moon on the 10th will take it to the next stage. Despite its earlier success, you should continue to handle this carefully. Make time in your schedule on the 18th to visit a friend or neighbour who has been feeling a little down. You will want to have a say in everything on the 21st and to take charge of projects that have been problematic. The Lunar Eclipse on the 25th will bring a chance for you to put lessons of life to their best use.

SCORPIO Oct 24th - Nov 22nd

Choose activities that engage your imagination on the 1st. If you are looking for a job, explore positions relating to education, publishing and travel. Your energy will be directed to your home on the 9th when you might decide a declutter is a good idea. The New Moon on the 10th is great for indulging your passions. Romance, a special interest or creative project are all possibilities now. Your attention will be fully engaged in expressing your creativity. If you have always wanted to be published, approach an agent on the 12th. Very soon, you will see your name in print. Be supportive of a partner's dreams on the 14th even if they sound a little peculiar to you. The Lunar Eclipse on the 25th reminds you that it will take discipline and effort if you are to reach a personal goal. Keep going until you finish what has already begun.

SAGITTARIUS Nov 23rd - Dec 21st

The New Moon on the 10th marks this as a great time to start on a home improvement project. Whether you're planning a kitchen revamp or adding an extra room to your home, very soon, builders, plumbers and electricians will be making their way to your door. You admire frankness and honesty in others. Even so, a little tact on the 14th can help avoid upsets. A sensitive friend needs to feel supported and understood. Being able to enjoy a new and very different situation on the 20th will make for a refreshing change. You will be invited to organise a small party or celebration on the 25th when the Lunar Eclipse brings an important project to a conclusion. You will welcome the chance to spend more time with your family on the 28th. Someone close will be making a dramatic announcement.

CAPRICORN Dec 22nd - Jan 20th

If you're dragging your feet on the 9th it is in the hope that a housemate or workmate will complete a difficult job for you. Reach out to an ultra-practical friend for guidance. Despite all the practicalities and problems you are facing, you will still feel excited about a project that's launched on the 10th. The New Moon warns that it will take time and effort to get this off the ground but it will be worth it in the end. Push negative thoughts away on the 14th or these will have an impact on your performance. An optimistic friend will help you find the silver lining to this particular cloud. Keep putting one foot in front of the other and the Lunar Eclipse on the 25th could bring you a raise or promotion. The end of the month is a great time to make a fresh start.

AQUARIUS Jan 21st - Feb 19th

On the 1st, the only way to find out whether a tip you are given has any substance will be to do a little research of your own. It won't take a lot of effort to make a loved one happy on the 8th. Give a youngster in the family who is feeling neglected a little extra time and attention. The New Moon on the 10th makes this a good time to buy items like a new laptop, vehicle or television. If you stumble across a sale on electronics or technical equipment, be sure to snap up a bargain. Keep plans you are formulating in your mind on the 17th a secret. Someone will want to know what you are thinking. Keep them guessing. The Lunar Eclipse on the 25th will bring a chance to travel or study. At times, you won't believe your luck.

PISCES Feb 20th - March 20th

Some ideas you have to make some changes should be put into action on the 9th and these will quickly take on solid form. There is great potential in blending common sense with creativity. The New Moon on the 10th will push you to make a start on plans you have been thinking about since the year began. The only way your partner is going to understand how you feel about matters that concern the both of you is for you to have a heart to heart discussion. Talks on the 14th will bring increased harmony in the family. Tough conditions need to be endured under the Full Moon and Lunar Eclipse on the 25th. These types of experiences strengthen your personality. If you've been heavily involved in the day to day running of a charity, you will be ready to hand over the reins on the 28th. It is time for someone else to take on the responsibility.



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