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MARCH 2024

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City Centre Living Boosts Leeds City Centre Development, Survey Finds

Leeds' development market continued to demonstrate strong growth in 2023, with 16 new starts beginning in 2023, according to Deloitte's annual Crane Survey. The city delivered a very strong workspace performance, so much so that existing supply is now looking constrained. The residential market remained buoyant supported by the city's student accommodation sector which delivered another record-breaking year for student development.

Leader of Leeds City Council Councillor James Lewis said: "Our city centre continues to grow at an exciting pace, with development showing demand across a range of sectors. This demonstrates progress towards our continued ambition of creating a greener and better-connected city centre community, nurturing an environment which brings our neighbourhoods closer to jobs and opportunities.

"We are delighted that the private sector and development partners share in our important commitment to continuing our city's inclusive growth, and we look forward to working together to identify further opportunities to accelerate this work over the next decade."

Now in its 17th year, the Leeds Crane Survey monitors construction activity across a range of sectors including offices, residential, hotels, retail, and education, and is seen as a barometer of developer sentiment and future supply.

OFFICES

In 2023, 698,996 sq. ft. of office floorspace was delivered across three schemes in Leeds city centre. This is a six-fold increase from 2022 when only 97,702 sq. ft. was delivered. The city's South Bank area experienced a particularly strong year for office development, with 385,702 sq. ft. of floorspace delivered in 2023.

Despite the record-breaking increase in office completions, there was a slowdown in new starts, with one office scheme starting construction in 2023. The total amount of office space under construction also fell to 287,013 sq. ft. from 858,448 sq. ft. in 2022. However, demand for Grade A

workspace has continued to grow, with an increase in office refurbishments recorded in this survey.

Ellen Sanderson-Clark, Assistant Director at Deloitte said: "2023 was a strong year for the delivery of office space across Leeds, looking forward new projects will be required to fill the forward pipeline. Areas like the South Bank and Wellington Place are likely to lead the way, but we can also look forward to the Leeds Innovation Arc beginning to deliver new and exciting workspace at the heart of the City Centre.

"As with many other cities, office refurbishments are on the rise. This is likely driven by changes to office energy efficiency ratings, with offices now required to be at EPC B rating or higher by 2030. As business commitment to hybrid working patterns looks set to stay, a move to higher-quality, collaborative office spaces is also likely driving refurbishment activity."

RESIDENTIAL

Leeds' residential market continued to deliver strong results in 2023 with 15 schemes under construction compared to 11 in 2022. This comes at a time of strong performance for the residential market, with 5,274 homes delivered since 2018. This level of development is set to continue, with 2,123 new homes on track to be delivered in 2024.

Central Leeds experienced a particularly strong year in 2023, with all three new residential developments commencing in the heart of the city. Outside of the centre, the South Bank saw the highest number of units under construction in 2023, with 1,261 homes currently on-site. The North-East Fringe area also currently has 898 residential units under construction.

Nolan Tucker Director at Deloitte commented: "It has been another strong year for the residential market in Leeds, and this is set to continue into 2024 with a healthy development pipeline. In 2023 we've seen a particular focus on residential development right in the heart of Leeds, showing the continued attractiveness of city centre living.

"Across Leeds we're seeing how the residential market is maturing given the recent high levels of development. There's now a renewed focus on diversifying city living, to create vibrant and inclusive neighbourhoods to reflect Leeds' growing population. We can also look forward with interest to the outcome of the newly formed partnership with Homes England. The city has been awarded £2.2m to invest into growing new neighbourhoods across the city, this should help to shape further new communities over the next few years."

EDUCATION

For the second consecutive year, Leeds experienced a record-breaking year for student development, with 3,704 beds under construction across ten schemes. This is an increase of 12% from the previous record of 3,294

beds in 2022. The Purpose Built Student Accommodation (PBSA) pipeline also remains strong, with 1,558 beds commencing construction in 2023. This follows significant growth, with 5,271 student beds delivered in the crane survey area since 2018.

The city has also seen two new educational use schemes commencing construction, with the Leeds Mathematics School and the Leeds City College Mabgate Campus further improving education facilities within the city. The announcement of the Innovation Arc in the west of the city centre will also support Leeds as a growing hub for STEM student numbers.

Tucker continued: "Leeds continues to be a major city for education, research, and innovation, with strong educational institutions and facilities. With the city's universities facing ever increasing demand, it's no surprise that the pace of student accommodation development has continued to pick up over the last five years, leading to yet another record-breaking year.

"The construction of new educational facilities will also help to further the city's proposition. Leeds City Region now houses more STEM students than anywhere outside of London so notable developments and investment will continue to help attracting the best talent to Leeds and complement sectors including Fintech, life sciences, health, and digital sectors. By further creating world-class facilities, Leeds will be able to hold its position as a hub for education and research outside of the capital."

OUTLOOK

Sanderson-Clark continued: "It has been yet another strong year for Leeds as it further secures its position as one of the fastest-growing cities in the UK. With 16 new projects commencing in 2023, the development pipeline for 2024 is set to generate further growth for the city across the residential, retail and office development markets.

"Last year we saw substantial attention given to improving Leeds' city centre. Notable plans for retail development such as the submission to redevelop the shopping centre as well as the 33,000 sq. ft. of former House of Fraser site makes for exciting future rejuvenation of retail focal points in Leeds. Significant progress has also been made in improving the connectivity of the city, led by projects like 'Connecting Leeds' and 'Sustainable Travel Gateway' to further drive development activity in, and to, the centre.

"This year's Leeds Crane Survey suggests that market conditions are likely to create a new development cycle in 2024. We saw how Leeds2023 helped the city gain international attention for its dynamic cultural offering, and we now expect this to accelerate on the back of the recently announced Investment Zone and focus on the City's innovation offer. The next few years are set to be exciting for Leeds as it continues to become both more connected and investable."

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Leeds City Council Appeals For Further Support As War In Ukraine Reached Second Anniversary

Leeds City Council marked the second anniversary with an appeal for Homes for Ukraine hosts to come forward.

As communities across the UK marked the second anniversary of the invasion of Ukraine, Leeds City Council thanked the people of Leeds for their continued support and to issue an appeal for further help.

Councillor James Lewis, Leader of Leeds City Council said: "From the outset, we in Leeds have condemned Russia's devastating and senseless war in Ukraine.

"On this, the second anniversary of the invasion, we are taking the opportunity to reaffirm our commitment to Ukraine and our solidarity with its people. We are especially thinking of our friends in the city of Kharkiv, with whom we recently signed a Friendship Oath. We hope that peace can soon be achieved.

"As a city, we are proud to have a long history of offering humanitarian support and I continue to be humbled and proud of the many people across the city who have opened their hearts, homes, and communities to those in need of our assistance, whether they be from Ukraine, Syria, Afghanistan or anywhere else.

"Thank you to everyone for your support."

Since March 2022, Leeds has been committed to not only providing aid and refuge to those impacted by the war but also actively expressing its solidarity with Ukraine and its people.

Within days of the invasion, Leeds City Council, in partnership with a range of refugee charities and other third-sector organisations, started a citywide fundraising appeal that raised over £150,000 to alleviate the growing humanitarian crisis and help those arriving to settle in the city.

In an expression of its solidarity with Ukraine, the Lord Mayor of Leeds, Councillor Al Garthwaite, signed a Friendship Oath with Kharkiv in December 2023. Kharkiv, Ukraine's second city, has been the scene of fierce fighting since the start of the war and around one-third of the city's 1.4 million residents have been evacuated from their homes. The Friendship Agreement marks the start of efforts to develop a more permanent and closer relationship in the future. Councillor Garthwaite made a private visit to Kharkiv last summer with an aid convoy, and since then has run appeals to collect more donations.

To date, Leeds has welcomed over 900 Ukrainian guests fleeing the conflict under the Homes for Ukraine scheme, but more help is needed.

Councillor Mary Harland, Leeds City Council executive member for communities, said: "The response to the Homes for Ukraine scheme in Leeds has been truly magnificent, and we appreciate and thank those people who have already opened their homes to Ukrainian guests.

"But as the war continues into a third year and Ukrainian guests continue to arrive in the city, we need more help to house both new arrivals and those who are already here.

"Hosting can be a rewarding experience for both host and guest, and our dedicated Homes for Ukraine team will be happy to support you throughout your hosting journey.

"There are also financial benefits to becoming a host, with a tax-free payment of up to £500 per month which has now been extended for up to three years. In addition, hosts will continue to receive any council tax reductions they already receive, can ask for a contribution to household energy costs, and are not expected to buy food for their guests.

"If you think you can help, or just want to find out more information, please contact the Homes for Ukraine team who will be glad to speak to you."

Like public buildings nationally, civic buildings in Leeds were lit in blue and yellow to mark the anniversary.

The Lord Mayor of Leeds attended a commemoration event at St Anne's Cathedral, Cookridge Street, organised by the Association of Ukrainians in Great Britain and Leeds Ukrainian Community Association.

Leeds City Council's Homes for Ukraine scheme can be contacted by email at;

homesforukraine@leeds.gov.uk and further information on becoming a host can be found at;

www.leeds.gov.uk/campaign/homes-for-ukraine

West Yorkshire Set For Over 70,000 Green Jobs By 2050

Tens of thousands of people will be employed in well-paid and secure jobs in the green sector across West Yorkshire by the middle of the century, according to research.

Data from the Local Government Association has found that over 70,000 green jobs will be created across the region by 2050, as West Yorkshire Mayor Tracy Brabin launches a new green skills action plan, in partnership with businesses and education providers.

The plan, which will be supported with £6.5 million of investment from the Mayor, follows a year-long dialogue with over 300 young people, and is part of the region's "Green Jobs Taskforce" that launched a series of policy recommendations at an event in Leeds.

The taskforce – which is made up of public and private sector experts – called on Mayor Brabin to put "green rocket fuel" behind her £65 million Adult Education Budget, through a series of targeted measures to help people secure new green skills, and help businesses employ skilled green workers.

The six-point action plan adopted by the Mayor includes:

- 'Inspiring' every young person in the region with free green careers advice, starting with a new pilot scheme to be delivered across 130 primary schools in West Yorkshire.
- 'Facilitating' easy access to green skills and job information, with an online showcase called "Go Green" connecting learners and workers with education providers and businesses.
- 'Supporting' providers to adapt their curriculum to factor in local green career opportunities.
- 'Enabling' businesses to green their processes, save money on energy bills, and attract new talent, with a pilot scheme to help businesses recruit graduates into job vacancies.
- 'Embedding' new green skills partnerships, including working with the Leeds College of Building – the UK's only further education college dedicated to construction – to establish a "Regional Retrofit Advisory Board" to address skills gaps and make homes warmer and cheaper.

- 'Strengthening' existing green skills partnerships, including working with the Department for Education to develop new technical qualifications that address green skills gaps in the region.

Tracy Brabin, Mayor of West Yorkshire, said:

"We have a clear roadmap to build a stronger, greener West Yorkshire which deals with the challenges and seizes the opportunities of the future.

"Faced with sky-high energy bills and the looming threat of floods, our businesses are already counting the cost of the climate crisis.

"It's about time we reaped the rewards of a green transition – new skilled jobs, a revitalised economy, and a greener environment for future generations.

"I'm proud of the work of our Green Jobs Taskforce, which will pave the way for thousands of new well-paid jobs, on the road to a net zero carbon West Yorkshire by 2038."

The West Yorkshire Green Jobs Taskforce was launched in January 2022 by Mayor Brabin, to deliver her manifesto pledge to create 1,000 green, skilled, well-paid jobs for young people. So far, 1,074 jobs have been pledged by businesses, with 365 workers fully employed.

The Taskforce includes representatives from the Leeds College of Building, Yorkshire Universities and the Trades Union Congress (TUC), as well as from businesses including Northern Powergrid, Enfinium, C-Capture, and ITV.

A 'green job' can be defined as employment in an activity that contributes to protecting or restoring the environment, such as the installation and maintenance of heat pumps and solar panels to reduce energy bills for households and businesses.

Leeds £22.5m LED Lighting Scheme Completed



The LED lighting scheme officially completed with the final light being installed at Edith Sykes Drive in east Leeds.

Leeds City Council announced the completion of its LED lighting scheme, an extensive project aimed at improving energy efficiency in street lighting throughout the city. Initiated in December 2018, the programme has successfully converted over 89,000 streetlights to new LED lamps, in partnership with street lighting partner Enerveo (subcontractor to Tay Valley Lighting).

The completion of the LED Lighting Scheme is expected to bring significant annual savings of £3.4 million in electricity costs at current energy prices. Additionally, the conversion to LED lighting is projected to reduce street lighting energy consumption by approximately 62%, resulting in 7,050 tonnes of carbon savings, with savings already being made throughout the lamp replacement.

The new LED lanterns offer increased durability and recyclability, leading to enhanced efficiency and reduced emissions from maintenance visits. Public consultation, conducted from November 2017 to January 2018, showed strong support for the upgrade, with over 80% of respondents endorsing the initiative.

Councillor Helen Hayden, Executive Member for Sustainable Development and Infrastructure, attended the installation of the final LED light on Edith Sykes Drive in east Leeds, marking the conclusion of the project. Councillor Hayden said:

"The completion of the LED Lighting Scheme represents a significant milestone in our efforts to enhance energy efficiency and sustainability in Leeds. This investment will deliver immediate cost savings and lay the groundwork for future advancements in smart technology"

Tom Cunningham, Tay Valley Lighting (Leeds) Director, said:

"We have been delighted to support Leeds City Council investment on the LED lantern works, the investment has provided many benefits, local employment opportunities during the period, reducing energy consumption and maintenance activities resulting in significant cost savings to Leeds City Council and carbon reduction impact from the project"

As Leeds continues its commitment to environmental stewardship and technological innovation, the completion of the LED Lighting Scheme underscores the council's dedication to building a more sustainable future for the city and its residents.

Frontline Policing Bolstered Thanks To Local Investment



Frontline policing in West Yorkshire will be bolstered after backing was given for new officers and specialist staff.

The police element of Council Tax for 2024/25 was signed off by members of the West Yorkshire Police and Crime Panel following a meeting with Tracy Brabin, Mayor of West Yorkshire.

For the majority of the region's households, who are in Bands A to C, this will equate to between an extra 17p and 22p a week.

This crucial funding will be used to recruit more Police Community Support Officers (PSCOs) to keep West Yorkshire's neighbourhoods safe as well as bringing in extra Initial Contact Officers, who answer 999 and 101 calls from the public.

These new resources will support the 750 additional police officers and staff that have joined the force during the mayor's first term in office.

West Yorkshire Mayor Tracy Brabin said: "I'm grateful to the public for backing local investment in our frontline policing services so we can continue to deliver on our vision for a safer, fairer region.

"West Yorkshire Police has risen well to the dual challenges of increasing costs and decreased Home Office grants, but we still need a fair and sustainable funding settlement from central Government.

"My focus remains on securing stronger

frontline policing services so we can achieve the best possible outcomes for our residents and businesses."

Chair of the Police and Crime Panel, Cllr Eileen Taylor added: "As Police and Crime Panel Members, we live and work within the communities of West Yorkshire, and understand that the cost of living crisis impacts us all.

"We also know that keeping our neighbourhoods safe is important to our residents, and we want West Yorkshire Police to be properly resourced to continue their good work.

"Having had the opportunity today to understand and question her on her decision, we have unanimously supported the Mayor's proposal for increased funding for the police, through the precept element of the council tax.

As a Panel we will continue to scrutinise the Mayor's commitments to deliver on policing and crime for the people of West Yorkshire."

A survey on the proposed increase to the police element of council tax launched in December, with 2,063 residents responding.

Of these, 71% said they would pay extra to help protect frontline policing across West Yorkshire.

In addition, 19 focus groups and community meetings were held to gather feedback from a more diverse group of residents who might not usually be reached by the survey.

The percentage increases are set out below

Council Tax Band	Current Precept Cost Per Year	Annual increase	Extra per week
A	£157.52	£8.67	17p extra
B	£183.77	£10.11	19p extra
C	£210.02	£11.56	22p extra
D	£236.28	£13.00	25p extra
E	£288.78	£15.89	31p extra
F	£341.29	£18.78	36p extra
G	£393.77	£21.67	42p extra
H	£472.56	£26.00	50p extra



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Warning To Self Assessment Customers As Scam Referrals Exceed 200,000

With the Self Assessment tax deadline behind us, HM Revenue and Customs (HMRC) is warning people to be wary of bogus tax refund offers.

Taxpayers who completed their tax return for the 2022 to 2023 tax year by the 31 January deadline might be taken in by an email, phone call or text message offering a tax rebate. These phishing scams are designed to use personal details for selling on to criminals, or to access people's bank accounts.

HMRC responded to 207,800 referrals from the public of suspicious contact in the past year to January – up 14% from the 181,873 reported for the previous 12 months. More than 79,000 of those referrals offered bogus tax rebates.

HMRC will not email, text or phone a customer to tell them that they are due a refund or ask them to request a refund, you can check HMRC scams advice on GOV.UK. Customers receive repayments into their chosen bank account, and can see any transactions in their online HMRC account and in the HMRC app.

Customers can help fight phishing scams by reporting any suspicious communications to HMRC:

- forward emails to phishing@hmrc.gov.uk
- report tax scam phone calls to HMRC on GOV.UK
- forward suspicious texts claiming to be from HMRC to 60599

In the last year to January HMRC also reported 26,443 malicious web pages to internet service providers to be taken down. This is a 29% increase from the 20,385 referred by HMRC for removal the previous year. These sites aim to deceive taxpayers and steal their personal information or money.

They copy the design and branding of genuine websites so criminals can trick people into giving away their personal details. This information is then used to access people's bank accounts or sold on the web.



Crackdown On Sales Of Illegal Vapes As Thousands Seized

Almost 16,000 illicit vapes have been seized from just two Leeds retailers during a joint operation involving the police, trading standards and the council to crack down on the illegal sale of vapes, particularly to children.

The huge haul holds a retail value of around £160,000 and made up a significant portion of both premises' stock. Trading Standards are conducting enquiries into potential offences which have been identified during the operation.

The enforcement operation involved West Yorkshire Trading Standards, West Yorkshire Police and Leeds City Council. It was in response to reports from the public over the sale of illicit and oversized vapes at both premises and followed advisory visits and warnings from Trading Standards.

It took a team of five Trading Standards officers to identify and seize the vapes and five police officers to secure each premises. Around 75 per cent of the retailers' stock was found to be illegal.

The huge number of vapes found in these two seizures demonstrates the scale of the illegal vape market across West Yorkshire. Last year alone over 30,000 vapes were seized across the region.

David Strover from West Yorkshire Trading Standards said:

"Selling illicit vapes, or any vapes illegally, is a very serious offence and the penalties reflect this with unlimited fines and potentially up to 2 years in prison. The illegal vaping market not only undermines other retailers who are operating and trading within the law, but it is also driving more young people to start experimenting with vapes and risk addiction.

"Many of these vapes are oversized and contain illegal quantities of nicotine. The open trading of illicit vapes is a great concern and demonstrates some retailers' complete disregard for the health and safety of their customers and the local community.

"Identifying illicit vapes can be challenging but any vape over 2 ml - about 600 puffs - is illegal and should be reported. Sales to under 18s should also be reported. This can be done anonymously via the Citizens Advice phone line 0808 223 1133."

Sergeant Lee MacDonald of Leeds City Neighbourhood Policing Team, said:

"We fully support this important work by our trading standards colleagues to target the harm and risk caused by illicit vapes, particularly to children and young people.

"This successful operation has seen a huge haul of potentially harmful products taken out of circulation and it should send a clear deterrent message to other retailers trading in illegal vapes."

Councillor Salma Arif, Leeds City Council executive member for adult social care, public health and active lifestyles, said:

"Vaping is an important tool to help people stop smoking, but illicit vapes can contain dangerous levels of nicotine and other chemicals.

"Any vapes, illicit or not, are not for children and young people. Quite simply the message is: if you don't smoke, don't start to vape."

"I am grateful and fully supportive of the hard work and support from West Yorkshire Trading Standards and West Yorkshire Police on this issue."

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■ (L-R): Girlguiding Advocates Megan, Lucy and Molly with Mayor of West Yorkshire Tracy Brabin. Image © WYCA

Young People Reassured Safety Of Women And Girls High On Mayor's Agenda

A group of young people from Girlguiding met the Mayor of West Yorkshire Tracy Brabin to talk about issues affecting women and girls.

The three Girlguiding Advocates travelled to Leeds to discuss the results of the charity's annual survey which gives girls the chance to tell the world about the issues they face and the changes they want to see.

Findings from the 15th Girls' Attitudes Survey showed a large number of respondents have experienced upsetting behaviour online, worry about being sexually harassed or have faced criticism about their appearance.

In turn, the Mayor outlined her pioneering Safety of Women and Girls Strategy, the Just Don't campaign, which encourages men and boys to reflect on their own unacceptable behaviour, and the merits of the Ask for Angela initiative.

The three Advocates who met the Mayor were Molly, 21, from the South West, Megan, 21, from Cymru and Lucy 16, from West Yorkshire.

Lucy, who lives in Pontefract, said: "We were excited to meet Tracy Brabin and hear about the work she's doing to tackle violence against women and girls in West Yorkshire.

"We particularly like the Just Don't campaign, which aims to educate young people about the harmful impact of sexual harassment.

"We look forward to seeing the change this campaign and wider strategy brings and thank the Mayor for her ongoing commitment to put the voices of young people at the heart of her work in this important area."

Mayor of West Yorkshire, Tracy Brabin said: "The only way to bring about long-term change is to listen to the voices of women and girls.

"We also want to encourage and empower them to challenge gender stereotypes both in and out of education settings.

"I found it incredibly valuable to hear the Girlguiding Advocates' insights on the safety of women and girls and protecting mental health.

"They are amazing role models and I applaud their efforts."

The Advocates also touched on the Mayor's and Deputy Mayor Alison Lowe's lived experience and the power of being involved in work where there is a deep personal connection to improving the lives of women and girls.

Girlguiding Advocates are a group of members aged 14-25 that lead the direction of the charitable organisation's advocacy and research. Girlguiding's team of advocates has been going for 15 years, which means 15 years of campaigning in Parliament, raising awareness of women's and girls' issues, and representing girls' voices at a national level.

Change To Automatic Fire Alarm Response Will 'Help Keep Communities In West Yorkshire Safer'

West Yorkshire Fire and Rescue Service will no longer attend automatic fire alarm (AFA) call outs to commercial premises unless there has been a 999 call to confirm there is a fire or signs of fire. The changes have been announced to come into force from March 18th, 2024, and will cover spaces such as leisure facilities and businesses (including shops and factories).

WYFRS wishes to reassure the public that spaces where people sleep, such as hospitals and care homes will still receive an automatic response – where fire crews will be triggered as soon as the alarm goes off – alongside other key sites such as educational facilities, heritage buildings and chemical factories.

Over the last five years, AFA's which were false alarms accounted for around 30% of all WYFRS operational activity. Only a small proportion (less than 2%) of these fire alarms result in a fire being found on attendance. The thousands of hours saved will be invested into community prevention work and operational training. It is hoped these changes will lead to improvements in fire cover as fire engines will be available for other incident types when not responding to fire alarms.

To assist people who are responsible for buildings, there is plenty of advice on the West Yorkshire Fire and Rescue Service website about how to best maintain and manage your alarms. – this guidance should greatly minimise the likelihood of a false alarm.

For more information on AFA's you can visit; www.westyorksfire.gov.uk – or if you have an enquiry about how the changes may affect you then email afaresponse@westyorksfire.gov.uk



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National Lottery Heritage Fund Continues To Support Thackray With A New Grant Award

Thackray Museum of Medicine has announced that The National Lottery Heritage Fund has generously awarded it a grant of £228,911, to continue its strategic development following a £4.6m re-development of the museum, of which the Heritage Fund was a major supporter.

The grant will begin a series of strategic interventions for the Museum which will propel it forward and build on the museum's ambitions around best serving its communities and audiences, as well as developing its resilience and sustainability as Thackray continues to grow.

The project, made possible by National Lottery players, centres around the development of deeper relationships with visitors both old and new through a host of exciting new programming.

Events planned include a season of Thackray Lates, adult-only events that are designed to explore unusual topics with the help of special guests, hands-on experiences, medical experiments, performances and more. There will also be a wide range of opportunities for families, building on

the success of Thackray's school holiday activity and popular under 5s role play space Sparks! All of this will be trialled alongside new strategic areas of work including in-depth conversations and research with visitors from across Yorkshire. A gardening project with local volunteers will take influence from medical history and herbalism to transform Thackray's grounds into a garden of well-being. This alongside new signage and lighting will transform the Museum's welcome and its presence on the site of St James' University Hospital.

It continues a long relationship between Thackray and the Heritage Fund – the Museum was the first project supported by the fund in the North of England shortly after it was launched. The National Lottery Heritage Fund went on to celebrate its 10th anniversary at the Museum and most recently contributed £1.5m towards the Museum's transformational redevelopment project in 2019.

Edward Appleyard, Chief Executive, Thackray Museum of Medicine, comments:

"We are delighted to receive this significant grant from The National Lottery Heritage Fund and to be working with them as partners and supporters once again. The re-development of Thackray was truly transformational – not only did it provide the Museum with new exhibitions and new public spaces, it enabled us to do it in partnership with over 220 participants from our local communities and to represent those people through real life story-telling across our displays. The museum needs to take best advantage of this drastic change – this latest support will enable us to do just that, and maximise all our opportunities, not just for Thackray but for the communities around us."



Helen Featherstone, Director, England, North at The National Lottery Heritage Fund said: "We are delighted to support Thackray Museum of Medicine with this important resilience project. Thanks to money raised by National Lottery players, they can work to strengthen their offering, build relationships with new audiences, and share the fascinating story of medical innovation in new ways. This project is a prime example of how we can support heritage organisations in building a long and sustainable future."

The support of course could not be possible without the generosity and commitment of National Lottery players, something which the museum will celebrate and announce in due course.

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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.

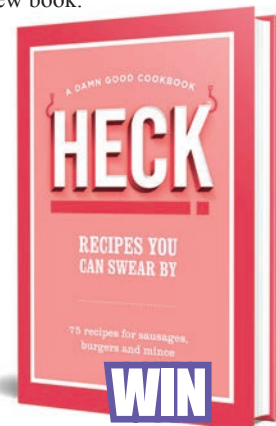
A Day In The Life Of HECK! depicts the family, colleagues, and even dogs, at the heart of the business, set against the backdrop of Yorkshire's rolling hills. Her quirky designs have since been featured in HECK!'s national advertising campaigns and at major food shows across the country, and now they're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

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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.

Rick Stein - An Evening With - Bradford 22nd March

As a self-taught chef Rick Stein's story is one of perseverance and passion. From humble beginnings to the pinnacle of culinary success - with over 25 cookery books, 30 TV programmes including 12 cookery series, 10 restaurants and several hotels - Rick Stein is one of the country's most well-known and best-loved chefs.

An Evening with Rick Stein will see the culinary legend dish-up his favourite memories from nearly 50 years of gastronomic experience. Delving deep into his lifelong love affair with cooking, this new live stage show will explore his unwavering devotion to the brilliance of great British produce. Revelations from the kitchen, musical delights, poetic interludes and stories of global adventures are all on the menu - so book your seats for an evening of entertainment with a culinary icon like no other!



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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.



Over 550 Trees Planted

For Armley Gytratory Improvement Scheme

Work in this winter's planting season has seen 350 trees planted in the local community as part of the Armley Gytratory improvement scheme.

This is in addition to the 206 trees planted last year, making a total of 556 trees, which is well on the way to a target of planting over 660 new trees for the scheme.

Recently at Armley Park, 10 Walnut trees were planted by volunteers, councillors, project team organised by Leeds City Council's parks and countryside rangers. This follows 139 trees planted in close proximity to the Armley Gytratory and also 18 trees planted across the Clyde Estate in this planting season.

The council has engaged with the local community groups and councillors, along with consultations with residents to develop locations and designs for off-site planting. There's been a wide variety of tree types with broad leaf native species, like Maple, Lime, Hornbeam and Oaks, along with Walnut, fruit and Cherry trees.

In January 2022, as part of the wider Armley Gytratory scheme, approximately 220 trees were removed to accommodate the new gytratory alignment, road and footpath widening. Tree removal will also provide greater visibility for pedestrians and cyclists travelling through the area. This is important to improve both the safety and personal security of pedestrians and cyclists travelling around the gytratory. The council is re-planting new trees at a three to one ratio.

In autumn last year the highways construction work completed to remodel the Armley Gytratory. The changes to the gytratory have improved vehicle throughput at the junction and are a component of transformative highways works to remove through traffic' across the city centre, mitigate environmental issues, better connect neighbourhoods, and encourage people to travel on foot or by bike.

More recent activity on the phase two structures work to three Armley Gytratory footbridges is well underway. In January the council removed and replaced Gelderd Road footbridge, over a single weekend ahead of schedule.

Councillor Helen Hayden, Leeds City Council's

executive member for sustainable development and infrastructure, said:

"I am delighted to see progress on the tree planting this season and to have been involved in planting more trees at Armley Park in connection to this major scheme. Thanks to the project team, construction partners, council officers, parks and countryside rangers, volunteers and their families, for helping with this.

"The 556 trees in total, mark a major milestone contributing to the total number of trees we need to plant. We have planted trees across Armley, Beeston, Holbeck, Chapel Allerton, Temple Newsam, Hunslet, Calverley and Farsley, including 196 next to the gytratory itself aiming to have a lasting impact. They will help to reduce carbon, encourage wildlife and act as habitats for many species.

"The gytratory's location constrain planting many more trees there and so we have worked with the communities to identify more suitable locations, such as Beggars Hill, Clyde Estate and Armley Park.

"I would like to thank people for their patience while the ongoing footbridge works are carried out on the Armley Gytratory. I can't wait to see the completion of this scheme later this year."

Councillor Mohammed Rafique, executive member for climate, energy, environment and green space, said:

"We all know the many benefits that the right trees, planted in the right places, can have.

"That's why I am delighted to see hundreds more trees from so many different species go into the ground, in places that have been chosen by members of the local community.

"I'd like to thank everyone who volunteered their time and knowledge to make this possible.

"Whether by cooling our city on hot days, helping to prevent flooding, boosting our wellbeing, creating space for nature, improving beauty in an area, or their ability to remove planet-warming gases from the air; growing more trees is key to making Leeds a greener, healthier, and better place to live."



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Antiques And Collectables

With David Oddy

I often have the sad task of emptying people's homes following a bereavement and every object has a story to tell.

It is a difficult job and I often become emotional. These articles form a part of people's lives and need treating with respect. I recently bought some medals from the First World War and found the recipient had been killed in action. The medals were accompanied by letters sent home to the soldier's family and were very sad to read.



■ Inside Antiques & Collectables

I will always call out and give written valuations free of charge and without obligation, whether this be for a single item or a complete home. I am often posed the question by customers – will their item realise more by going to auction?



■ Inside Antiques & Collectables

There are many downsides of taking your items to auction, not least the commission you pay, plus VAT which works out at around 20%. What most people don't realise is that there is normally a buyer's premium too for about 20%. Obviously if the buyer reduces their bid to take this into account, that means the seller only receives approximately 60% of the price achieved. It is always a gamble selling at auction. I personally don't buy from auctions as I begrudge paying the exorbitant fees.



■ Inside Antiques & Collectables

You are always better off selling to a reputable dealer. I will qualify this though by saying very valuable items are sometimes too specialist for small antique shops such as mine and do require sending to a specialist auction, but I would always give advice about this if that were the case.

We are always looking for any old coins, medals, toys, jewellery, rustic garden items, old galvanized buckets, advertising items, railway memorabilia, miner's lamps – in fact anything old, quirky or unusual! Even after all these years in the business, it is still hard to figure out sometimes what sells and what doesn't. I sometimes buy things that I think will sell straight away but then still have them a year later, and sometimes I buy an item that I think won't sell easily and the next day it's gone. Such is the nature of the business. I always say though that every item in the shop will have a home – it is just waiting for the right person to see it!

If you do have any antiques or collectables that you no longer want, or belonged to a loved one who is no longer with you, then please feel free to pop into the shop or give us a call.

Please see advert below for contact details and opening times.



■ Inside Antiques & Collectables

When clearing out homes, I advise people to wait a little while and consider things properly before rushing in and selling the whole house contents. There are plenty of rogues who will take advantage of vulnerable people and offer next to nothing.

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Diary Of A Pawnbroker



Even The Posh Need Pawnbrokers

Since the start of 2024 we have seen record lending and gold buying. As the cost of living bites deeper, its time to think outside of the box. Its not surprising as borrowing costs soared during the end of last year, more and more people are looking towards pawnbroking services as a solution to their short term cash needs.

Why not? There are no credit checks as your asset acts as the 'credit check' and is the security against your loan. It's not dissimilar to a mortgage on a house where the loan is secured against the value of the property you own but if you fail to repay a pawnbroking loan, the worst that will happen is that you will lose the item. Even then that only happens very rarely as over 90% of our customers collect their goods and nearly all remain as repeat customers.

The facts speak for themselves. One in five people struggle to meet the borrowing requirements of the mainstream lenders. If your credit score is not strong and with the long-awaited demise of doorstep and payday lenders, pawnbroking is an obvious legal alternative to turn to. Fully regulated by the Financial Conduct Authority, more and more business owners are turning to our services too.



The higher cost of wage bills and the inflationary pressure on cost of raw materials have had an impact on many businesses and the opportunity for a short term bridging loan on your Rolex watch or unworn jewellery collection becomes a very sensible solution. We will lend instant money against your gold, jewellery or luxury watch. This asset is stored safely in our vaults and acts as the security against the loan. Although our average loan is usually less than £300, we often lend £1000-£10,000 plus on luxury watches or gold jewellery to help some of our clients meet their immediate cash flow needs. The service is totally confidential and we help people to meet their everyday cash flow needs when they need it most.

My family have been in the pawnbroking and jewellery industry since 1840. I have records dating back to 1935 when the typical pledge was in pounds shillings and pence and the items pawned were articles of clothing such as 'pit pants', hob nail boots and even ladies 'hosiery'!



It was very rare to see a loan over £10 in old money. That would be worth about £500 today and that's because people didn't own the same value of assets in those days, in fact gold was a rarity.

I have often met customers in our Seacroft, Pontefract and Batley stores who remember my father and grandfather helping their families during tough times like the miners strike and they are still appreciative of the help they received that was essential for getting them through those tough times.

However, if you don't want your jewellery back you may wish to sell your gold especially with the price remaining so strong. As a result we have been buying record amounts of the yellow metal as people cash-in. March and April are when personal debts typically hit their peak with the end of the tax year, credit card bills still looming from Christmas and the booking of summer holidays with deposits needing to be paid. If that wasn't enough, we then have our energy bills to pay for!

In fact recent research showed that 27% of the public would use a pawnbroker if they better understood how the process works.

So, if you are looking for a little extra help with the high cost of living, paying your soaring energy bills, or just need some cash for a special one-off event then visit Christopher Brown Jewellers in Seacroft, Shipley, York, Pontefract, Goole, Stockport and Prescott or Brown & Gold pawnbrokers in Batley and Toxteth. You will be pleasantly surprised at just how simple it is to get the financial help you need when you need it most.

Chris Brown

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■ 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.

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.



■ 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



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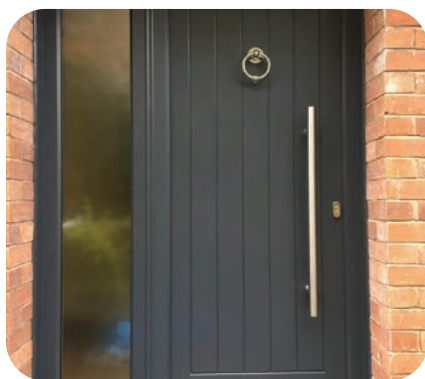
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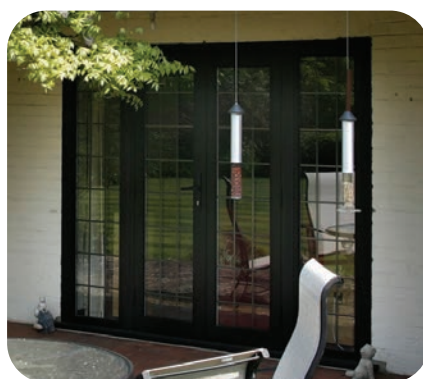
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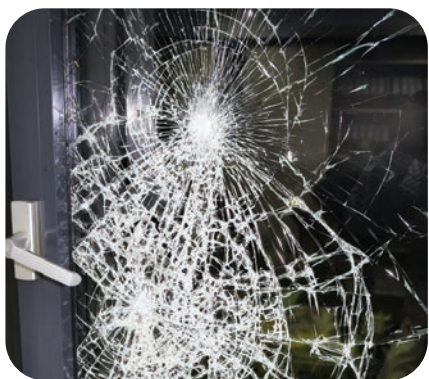
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@your fingertips will also be delivered by post to multiple postcodes within North & East Leeds

For further information contact; 07850 285 195 brian@yorkshirereporter.co.uk

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

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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.

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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

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>

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
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Sat 23rd March (AM) - Autojumble
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 Our annual Easter Egg run -
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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.

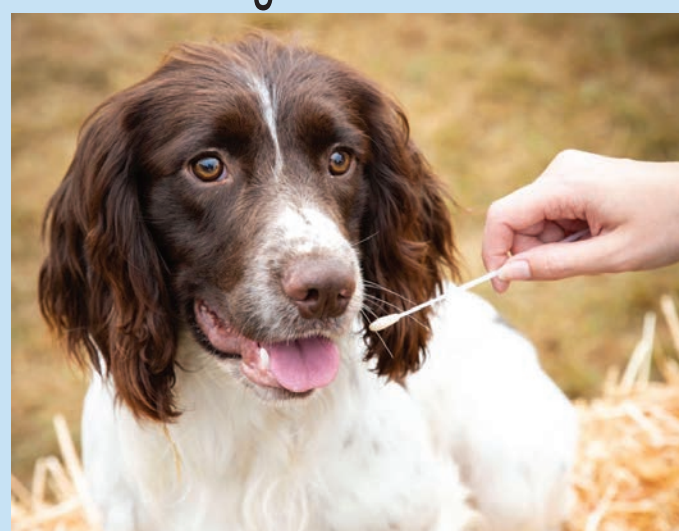
Developed with the primary goal of improving and protecting dog health, The Kennel Club's individual DNA test menu offers owners and breeders the flexibility to choose specific tests tailored to their dog's unique needs. While The Kennel Club continues to offer comprehensive breed-specific packages for 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



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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.

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.

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

The Medicines and Healthcare products Regulatory Agency (MHRA) has announced 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.

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 Drank'.

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 soothe an irritated throat, including honey and lemon mixtures and cough suppressants.

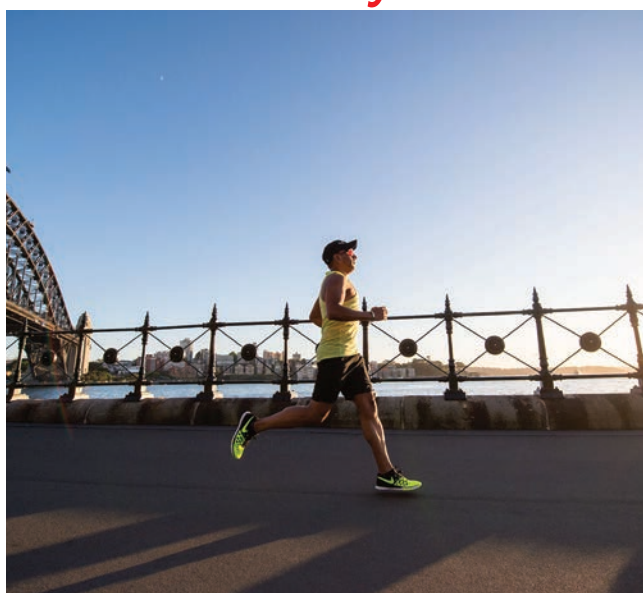
Patients are urged to speak to a pharmacist for advice and not to buy codeine linctus from an unregistered website as it could be dangerous.

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.

Speak With A Midwife About Mental Health And Emotional Wellbeing

West Yorkshire Health and Care Partnership



West Yorkshire Health and Care Partnership is advising people who are expecting a baby to get in touch with their midwife if they feel that their mental health is worsening, or their emotional wellbeing is not as good as it could be.

The West Yorkshire and Harrogate Local Maternity and Neonatal System (WY&H LMNS) is promoting maternity (also known as antenatal) care beginning at the earliest stage of pregnancy so women can be given the information and support they need to have a healthy pregnancy. This includes all elements of mental and emotional health.

Early booking appointments also mean that people with specific needs or risk factors, such as diagnosed mental illness or who are taking medication to support their mental health can get the care they need from the start of their pregnancy.

Rebecca Thomas, Specialist Maternal Mental Health Midwife said:

“We know that every pregnancy journey is different, but seeing a midwife early is proven to deliver better outcomes for both mum and baby. Midwives understand that pregnancy can be difficult for some people and that mental health can be affected. People who are concerned about how they are feeling or need advice about their medication should speak with their midwife, who will refer them, if necessary, to the appropriate service.

Midwives are here to help and pregnancy care appointments are safe, confidential and accessible to everyone. Anyone who is pregnant in West Yorkshire can find an appointment to suit them on our website [Speak with a midwife](https://www.wyphrc.co.uk).”

Join PHRC

Free membership offering businesses access to health and wellbeing resources to support employees



PHRC Leeds

Leeds City Council’s Public Health Resource Centre (PHRC) is calling on all businesses in the city to sign up to access free resources and signposting to encourage good health and wellbeing within the workplace.

The PHRC, based at Technorth in Chapel Allerton, offers advice and access to a range of physical resources and training on key health and wellbeing topics including mental health, physical activity, cancer prevention and support, healthy eating, debt worries, gambling, drugs and alcohol, and stopping smoking.

Positive health and wellbeing has been proven as being crucial for improving employee satisfaction, productivity, and retention. Businesses which prioritise workforce wellbeing see considerable benefits to their organisation. Good quality resources and signposting are an essential factor for being equipped to support employee wellbeing.

Membership to the PHRC is free via <https://www.leeds.gov.uk/phrc>, and is open to anyone in Leeds with a responsibility or professional interest in public health or promoting health and wellbeing, including businesses supporting their staff. This can be in a variety of roles and responsibilities, from managers, human resources officers, mental health first aiders and wellbeing champions to help equip businesses with what they need to implement their own health and wellbeing strategies.

After signing up, members will have access to browse the catalogue of resources online or can visit the hub at Technorth on Harrogate Road, which is open Monday-Tuesday and Thursday-Friday 9am-4pm. They will have the option to be subscribed to a monthly newsletter giving updates

on new resources, upcoming training opportunities, and key public health community campaigns. All of the information and advice signposted by the PHRC is carefully curated and approved by public health specialists in the city.

The service is managed by Leeds City Council, one of the few local authorities in the country to offer such resources in this way.

Membership numbers at PHRC reached over 2,000 at the beginning of the pandemic, and they are now rising again across all sectors in Leeds, including GPs, midwives, nurses, teachers, youth workers, support workers, volunteers and community workers.

Leeds City Council has a commitment as a Mindful Employer supporting health and wellbeing in its own workforce, including having 850 trained mental health first aiders, as well as supporting and encouraging the same approach in its partners, stakeholders and the wider city. The aim now is to get as many businesses signed up to the PHRC as possible.

Leeds City Council executive member for adult social care, public health and active lifestyles Councillor Salma Arif said:

“We are very proud of our work as a Mindful Employer and our commitment to encouraging good health and wellbeing across Leeds remains a key priority. The Public Health Resource Centre is a fantastic asset offering a range of important information and guidance as approved by leading health professionals in the city. We would encourage all relevant professionals and businesses to sign up and make the most of this wonderful free resource.”

To find out more about the Public Health Resource Centre visit: www.leeds.gov.uk/phrc



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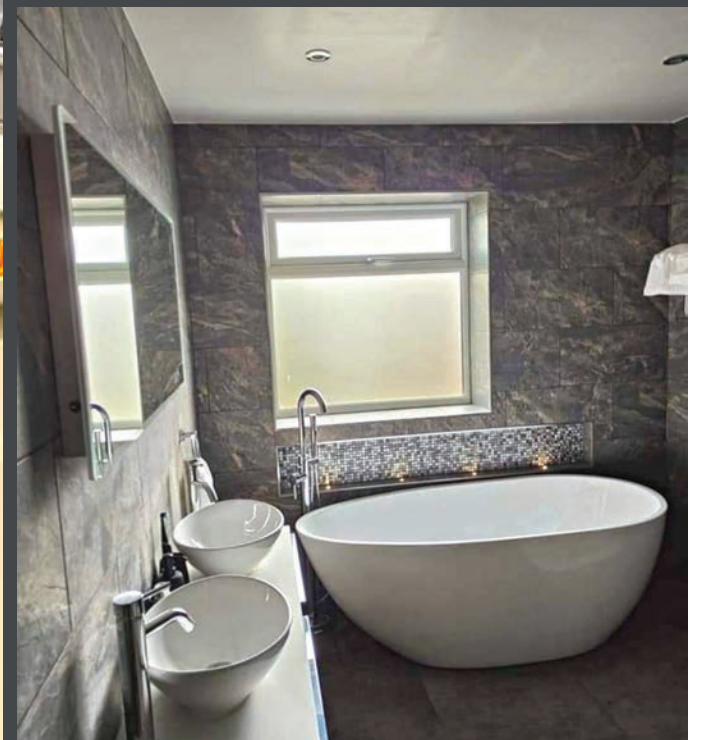
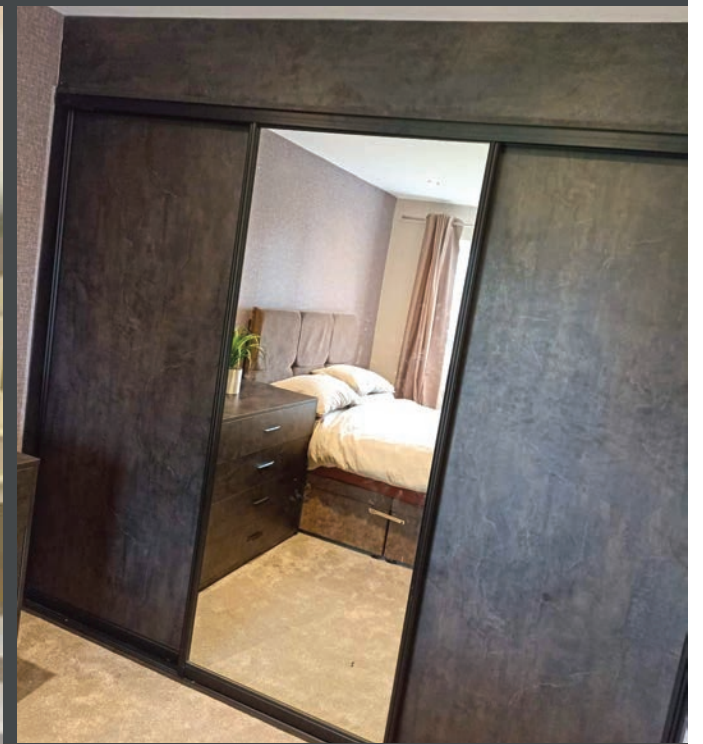
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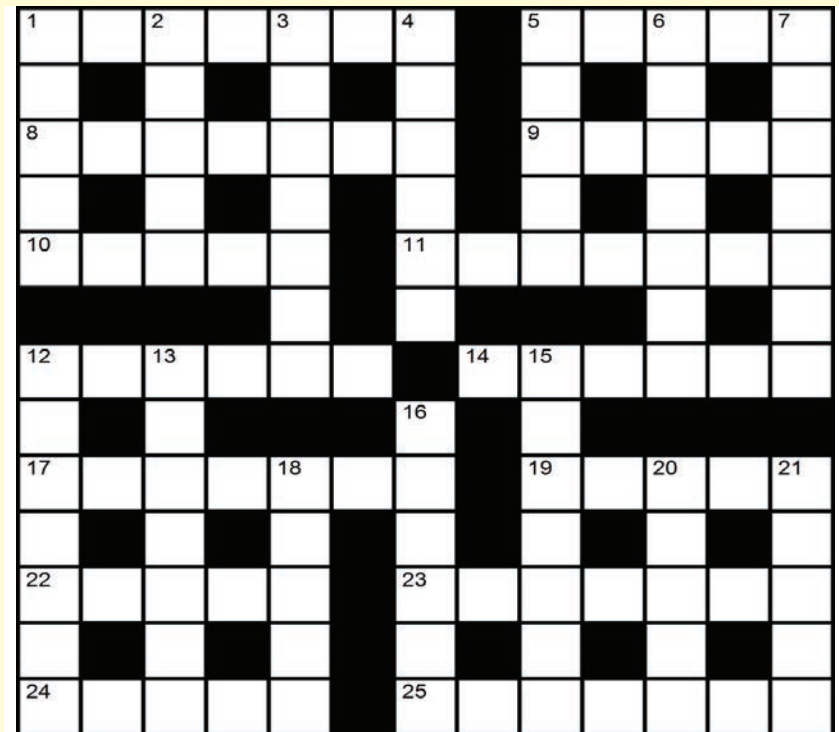
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 I A C S L N E G M T A A S E C N F
 V S I I O T R Q X B M T R O U F X
 H T O B W I T J A X V B E H L N M
 J E U R E N P S F R G X Y E C H Q
 K R S I R G K T I O Y H O P G F V
 B W P K S E F E S P R I N G Q G Q
 M C S H T P A N W Y N N U B K D S
 T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

- BASKET
- BONNET
- BUNNY
- CHICK
- CHOCOLATE EGGS
- CRACKING
- DAFFODILS
- DELICIOUS
- EASTER
- FLOWERS
- HUNT
- LAMBS
- PAINTING
- SPRING
- TREATS

Crossword



Clues:

Across

- 1 Cracked (of lips or skin)
- 5 Chronic nag
- 8 Jamaica pepper
- 9 When hell freezes over!
- 10 Tasty Japanese delight
- 11 Person in overall authority (Brit informal)
- 12 Fret
- 14 Assault
- 17 Beat up (slang)
- 19 Tangle
- 22 Precise
- 23 Warn
- 24 Long for
- 25 Siblings

Down

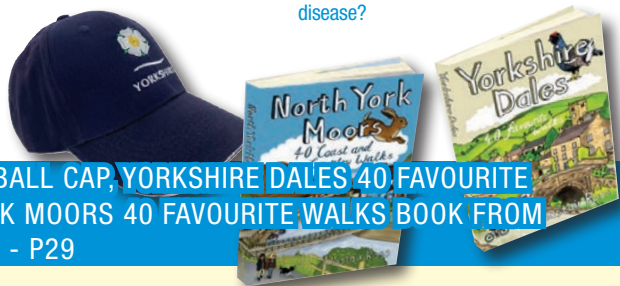
- 1 Sleeveless cloaks
- 2 High points
- 3 Fund paid to over 60's
- 4 Lethargic
- 5 Dawn
- 6 Mediterranean resort region
- 7 Sorcerer
- 12 Shaky
- 13 Proportionately, (3,4)
- 15 They are used to blow your nose
- 16 Trails
- 18 Orchestra stick
- 20 Comment to the audience
- 21 Highway strips

HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?



- 1 - When is the 'International Jousting Tournament' taking place at the Royal Armouries?
- 2 - Who have announced a 2024 UK winter tour, including a date at Leeds Academy 3rd December?
- 3 - Who has funded 18 new electric vehicle (EV) charging point in Yorkshire's National Parks (Yorkshire Dales National Park and North York Moors National Park)?
- 4 - What is one of the main risk factors for heart diseases and is associated with a 24% higher risk of coronary heart disease?



WIN A YORKSHIRE ROSE BASEBALL CAP, YORKSHIRE DALES 40 FAVOURITE WALKS BOOK OR NORTH YORK MOORS 40 FAVOURITE WALKS BOOK FROM THE GREAT YORKSHIRE SHOP - P29

Sudoku

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

February edition answers

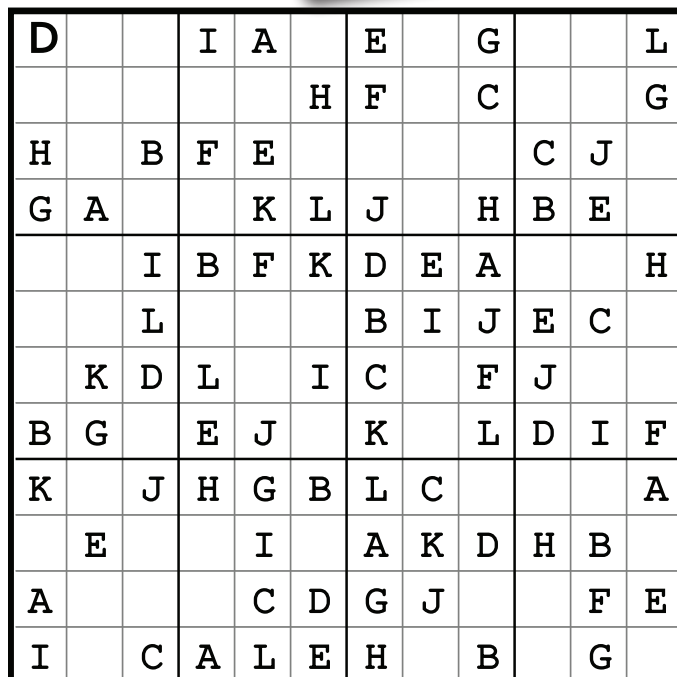


How Much Info Have You Retained answers:

- 1. £15 Billion
- 2. Motorcycle Live
- 3. 11
- 4. 500,000

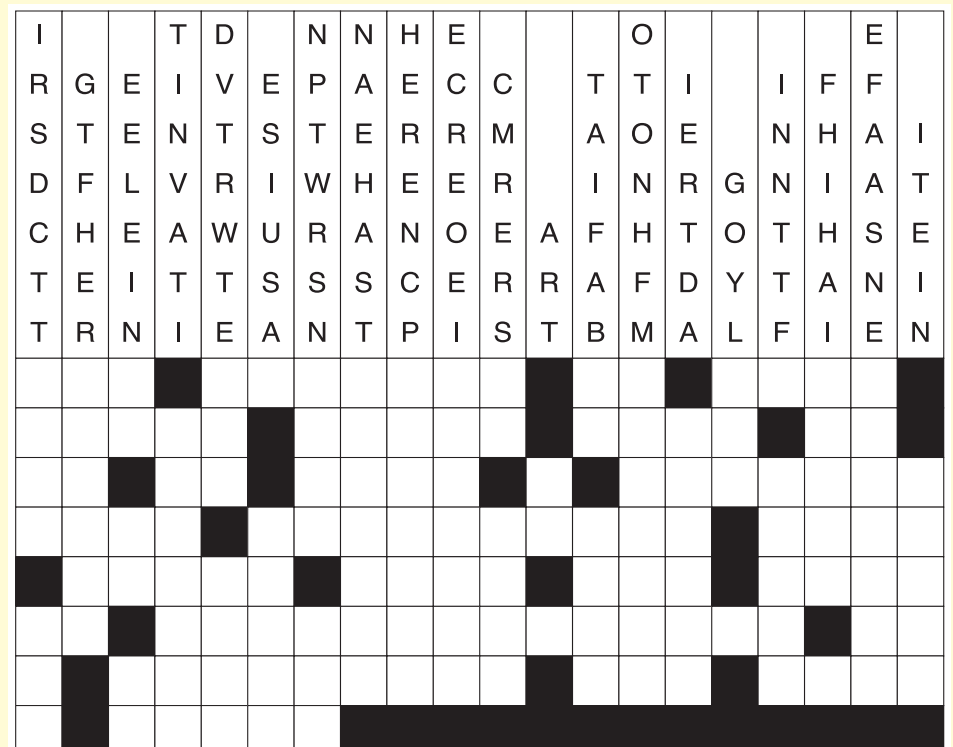
Drop Quote Answer:

We live in a world of things, and our only connection with them is that we know how to manipulate or to consume them



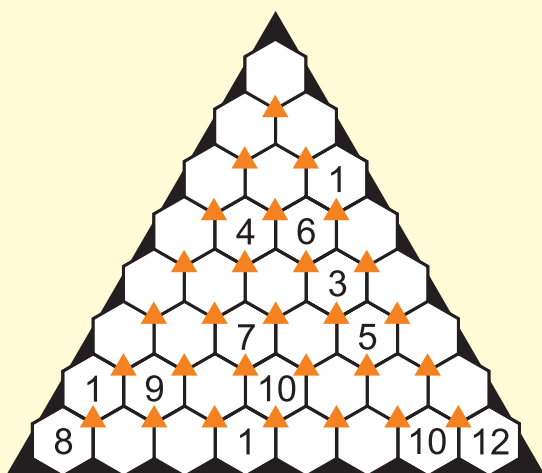
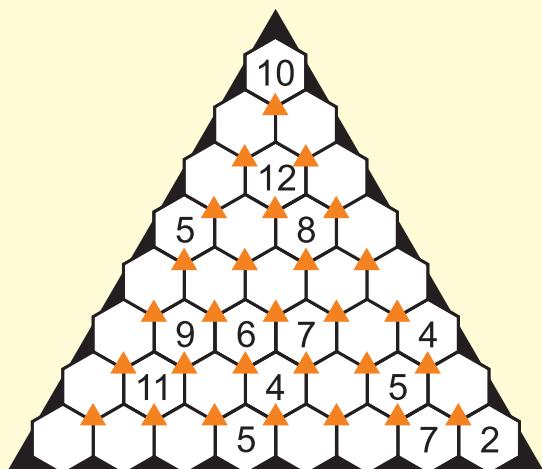
Drop Quotes

Drop Quotes are similar to cryptograms, in that the goal is for the solver to uncover a hidden quote. A black-and-white crossword-style grid is set up for each quote, with a number of letters "hovering" above each column. Your task is to "drop" each of those letters into the appropriate square in each column, until the entire quote is revealed. All punctuation (commas, periods, dashes, etc.) has been removed. Good luck!



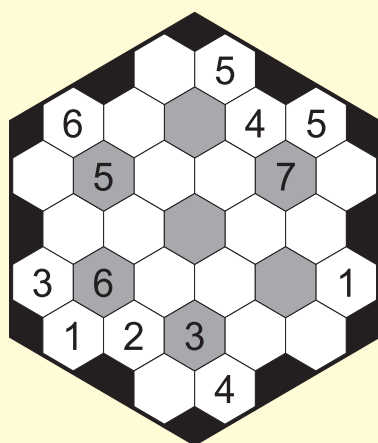
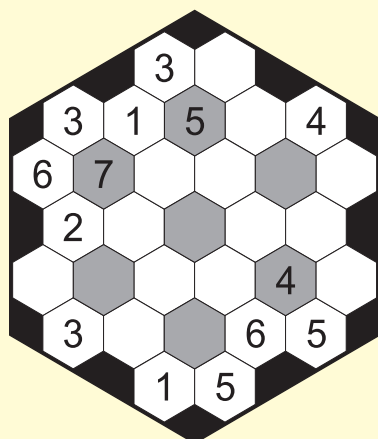
Subaddo 3D

Each orange triangle connects a set of three numbers. Two numbers must add or subtract to equal the third. All numbers must be between 1 and 12 and no number can be repeated in a horizontal row or diagonal row.



Rosetta

Fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that no number is repeated in a horizontal row and each number from 1 to 7 are represented in the 7 grey colored hexagon cells



Clueless Crossword

Think of a Clueless Crossword as a mix between a regular crossword puzzle and a cryptogram. Unlike many crossword puzzles, this grid is filled only with common, everyday English-language words - no abbreviations or other special "crossword" spellings are allowed. Each square in the grid is numbered 1 through 26, and each number corresponds to one (and only one) letter in the alphabet. Your goal is to completely fill in the crossword grid by gradually uncovering the letter that belongs to each number. We've given you three "giveaway" combinations - fill those into the solution grid and into any corresponding boxes in the crossword grid to get started. It helps to cross out each letter in alphabet as you use it in the grid, since no letter can be used more than once. Note that not all letters of the alphabet may be used in any given puzzle. If a number isn't used in the puzzle, it is greyed out in the solution grid.

8	9	2		13	16	9		4	3	13		14	18	15
9	20	3		18	14	14		24	6	9		18	20	3
2	3	10		20	9	23		15	3	7		3	24	7
13	9	13	4		7	9	23		12	9	21	7	15	
			3	9	15	3	7		16	9	14			
	10	24	10	13			21	13	3	14	3	13	13	
10	4	18	13	26		18	13	14	3			7	18	14
24	18	14		13	9	12		21	16	13		9	23	3
24	7	3			5	14	21	20		3	26	18	7	23
	3	12	18	5	14	3	13			3	3	14	13	
			15	24	2		3	6	3	20	2			
17	20	21	13	15			12	18	7		13	24	17	26
4	3	7		9	12	24		15	3	9		16	9	7
9	12	12		7	18	16		9	1	16		21	13	3
15	24	24		2	3	15		14	2	3		13	3	10

SOLUTION GRID

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26		
N/A			N/A			

GIVEAWAYS

#20 = R

#14 = L

#21 = U

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

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

Simply send your answers, along with your contact details including tel number to competitions@yorkshirereporter.co.uk

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The Great Yorkshire Shop competition - Jayne Jordan

Northern Swing Orchestra tickets - Mr S A Reed

Congratulations!

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