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**APRIL 2024**

**NORTH YORKSHIRE EDITION**

*Your Local Monthly Newspaper*

**April Showers,  
Flowers, And  
Sunshine -  
Lift Your Spirits  
With A  
Spring Walk!**

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Inside, you will find local news and stories relevant to you and your community, along with a wide range of interesting regular columns and features. From gardening to music and entertainment, health to motors – combined with our monthly double page feature there is something for everyone.

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*Linzi, Editor*

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# Launch Of The Northern Powerhouse Investment Fund II Provides £660m Boost For Yorkshire And The Humber Small Businesses



The British Business Bank has launched its new Northern Powerhouse Investment Fund II (NPIF II), a £660m fund set to cover the entire North of England.

Since the launch of the first Northern Powerhouse Investment Fund in 2017, has delivered over £445m of direct and private co-sector investment into 552 businesses, helping to create nearly 4,300 jobs across the Yorkshire and Humber region.

Aiming to build on the success of the initial fund, Northern Powerhouse Investment Fund II will also drive sustainable economic growth by supporting innovation and creating local opportunity for new and growing businesses across the North.

It will increase the supply and diversity of early-stage finance for Northern smaller businesses, providing funds to firms that might otherwise not receive investment and help to break down barriers in access to finance.

Providing loans from £25k to £2m and equity investment up to £5m, the Fund will continue investing into companies operating within the North West, Yorkshire and the Humber and Tees Valley. It is now expanded to include the whole of the North East enabling businesses across the whole of the North to access the Fund to start up, scale up or continue on their growth journey.

In Yorkshire and the Humber, Mercia will deliver debt finance (£100,000 to £2 million), as well as equity finance (up to £5 million) to smaller businesses with Business Enterprise Fund (BEF) delivering smaller loans between £25,000 and £100,000.

Yorkshire businesses that have benefitted from the first Northern Powerhouse Investment Fund include Castings Technology International (CTI), a world leading casting manufacturer based in Rotherham. Providing manufacturing expertise to the cast metals sector and global supply chain, it

created the largest ever titanium part poured into a ceramic mould. Its novel casting techniques has placed Rotherham and CTI on the map for cast metal innovation.

Richard Cook, managing director at CTI, said: "Thanks to the support of the Northern Powerhouse Investment Fund, we have been able to push forward with our growth plans. We are innovators by nature, and since the Fund's involvement, we have been able to fulfil orders and deliver on contracts for some of the biggest brands."

Tinsley Bridge, a historic Sheffield engineering firm, also benefitted from NPIF funding. As a major supplier of suspension parts to the European truck industry, the business has used the investment to keep up with record demand it has experience post-pandemic.

Louis Taylor, Chief Executive of the British Business Bank, said: "The success of the first Northern Powerhouse Investment Fund has proven the instrumental change that access to finance can have for small businesses. From creating hundreds of jobs to developing ground-breaking products, we have seen companies that previously lacked funding options accelerate forward in their growth journeys, which has ultimately benefitted the whole of the Northern economy."

"This is why it was important to continue the Northern Powerhouse Investment Fund into its next phase. With further funding available, and a greater geographical reach in the North East, the Northern Powerhouse Investment Fund II will engage more stakeholders across the regions, bringing the business community closer together to create more opportunities for entrepreneurs everywhere."

Following today's official launch in Leeds, the British Business Bank will be holding a roadshow of events for small business finance intermediaries across the region to provide more information about the Fund. Destinations include Newcastle (18th April); Manchester (24th April), Sheffield (30th April).

Further dates for roadshow events in Liverpool, Hull, Lancashire, Tees Valley, York, Cheshire, Durham, Cumbria and Northumberland will be announced shortly.

## Cloud 9 Windows – Service with A Smile!

It's been a crazy few months for Cloud 9 Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Managing Director Paul McGeechan feels that it's all about service. 'Our product is simple. If your double glazing is misted up, we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about

saving people money, although that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole.' Cloud 9 Windows are based locally

and Paul is finding that his approach is a major factor in his success. 'The truth is that it's not just personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from family and friends of people I've done work for, which just goes to show how much a little bit of effort is appreciated.'

So, if your windows are steamed up, broken or damaged give Paul a call for a free quotation on 0800 328 8213 and he'll be happy to help!



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## York Residents Have Their Say On Transport's Future

Initial results from Our Big Transport Conversation, the recent consultation about transport in York, have shown overwhelming support for the ten policies put forward by councillors.

The Council Executive heard an overview of the consultation process, which reached a wide audience including primary school children, college students, disabled residents, business and tourism representatives, transport operators and more.

During the 10-week process, a full suite of information was made available via an online portal, paper copies at each library and West Offices, ward committee meetings, mobile library visits, school visits, public drop-in sessions, and a wide range of outreach to community and special interest groups.

Among the 10 policies, between 74% and 90% of people said they support the policies.

POLICY FOCUS AREA/VISION	% Support	% Negative	% Not Support
1. Shape a City that is accessible to everyone	90	6	4
2. Improve walking, wheeling and cycling	85	7	5
3. Shape healthy places	85	8	7
4. Improving public transport	85	6	6
5. Safeguarding our environment by cutting carbon, air pollution and noise	74	9	17
6. Manage the road network for Movement and Place	81	11	8
7. Reduce car dependency	78	8	14
8. Improving freight and logistics	85	11	4
9. Effective maintenance and enforcement and management of streetworks	83	11	6
10. Monitoring the transport network and financing the changes	81	14	5

Executive heard that 1,342 people responded to the online survey, and 35 people submitted paper copies of the questionnaire. In addition, 130 emails were received and each responded to and logged.

Following a proactive campaign to ensure that all residents had the opportunity to have their say, the consultation team visited and arranged to go to over 50 community groups and forums, ranging from the York Youth Council to community lunch clubs. In addition, social media posts reached over 100,000 people; bus stop screens, posters, flyers and the council's own networks were used to reach new migrants, business groups, disabled residents and groups, faith groups, young people, commuters and visitors.

Councillor Pete Kilbane, Deputy Leader and Executive Member for Economy and Transport at City of York Council, said:

"I'd like to thank the team responsible for delivering such a significant and comprehensive consultation. We're immensely grateful to everyone who responded to Our Big Transport Consultation and heartened by the results, which show that the people of York want to see changes to how they move around.

"By reaching all parts of the city through this consultation we have learnt much more about current needs, and how important access to an affordable, reliable and sustainable public transport network is for our residents and businesses.

"The next stage is to fully analyse the results and come back to residents with detailed plans for how to deliver the long term changes they've asked for, including a new Movement and Place Plan. In the meantime we've already agreed to implement a few quick wins. This is a great first step".



## Voters Set To Elect New Mayor For York And North Yorkshire

Voters are being urged to take part in an election to appoint a political figurehead for York and North Yorkshire to bring more decision-making powers and millions of pounds in funding to the region.

The electorate will go to the polls on Thursday, May 2, to decide who should become the new mayor for York and North Yorkshire.

The vote will be a hugely significant moment to bring a long-awaited devolution deal for the region, and the mayor will oversee the York and North Yorkshire Combined Authority, which launched on February 1, to introduce benefits ranging from new and better-paid jobs and improved skills and training to more affordable housing.

North Yorkshire Council and City of York Council will be running the elections in the two local authority areas.

Chief executive Richard Flinton, will be the combined authority's returning officer for the election, as well as the local returning officer for North Yorkshire.

He said: "The election on May 2 will see voters decide who will become the new mayor for York and North Yorkshire, and it should not be under-estimated as to just how important that role will be.

"This is about ensuring benefits for hundreds of thousands of residents and businesses in York and North Yorkshire are realised through devolution, as the Government gives more decision-making powers to our region along with millions of pounds in additional funding.

"The mayor will be at the forefront of the decisions being made. This is an opportunity for everyone who is registered to vote to decide on who they want to represent them at what is a defining moment for our region."

The mayor will continue work that is already under way on projects including £12.7 million to deliver 700 new homes on brownfield sites and a further £10 million to support the transition to net zero,

unlocking economic opportunity, empowering business growth and creating new and better paid jobs.

The devolution deal includes an investment fund totalling £540 million over a 30-year term.

While other devolution deals have secured additional funding for specific projects ranging from housing-building to transport improvements and boosting education and skills, the investment fund is seen as one of the key elements of any agreement as it provides flexibility to target money to specific schemes on a more local level.

The mayor will also take on the responsibilities of the police, fire and crime commissioner for York and North Yorkshire.

The commissioner is responsible for holding the chief constable as well as the chief fire officer to account and ensuring their services are efficient and effective.

The commissioner sets policing and crime priorities and oversees the police budget. The commissioner also supports community safety activities and provides victims of crime with a range of services, as well as setting priorities in the fire and rescue plan and overseeing the brigade's budget.

Details of the candidates standing in the election will be outlined in a booklet that legally has to be sent to everyone who is registered to vote in York and North Yorkshire this month.

Polls cards are being sent to more than 600,000 voters in York and North Yorkshire ahead of the election.

Registering to vote also provides benefits as it can help in situations where a credit check is needed, such as securing a mortgage, buying a car or getting a mobile phone contract. That is because banks and other lenders that check credit scores look through the electoral roll.

For more information visit;

[www.northyorks.gov.uk/your-council/elections-and-voting/york-and-north-yorkshire-combined-authority-mayoral-election](http://www.northyorks.gov.uk/your-council/elections-and-voting/york-and-north-yorkshire-combined-authority-mayoral-election)

## Nominations Open For The 2024 Cllr Awards

**Do you know a councillor whose unwavering dedication deserves national recognition? Nominations are now open for the 2024 Local Government Information Unit (LGIU) and CCLA Cllr Awards - the only ceremony that celebrates the outstanding contributions of councillors across England, Wales, and Scotland.**

The Cllr Awards shine a light on the achievements of local elected representatives who have made a tangible impact in their communities. Winners in England & Wales will be announced at the illustrious Guildhall in London while winners in Scotland will be revealed at the esteemed City Chambers in Edinburgh this winter.

The 2024 Cllr Awards feature five categories: Community Champion, Leader of the Year, Young Councillor of the Year, Innovator of the Year and Lifetime Legend.

Nominations are open to anyone - whether you're a member of the public, a fellow councillor, or a council officer - who wishes to acknowledge a councillor's exceptional commitment to improving their community and achieving remarkable results over the past year.

Submitting a nomination is free and takes just seven minutes. Applicants must provide details about the nominated councillor, outlining why they deserve recognition and how their initiatives have positively impacted the community.

Nominations close on Friday 13 September 2024, and the shortlisted candidates will be announced in the autumn.

Once again this year, the awards will also shine a spotlight on the remarkable contributions of councillors from around the world through the Global Local Cllr Showcase. This special presentation celebrates councillors worldwide whose projects, engagement, and representation have made a significant difference in the communities they serve.

Jonathan Carr-West, Chief Executive, LGIU, said: "The LGIU is proud to once again host the annual Cllr Awards, paying tribute to our locally elected representatives and sharing examples of the innovation and dedication our councillors demonstrate day in day out. Local communities rely on councillors, whose positive contributions impact our daily lives in many ways, from maintaining streets to funding community projects, shaping the character of our towns.

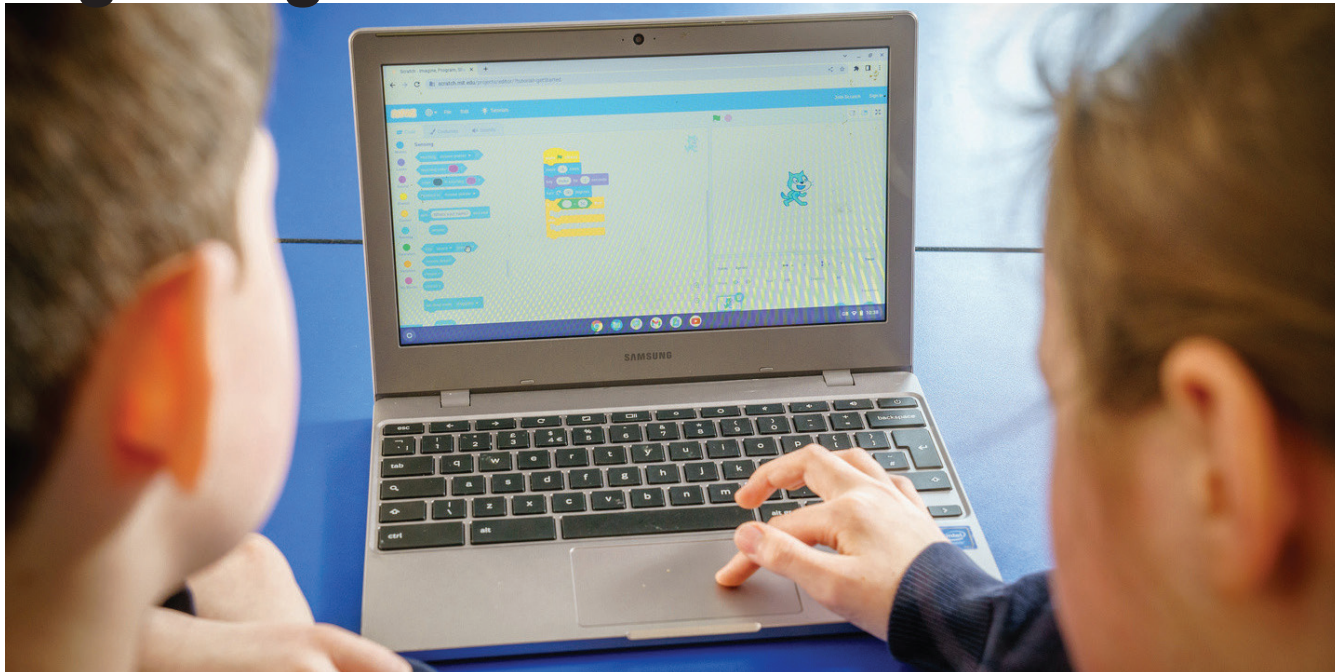
Often working tirelessly behind the scenes, elected members frequently go unnoticed by many, making the Cllr Awards essential in highlighting their invaluable work in 2024. We eagerly anticipate a wave of nominations this year and look forward to hearing the remarkable stories behind them. These awards are made possible through the generous support of founding partners, CCLA."

For more information and to submit your nomination, please visit;

[www.lgiu.org/events/cllr-awards](http://www.lgiu.org/events/cllr-awards)



# Over 100 Primary Schools Across Yorkshire And The Humber To Get Lightning-Fast Broadband



**BT has secured a new contract to connect more than 100 hard-to-reach primary schools in Yorkshire and the Humber with gigabit broadband – as part of the UK Government’s ‘Project Gigabit’ programme that will transform the learning experience for pupils.**

Under the multi-million-pound Schools Gigabit Connectivity Project, joint funded by the Department for Education (DfE) and Department for Science, Innovation and Technology, BT will connect over 650 schools with ‘lightning fast’ broadband connectivity.

A total of 117 schools in Yorkshire and the Humber are set to benefit from the new project including sites in Bradford, Doncaster, Hull, Harrogate, Leeds and York.

The schools are located in both rural and urban settings that are difficult to reach under commercial broadband roll out schemes. BT, working closely with infrastructure supplier Openreach, will deliver a huge digital boost, with schools reaping the benefits of full fibre broadband capable of delivering in excess of 1,000 megabits per second.

In some cases, schools in the most isolated areas will see speeds up to 500 times faster. Pupils will be able to use the internet with no interruptions, even if multiple classes are using it at the same time. They will benefit from being able to link up with others anywhere in the world to learn from one another, with access to an ever-growing library of online tools designed to make lessons more fun and engaging.

The schools will also be able to embrace efficiencies through modern ways of working - generating cost savings and reducing workload for frontline professionals. The rollout has been made possible through UK Government investment, which will cover the costs of connecting rural schools not likely to be connected by commercial rollout.

Ashish Gupta, Managing Director, Corporate and Public Sector at BT, said: “This project marks a milestone moment for hundreds of schools across England, and we’re proud to play such a central role in making it happen.

“Access to high speed, reliable broadband is vital in the modern

## £500k Investment To Reduce Storm Overflows Into Bain And Ure Rivers

**Yorkshire Water is planning to invest £500,000 in Bainbridge, North Yorkshire to reduce the number of discharges into the river Bain, a tributary of the river Ure.**

A new underground storage tank will be constructed near Bainbridge wastewater treatment works to hold storm water during periods of heavy or prolonged rainfall.

The tank will help to slow the flow of wastewater to the storm overflow, reducing discharges, before returning the stored water into the sewer network to allow it to be treated.

Yorkshire Water is also replacing a section of sewer near Bainbridge wastewater treatment works after investigations found groundwater infiltration into the combined sewer system.

It is expected that the work, which is being carried out by Mott MacDonald Bentley and will start in the summer, will reduce discharges from Bainbridge wastewater treatment works by almost 75%.

world and underpins so much of our daily lives. Nowhere is this more important than education. This investment will transform the learning experience for thousands of pupils, opening up opportunities for interactive lessons, collaborative projects with other schools and pupils anywhere in the world, as well access to an expanding online library of educational content and video.

“Working with Openreach, we will be connecting the schools with lightning-fast broadband in phases over the next two years, with an ambition to complete delivery by Dec 2025.”

Schools Minister, Baroness Barran said: “High speed, reliable internet is key to making sure schools can offer the best possible education for pupils, which is why we’ve committed to getting all schools access to gigabit capable connectivity.

“Whether it’s through seamless access to digital resources or video streaming, this welcome investment will unlock new possibilities for hundreds of settings in rural and hard-to-reach areas, bringing ultra-fast broadband to those who wouldn’t otherwise have access to it.”

Digital Infrastructure Minister Julia Lopez said: “Today’s classrooms have been transformed by the internet, with children able to access an endless library of incredible resources to boost their learning.

“We need to make sure every pupil can benefit from these exciting digital experiences, so we’re investing millions to bring top-of-the-range broadband to schools in places that would otherwise have been stuck in the digital slow lane.

“This is just one way our £5 billion Project Gigabit programme is putting a stop to buffering broadband in hard-to-reach communities, with more than a million mostly rural premises already able to access lightning-fast gigabit speeds thanks to government subsidy.”

The delivery of new gigabit connectivity also underpins the government’s net zero ambitions - helping schools to move away from inefficient locally-hosted servers and embrace more efficient and secure cloud data storage, services and devices.

Mudassar Ahmed, senior project manager at Yorkshire Water, said: “We know discharges from storm overflows are a key issue for our customers. We’re determined to reduce their operation across Yorkshire and are investing £180m by April 2025 to tackle the issue and improve water quality in our rivers and at our coast.

“By increasing the storage available at Bainbridge and reducing infiltration into the combined sewer network we will significantly reduce the number of discharges to the Bain, improving water quality and benefitting the Ure.

“This is one of many projects in the York catchment area. Work is already underway at Fishergate and Coney Street in York and at Kexby wastewater treatment works to reduce discharges into the Foss, Ouse and Derwent. We are continuing to develop plans for several other overflows in the area.”

The projects are part of a £180m investment project across Yorkshire, to be completed by the end of April 2025, to reduce discharges from storm overflows.

## Marrtree Business Park, York, Available For First Tenants



**A new 2.4-acre business park located in a prime position on York’s A1237 ring road, north of the city of York, has reached practical completion and is available for let.**

The business park, which has been developed by Marrtree Investments on the former B&M store site at Clifton Moor, includes five new Grade A trade park units of between 4-8,000 sq ft. The park, which is situated in a well-established retail and trade counter vicinity, offers a total of 27,000 sq ft with 41 car parking spaces and already has a drive-thru Starbucks café operating onsite, and one unit is under offer. Colliers and Cushman & Wakefield are appointed as letting agents.

Constructed by HACS construction group, it becomes Marrtree’s 21st business park.

William Marshall, director of Marrtree Investments, said: “We are really pleased to present our latest high quality modern business space in York. It’s a great location, with excellent road links and with the £65 million upgrade to the York outer ring road due to get underway in the next couple of years. There are also great facilities close by, including gyms, restaurants and the Vue cinema.”

Simon Hill from Colliers’ Industrial & Logistics team in Leeds said: “Marrtree Business Park York provides much needed new supply within the ring road of York, just 15-minute from the city centre and with easy access around the whole of the city. We’ve already got one of the five units under offer, and strong interest in some of the others, as the site is of interest to local business and national retailers and traders. These modern units are close to plenty of complementary businesses which will further enhance the experience for customers and staff alike.”

## Major Reforms Back Businesses And Boost Apprenticeships

**Rt Hon Julian Smith CBE MP has welcomed the major package of reforms that the Government have introduced to support businesses and deliver more apprenticeship places across Skipton and Ripon.**

Backed by £60 million in 2024-25, the Government will fully fund apprenticeships in small businesses by paying the full cost of training for anyone up to the age of 21 – reducing costs and burdens for businesses and providing more opportunities for young people to kickstart their career.

The Government will also increase the amount of funding that large employers who are paying the Apprenticeship Levy can pass onto other businesses – from 25 per cent of their unused Levy to 50 per cent. Taken together, these measures will enable up to 20,000 more apprenticeships.

Julian said, “In the past year we’ve seen 540 young people start their apprenticeship in Skipton and Ripon, giving them opportunities to develop new skills, secure good jobs and start their careers.

“This announcement will build on that progress and see even more young people fulfil their potential while also helping small businesses to make the most of our fantastic local talent.”



## Northern Employees Given Specialist Training To Help Victims Of 'Unwanted Sexual Behaviour' On The Railway



Northern has established a network of specially trained staff to help victims of 'unwanted sexual behaviour' (USB) on the railway.

Based at locations including Blackpool, Darlington, Leeds, Manchester, Newcastle, Preston and York they will help signpost colleagues who experience 'USB' to the support services available and encourage them to report incidents to the police.

Through the promotion of those support services with their peers and by raising awareness of the action taken against perpetrators, the network also hopes to inspire all customer facing staff across the region to have the confidence to identify and intervene in cases of USB against members of the public at stations and on-board services too.

The creation of this network is the latest action Northern has taken to help combat USB on the railway.

In September 2023, they joined forces with students from Bradford City Community Foundation to raise awareness of the issue in society.

Kerry Peters, regional director for Northern who leads the train operator's campaign against 'USB', said: "Everyone should be free to go about their day without feeling unsafe, violated or intimidated.

"Unfortunately, unwanted sexual behaviour can happen to anyone anywhere and people need to feel empowered to report it.

"I'm grateful to each and every one of my colleagues that volunteered to join this network for playing their part in our mission to eradicate this behaviour and make the railway safer for customers and rail employees alike."

Anyone who witnesses USB or other anti-social or criminal activity on the railway should contact British Transport Police by texting 61016 or by calling 0800 40 50 40.

They can also report crimes via the British Transport Police 'Railway Guardian' app, an all-in-one safety app that allows users to report crimes or concerns on the rail network, share journeys with trusted contacts and get access to news, guides and support.

The app is available to download from Google Play and the Apple App Store.

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

# Crimestoppers Appeals For Information Across Yorkshire & The Humber As Charity Reminds People Serious Violent Crime Can Target Anyone

With figures showing that serious violent crime is increasing, the charity Crimestoppers is reminding the public that by speaking up anonymously, we can all make a difference in a new campaign.

Over the past ten years up to June 2023, there has been a 75% increase in knife crime and a 29% increase in gun related offences in England and Wales. In 2023, Crimestoppers received almost 20,000 reports on firearms, knives and assault, harassment and violence.

Criminals use violence, exploitation and intimidation to control people and profit from the sale of drugs and other illegal activities. In this campaign, Crimestoppers is asking people to speak up and not remain silent when violent criminals are known to them.

Any piece of information passed to the charity 100% anonymously could help to prevent genuine harm and injury. Things to tell Crimestoppers include:

- Who is supplying and selling guns
- How and by who are these guns being transported
- Where a weapon has been hidden or stored
- Anyone in your area that carries a knife or gun
- Those who have carried out recent shootings or stabbings
- How weapons are disposed of after use
- Whether you know about any planned violent attacks

Below are some examples of information given to Crimestoppers anonymously that made a difference:

### *Drug trafficker arrested, weapons and drugs seized*

Crimestoppers information named an individual who was trafficking drugs and was in possession of knives and guns. The subsequent search by police at two named addresses uncovered a substantial quantity of crack cocaine and heroin at an estimated street value of £10,000, alongside £4,500 cash, together with weapons (sword and gun) and 150-200 rounds of home-made ammunition. Two individuals were arrested and charged.

### *Fatal knife attack suspects arrested*

A young man was robbed at knifepoint and ultimately stabbed to death. Two men were arrested and charged with murder after key information was passed to Crimestoppers. The attack was targeted and planned.

### *Weapons seized*

Crimestoppers received information about an individual who was in possession of a number of weapons. Police searched the property and found an imitation firearm and a Rambo knife as well as three knives in the suspect's car.

### *Sex slavery stopped*

Several addresses operating as illegal brothels for many years under the guise of massage shops were identified from information given to the charity. The workers were victims of modern slavery and human trafficking and were safeguarded during a police raid. Arrests were made and all the businesses were closed down.

Gary Murray, Serious and Organised Crime Lead at the charity Crimestoppers, said: "We know it can be difficult and intimidating to speak up about crime, especially if it involves somebody close to you. Crimestoppers, which is independent of the police, exists to give you peace of mind that no-one will ever know that you contacted our charity.

"Your information can help to bring justice to victims of violent crime and can help to prevent future incidents from happening. We can take information in over 140 different languages 100% anonymously, either online or by phone. Only you will ever know that you contacted Crimestoppers.

"Every year we receive thousands of actionable pieces of information; this leads to a significant number of arrests, millions of pounds of drugs seized and weapons being taken off our streets. We would like to thank those who have previously contacted Crimestoppers."

## CrimeStoppers.

Speak up. Stay safe.

To report crime 100% anonymously, visit the charity's website [Crimestoppers-uk.org](http://Crimestoppers-uk.org) or [Fearless.org](http://Fearless.org) for young people and fill in a secure online form or call their 24/7 UK Contact Centre on 0800 555 111, 365 days of the year. In an emergency, always call 999.

## North Yorkshire Police Improves Its Performance

North Yorkshire Police has made improvements in how it keeps people safe, reduces crime and provides victims with an effective service, the police inspectorate has said.

His Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) graded North Yorkshire Police's performance across nine areas of policing and found the constabulary was good in five areas and adequate in four areas.

HMICFRS said the force has improved its approach to protecting vulnerable people. It has an established domestic abuse scrutiny panel, which works to improve public confidence in the force's approach to domestic abuse and rape, and it makes good use of the Domestic Violence Disclosure Scheme. Inspectors also said that the force has invested significantly in its control room, and observed improvements in call handling and how quickly it arrives at emergency and priority incidents.

However, the inspectorate said the force needs to do more to ensure it consistently achieves appropriate outcomes for victims. HMICFRS also said that the force needs to better understand its demand, so it can manage it more effectively.

His Majesty's Inspector of Constabulary Michelle Skeer said:

"I have been impressed with North Yorkshire Police's response to the findings of our last inspection in 2022. The force has worked quickly to improve the policing service it provides to the communities of North Yorkshire. Because of this, it has made progress in all the areas of improvement identified in our last inspection.

"Chief officers have made well thought out changes and investments to make sure the force has the resources to meet the public's demands. The force's management has significantly improved its services to the public, with the leadership of Chief Constable Lisa Winward playing a key role in the positive progress made. I wish her well in her retirement.

"There are still areas in which North Yorkshire Police must do better. However, I am optimistic that the force's leadership and management will continue to build on the improvements that we have seen during this inspection."

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Image © Lyndon Smith Photography

## York Fashion Week Line-Up Of Events

York Fashion Week 2024 Part One returns to the city on 2nd May and will once again unite talented creatives, fashionistas, stylists and volunteers passionate about celebrating all things fashion, with a particular focus on grassroots design.

Key attractions include:

### Thursday 2 May

#### *The Debut - introducing Vine & Moor. No. 1 Guesthouse, 2-4pm*

Award winning Yorkshire Milliner, Suzanne Gill, launches her first couture fashion line. The collection features 13 luxe pieces that include tailored skirts, fitted jackets and long line coats, and each piece is crafted from wool that is made by the prestigious Hainsworth Mill – which proudly holds the Royal Warrant. The event includes a sparkling reception and cream tea.

#### *Breast Friends Runway Show. Browns Department Store, 7-10pm*

Back once again is the beautiful Breast Friends runway show - an exceptional showcase of fashion, modelled by real people who are moving on from a breast cancer diagnosis. This uplifting and empowering show is a chance to explore the latest collections in Browns Department Store, whilst supporting the wonderful charity, Breast Friends. The store will remain open after the show, so guests can enjoy an out of hours shopping experience with 20% off.

### Friday 3 May

#### *Estee Lauder Afternoon Tea. Middletons Hotel,*

In collaboration with Browns Department Store, Estee Lauder is hosting a luxury afternoon tea and makeup masterclass with the brilliant artists at Estee Lauder. The event includes gin tasting with the team from Yorkshire Gin and guests will be treated to a gift bag.

#### *My Generation. Pink Room, The Impossible, 6pm-9pm*

Rachel Peru will host a runway show, celebrating the gift of ageing. A team of mature models will bring the runway to life, in fashion that doesn't discriminate. Rachel is a silver haired curve model, body confidence activist, midlife influencer and founder of the empowering midlife women's platform – Liberté Ltd. Focusing on the theme, representation matters, this event will celebrate midlife, inspiring the audience to experiment with fashion.

### Saturday 4th May

#### *The Indie Show. York Art Gallery, 7.30 – 10.30pm*

The stand-out runway show is back, bringing to life independent design on the exceptional stage that is York Art Gallery.

### Sunday 5th May

#### *Exploring Smartworks Leeds with Jackie Crawford. The Impossible York, 10am-12pm*

Smartworks Leeds is the brilliant charity that works to support women and non-binary people back into work, which includes providing the perfect interview outfit.

#### *Tee Style Tribe: The Debut Collection. Clarendon Art Gallery, 2-5pm*

Last season, Tendai showcased her exceptional debut collection featuring vibrant African print. And now, guests are invited to come in and get up close and personal by meeting Tendai and viewing the special collection of art that has been carefully curated for the occasion in what promises to be a stunning exhibit.

Echoes of Home: Yorkshire & African Fusion is a collection of clothes and accessories inspired by Tee's life experiences, combining the best of both countries, and celebrating different cultures. Each piece tells a story of her life and the places she's called home.

#### *A Cosmopolitan Wedding Showcase. The Impossible York, 7.30 – 10pm*

It's not a village. It's Not New York. It's a vibrant and bustling city, filled with creative minds, gorgeous fashion and interesting venues. This showcase is YFW's debut Wedding Runway, inspired by chic city living and high fashion lifestyles, featuring Master Debonair and Aberdevine Lingerie.

### Monday 5th May

#### *Yorwaste x YFW. Mansion House, 7pm-10pm*

YFW, in collaboration with local waste management and recycling company – Yorwaste – staged its first ever major sustainable design competition. The initiative challenged designers to explore ways of repurposing and remodelling PPE and discarded clothing, transforming it into innovative and stylish statement pieces. 40 of the best fashion pieces by young designers across the North East and Yorkshire will be unveiled at this innovative fashion show.

Nicky Hayer, Creative Director at York Fashion Week, explained: "This season we're delighted to be back with a diverse calendar that will see us move across the city. We're in venues like Mansion House, York Art Gallery, Clarendon Gallery, The Impossible and more. And the designers have really brought their A game, with what they're showing this season. I'm incredibly proud that YFW can once again be a platform for so many innovative minds."

York Fashion Week launched in 2018, and even with a two-year break due to Covid, the event has grown year on year. It has been the first to host runway shows in iconic venues such as York Art Gallery and The Guildhall. YFW has worked with brands such as Rolls-Royce Motorcars Leeds and Gary James McQueen, and has welcomed guests from as far as China to the events. Since its growth, the event is proudly sponsored by NIMA, York Bid and MARK. With Associate Sponsors including Rae & Rae Opticians, Cresci Pizzeria, House of Dandelions and Party Octopus.

# YFW

Tickets for the events can be obtained by visiting;

[www.yorkfashionweek.co.uk](http://www.yorkfashionweek.co.uk)

## Winners Of The Visit York Tourism Awards 2024 Revealed

The winners of the Visit York Tourism Awards were revealed at a prestigious awards ceremony at York Racecourse. The Visit York Tourism Awards, sponsored by LNER, recognise and celebrate the best of York's businesses across tourism, hospitality and culture with the chance to win one of 17 awards.

Hosted by Chris Marsden and Claire Pulpher at YO1 Radio, the awards will then see eligible winners across a number of categories automatically put forward for the national VisitEngland Awards for Excellence 2024.

This year's winners include The Grand York, who take Large Hotel of the Year with judges commenting on the 'exceptionally high standards' of luxury across the hotel and their ability to create 'memorable and enjoyable moments for guests'. Small Hotel of the Year then went to The Pheasant Hotel, for their 'luxurious' rooms and dinner menu of 'excellent quality.'

Elsewhere in accommodation, MonkBridge House took the award for B&B and Guest House of the Year, with judges commenting on their 'clear passion for their business' which has led to 'excellent customer service' for visitors. Self-Catering Accommodation of the Year was awarded to 101 House At The End, with judges saying how the business 'operates with huge care and attention to detail.'

Camping, Glamping and Holiday Park of the Year was awarded to High Oaks Grange, with Judges praising the overall atmosphere of the site and saying 'Nick and his team can be proud of what they have achieved.'

Pub of the Year was awarded to The Lime Tree Inn, which was praised for being 'in a lovely setting, very relaxing and beautifully furnished.'

Legacy at The Grand was the winner of the Taste of England Award,

with judges describing the restaurant as 'consistently outstanding' with a team that had 'excellent knowledge of the food and drink.'

This year's Large Visitor Attraction of the Year went to The York Dungeon, with judges commenting to say the 'actors were superb' and it was 'one of the best attractions I've ever visited'. The Small Attraction of the Year winner was World of James Herriot, with judges praising how the team can be 'proud of how unbelievably clean, pristine and well-presented it is throughout.'

New to this year, the Wizard Walk of York has taken both the New Tourism Business Award and The Best of York Award, with judges calling the tour 'pure feel-good' and commenting that they 'haven't smiled and laughed continually so much in ages.'

Experience of the Year was awarded to The Deathly Dark Tours, with judges commenting that there was 'no room for improvement' and the overall 'experience was fantastic.' The Deathly Dark Tours also went on to win Independent Business of the Year, as judges 'loved the approach' and the 'entertaining features that also inform and educate.'

The Potions Cauldron took Retailer of the Year, with judges praising their 'excellent growth' and 'impressive' performance.

Business Event Venue of the Year was won by The Guildhall, York with judges commenting that the 'ambience of the building is excellent' and it 'provides business event delegates with a calming feelings in high-quality surroundings.'

Christmas at Castle Howard was awarded the Event, Festival or Cultural Experience of the Year award with judges calling it 'an opulent and magical event in a stunning setting.'

New to this year in partnership with the Hospitality Association York (HAY), the Hospitality Hero award was won by Indra Petersone

from Hilton, York.

Sarah Loftus, Managing Director at Make It York, said: "A huge congratulations to our thoroughly deserving winners and finalists at this year's Visit York Tourism Awards. Every business and organisation nominated have helped establish York as the incredible, award-winning, world-class city that we're recognised to be. The Visit York Tourism Awards really do celebrate the best in tourism, hospitality and culture, congratulations to everyone involved."

David Horne, Managing Director at LNER, said: "Congratulations to the winners at this year's Visit York Tourism Awards and those who were shortlisted. York has a huge amount to offer visitors and continues to be one of the most popular destinations on the LNER route. We're therefore very proud to continue to support the awards which shine a spotlight on the individuals and businesses that work tirelessly to make the city a brilliant place to visit."

Adam Wardale, Chair of Hospitality Association York says: "What a night! We were delighted to see so many incredible businesses being celebrated, we're incredibly proud to be part of a city providing such amazing experiences. A special mention to the winner of our Hospitality Hero Award, Indra, and to our highly commended finalist Julia – who seamlessly demonstrate everything our industry represents! On behalf of all of my HAY colleagues, huge congratulations to all winners and businesses."

Visit York  
**TOURISM  
AWARDS**  
Winner 2024





## Scaling New Heights In Harrogate

**Two local entrepreneurs who met at the Parthian Climbing wall in Harrogate 12 years ago have now bought the facility, as climbing is set to be the hottest Olympic sport in 2024.**

Marc Wise, 39, and Dan Miller, 37, worked as instructors at Parthian Climbing, before setting up their own outdoor activities business, Live For Today.

Previously, Dan from Skipton studied outdoor education and Marc from Harrogate worked in IT, before using their savings to launch Live for Today in 2012, with zorbing in a Harrogate farmer's field.

It has since grown into a leading outdoor activity business operating across four sites.

Live For Today now has 25 outdoor activities, including quad biking, paddle boarding, axe throwing, air rifle shooting and escape rooms.

Buying the climbing wall marks a significant moment for the pair.

Marc Wise, co-founder of Live For Today, said: "I was pretty unfulfilled working in IT, and the idea for Live For Today was inspired by a climbing trip we took to Austria. We started from a Harrogate farmer's field, saving money to buy new equipment, growing into a really robust, exciting business. It was a chance to pursue our passion. Buying the climbing wall is a full circle moment for our business, as it's where we first met and it all began."

The business grew quickly in 2013 after the pair went to the Harrogate Chamber's business safari event and met the manager of Hazlewood Castle, who invited them to bring adventure activities to the 70-acre woodland in Leeds.

In 2014, Live For Today moved into their second activity centre in the grounds of Ripley Castle and launched offsite adventures, such as caving and climbing in the Yorkshire Dales. The team now has their head office at the castle.

It then expanded with summer camps, new activities in the Lake District, partnering with the Prince's Trust, and in 2019, launching their first escape rooms at Ripley Castle.

Climbing was a breakout event at Tokyo's Olympics, and is set to become one of the world's fastest-growing sports as the Paris Games takes place from 26 July to 11 August 2024.

In Paris, athletes will compete in two disciplines – boulder and lead, and a new speed event.

The Association of British Climbing Walls say the sport is growing by 20% a year; around a million people in the UK currently climb indoors each year. In the US, around 12 million climb indoors, and celebrities including Harry Styles, Lady Gaga, Lewis Hamilton and Brie Larson have spoken of their love for the sport.

Marc said: "The beauty of indoor climbing is its accessibility. It isn't elitist. People of all abilities and skills share the same wall. We have all ages taking part in our activities from eight to 80-year-olds. The Olympics has thrown a new spotlight on the sport, so it's an exciting time to buy the wall."

Live For Today has had over 100,000 customers since it launched in 2012, with 2,250 five-star reviews. The team features 20 activity instructors, and a 11-strong management team.

Marc said: "It has had its challenges. When Covid hit, it knocked us to the ground. After stripping back down to basics, last year we ended up having our biggest year. I think Covid taught all of us the value of living life to the full. Our staff team has grown, and we're incredibly proud of the hard work, the pivoting and adapting. Acquiring the climbing wall is really significant and special as it is where it all began. We're ready for the next level."

Marc added: "There's been criticism about the lack of indoor activities and things to do for young people, so the climbing wall is a huge asset for the area. It also offers us a robust business model with an indoor offer when the weather is bad. Now is an exciting time to expand into the world of indoor climbing, here in Harrogate, and on the wider global sporting stage - we might even help train the next Olympians."

## Charity Cycle Sportive Returns To UKREiIF 2024



**The Yorkshire Childrens Charity has confirmed its highly successful Charity Cycle Sportive will return to The UK's Real Estate Investment & Infrastructure Forum (UKREiIF) for a second year. The UKREiIF event is set to take place between 21-23 May, in Leeds.**

In 2023 the Charity Cycle Sportive saw over 150 riders take on some of Yorkshire's most loved lanes and climbs to raise funds for the Yorkshire Children's Charity. The event raised a huge £25,000 for the charity, who are a non-profit organisation that help transform childhoods across the region and make things better for thousands of disadvantaged children. The 2024 Sportive has been made possible by the support of DLA Architecture, Edge, Hexa Consulting, Hoare Lea, Moda, Overbury, Quod, RBA, Vinci and Walker Morris.

The ride will start and finish from Harrogate Rugby Club with three routes available for all abilities.

Richard Osbond, part of the organising committee and Director of Hexa Consulting, said: "On behalf of all the sponsors we are delighted to host the UKREiIF Charity Cycle Sportive for a second year. UKREiIF is a huge opportunity to showcase Yorkshires world famous cycling heritage whilst also raising funds and awareness of everything that Yorkshire Childrens Charity do for our region. Every penny that is raised goes direct to the charity and we hope to attract even more participants to the 2024 sportive."

Charlotte Farrington, CEO at Yorkshire Children Charity, said: "Yorkshire Children's Charity is delighted to once again be working with Hexa Consulting and UKREiIF on the Charity Cycling Sportive. The event provides an opportunity to not only raise donations, but to further spread

awareness of our cause amongst the UK's property industry.

"It is through sustained support that we can make a lasting impact on our community and uplift the lives of children facing adversity. Last year's event raised a tremendous £20k to go towards our Great Yorkshire Build project at Hilltop SEND School in Rotherham. The Great Yorkshire Build is the Yorkshire property sectors legacy and monies raised at this years event will once again be benefitting this initiative."

Led by the UK's leading property events company Built Environment Networking and supported by some of the biggest UK property and infrastructure companies, the third annual UKREiIF event, in partnership with Pagabo, will be held in Leeds on 21-23 May 2024. The forum will attract inward investment, generate economic growth, and drive a more sustainable and inclusive culture within the property and construction industries.

Nathan Spencer, Director at UKREiIF, said: "We're thrilled to announce that the Charity Cycle Sportive in aid of the Yorkshire Children's Charity will be taking place at this year's UKREiIF event. Their unwavering commitment to the cause has been instrumental in making this event a success. The Charity Cycle Sportive, held in aid of the Yorkshire Children's Charity, has become a significant highlight of the UKREiIF event. We look forward to another fantastic year of giving back and making a positive impact on the lives of disadvantaged children in our region."

For more information and to get involved, please view the event here: <https://ridethestruggle.com/products/ukreijf-sportif>

## Donations Add Up For Air Ambulance

**Members of a local Oddfellows friendship group have donated £200 to Yorkshire Air Ambulance after learning how the charity needs £19,000 a day to keep its two helicopters in service.**

Air ambulance volunteers, Mike and Cathy Bevington, were invited by Leeds District Oddfellows to give a talk and receive the cheque at one of the group's monthly meet-up in Knaresborough.

During the presentation, Mike explained how the rapid-response service is provided to five million people across the whole of Yorkshire, and shared how donations are vital to keep the charity in operation.

He said: "We are truly grateful for every donation we receive, no matter how big or how small.

"As a charity with strong fundraising ethics, last year we ensured that for every £1 that was donated, 78p of it was spent to meet our charitable purpose – which is saving lives across Yorkshire."

The members raised the £200 by holding raffles at their monthly Knaresborough meet-ups, which is held at 2pm on the second Wednesday of each month at Gracious Street Methodist Church.

Helen Bullock, Social Coordinator at Leeds District Oddfellows, said: "We are delighted to be able to help the Yorkshire Air Ambulance. I'm sure most people know someone who has been helped by this charity's lifesaving work."

The Oddfellows is part of one of the oldest and largest friendly societies in the UK and is open to everyone to join. It aims to improve the quality of people's lives through friendship, and its members can access a range of benefits, including care and welfare support and a travel club.



**THE ODDFELLOWS** SINCE 1810  
making friends, helping people

As well as regularly raising funds for good causes, Leeds District Oddfellows hosts social events for its members, mostly older adults or retirees, who live in and around Knaresborough and Leeds.

Helen added: "I would encourage anyone who is interested in learning more about our friendship group's activities to get in touch and come along to see what we're all about. A warm welcome is guaranteed."

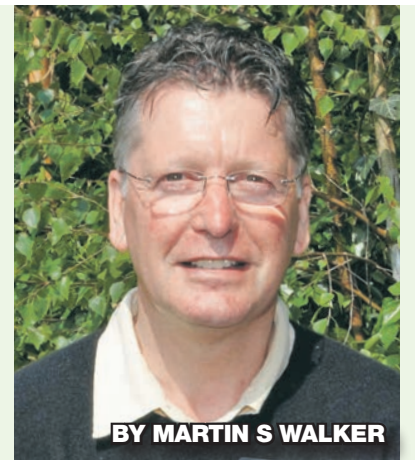
To find out more about the group contact Helen on [helen.bullock@oddfellows.co.uk](mailto:helen.bullock@oddfellows.co.uk) or 07709 295 317.

More information can be found at [www.oddfellows.co.uk](http://www.oddfellows.co.uk)



# GARDENING

## Make The Most Of Sunny Days, Wash Your Pots And Clean Your Trays



BY MARTIN S WALKER

Apparently we are in the second month of spring here in the United Kingdom, but in Australia they are approaching their autumn, although there are days when it still feels autumnal here. With the ever changing weather patterns and climate change, I guess we can't rely on the seasons being predictable anymore.



There is no doubt that we have to continually adapt our approaches to growing flowers and vegetables, keeping on top of all the new advice can be a challenge but thankfully most gardening magazines and internet sites are packed with the latest guidance and advice on plant choices and gardening techniques.

Although we have had a miserable start to the year weather wise I can see that temperatures are on the rise and plants that have been keeping their head down are now springing up. Fresh spring growth is all around, and especially the herbaceous perennials that seem to erupt like leafy volcanoes which is why we need to get out there and put plant supports in place. It is especially important to put frames, stakes, twigs or whatever you use in place before too much growth develops otherwise we risk damaging young shoots or worse still, wrestling with spindly flopping stems.



We use a number of different supports and where we have been pruning and cutting back shrubs we often keep the longer branches and twigs to provide support for herbaceous perennials. As the plants develop, the support is often hidden and using twigs and branches gives a natural feel. Having said that, taller plants and climbers such as sweet peas, need a taller frame or obelisk. These can be easily 'home made' using willow, hazel, birch or bamboo canes which is often cheaper than metal or wooden 'shop bought' supports, although they may not last as long. I have in the past used upturned wire hanging baskets which many plants will grow through, ideal for plants that grow to about 50cm (18 inches).

Garden centres and nurseries are brimming with summer bedding plants encouraging you to create vibrant floral displays for those long summer days relaxing in the garden. It is by far the best way of instantly creating a vibrant display especially if you have limited space or no growing facilities. A heated greenhouse is a must if you plan to grow tender or half hardy summer bedding as they need to be sown in warm conditions and grown on in a frost free place until planting out late May to early June. There is so much choice it can be a little daunting trying to choosing the right combination so a little tip is to walk around with your shopping trolley and imagine it is the container on your patio, pick up and arrange plants in your trolley and you will get an idea of how the colour and leaf texture will go together. As

a general rule you need a taller plant as a centre piece with several shorter plants around it finishing with something a little trailing to tumble over the edge of the pot. Colour combination is a personal thing but is no different to how you like to decorate your house, choose the colours you like after all it's your display.

Bear in mind though that if you are tempted to buy this month you will have to keep them protected in a frost free place with plenty of light, a conservatory is fine, a windowsill not so good. If you have a sheltered spot near the house you may be able to keep them outside on the patio covering them with garden fleece if a frost is forecast, but this relies on you remembering and of course having the time to spare. It may be better to wait until next month to buy your plants and instead concentrate on sorting out what patio containers you need, spreading the cost over a couple of months.



The most important space in your garden is the place you can sit and relax, and, just like planning your kitchen, bathroom or indeed any other room of the house the patio should be seen as simply an extension of your living space, albeit reserved for those times when the weather is behaving itself. Whether it is relaxing in a lounge sipping your favourite drink with an engaging read, or a chance to catch up with close friends leaving the rest of the world to get on with itself, the restful part of the garden plays an important part in our wellbeing.



A few carefully chosen planters filled with colourful herbs and salad leaves can make for an inviting and productive place, if you mix edible flowering plants amongst pots of salad vegetables you can create just as colourful displays as those comprising of blousy summer bedding plants, with the bonus of all those tasty treats.

*Happy Gardening, Martin.*

*Next month, Chelsea chop or Hampton hack?, vegetables to sow now, plants vs seed?*

## Top Tip - Growing Supermarket Herbs



**I am often asked if you can grow on herbs sold in pots in supermarkets, ( usually offered in the vegetable sales area) and the answer is yes of course. If you look closely they are most often a clump of seedlings sown directly into compost and grown on in greenhouses which can then survive on a house windowsill for a few days, allowing you to harvest small quantities yet still keep fresh herbs growing.**

There is absolutely no reason why you can't divide these clumps of seedlings and re-pot, growing them on to become larger plants.

To give you the best chance of success look for pots that are strong and healthy and are the freshest possible. There is usually a sell by date so as with most things the longest date is usually an indication of the healthiest. If you are visiting a particular store regularly keep an eye on when new stocks of herbs come in and time your purchase to coincide with these dates. The less time they spend on the shelf the better as low light and lack of watering are two of the most common stresses for young seedlings resulting in them struggling to recover.

They have been grown in commercial greenhouses with high temperatures and more than likely grow lights, so taking them out of that environment can be quite a shock for them, but with a little care and protection they can develop into strong plants that with care can provide fresh leaves and shoots for several months.

They will need a place that is frost free with good light, but not direct sunlight, a house windowsill is fine but a heated greenhouse or conservatory is even better.

When you get the plant home take off the plastic wrapper and stand it on the windowsill in a plant saucer for a day or two in order that it can acclimatise to the environment. Any general purpose potting compost will do, add either potting grit or perlite at the ratio of four parts compost to one part grit or perlite. A pot full of basil seedlings for example will fill five or six 7.5cm (3 inch) pots, take the whole plant out of the pot and gently tease apart small clumps of seedlings aiming for 5 or 6 clumps ( about three or four seedlings in each clump), fill the pot with your mix and push your finger in the centre to make a hole, gently lower the seedlings into the pot just up to the original soil level they were planted at, tap the pot to settle the compost and water in carefully. Don't water again for five to seven days as this encourages the roots to start to search for moisture. Once established they should grow away and then watering every few days should be sufficient.

Once the danger of frost is passed these plants should be quite happy on your patio or planted in your herb garden continuing to provide fresh leaves throughout summer.





## 13,000 Calls Made To RSPCA To Report Animals Affected By Litter

The RSPCA has received almost 13,000 reports about animals found severely injured, trapped, mutilated, choked or even dead from carelessly discarded litter over the past four years.

The shocking new data - released by the charity - also reveals that it received an average of 13 reports per day last year during the peak months of May, June, July and August, when there is a particular litter hazard for animals.

Now - the RSPCA is urging people to help "create a better world for every animal".

Distressing incidents dealt with by the RSPCA include a hedgehog entangled in old barbed wire, a fox cub with litter caught round his neck, a goose with an old drinks can stuck to her lower beak and a Great Black Backed Gull whose leg became almost completely detached due to old fishing line cutting in.

Amongst mammals, litter-related reports to the RSPCA were highest for foxes, hedgehogs and deer, while among wild birds, swans, pigeons and gulls bore the greatest brunt of discarded rubbish. The RSPCA even received reports of family pets such as cats and dogs being affected by litter.

The ten counties with the biggest litter problem, based on reports to the

RSPCA over four years, are: Greater London (1,439), Devon (594), Kent (526), Greater Manchester (500), West Midlands (437), Essex (428), East Sussex (399), Hampshire (395), Merseyside (362) and Cornwall (300).

RSPCA anti-litter campaigns manager Carrie Stones said: "Our rescuers deal with thousands of avoidable incidents every year where animals have been impacted by litter.

"Old drinks cans and bottles, plastic items and even disposable vapes are just some of the items that pose a danger to our wildlife - including hedgehogs, deer and foxes. Animals can ingest the litter or become entangled, leading to injuries, mutilations and even death.

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

"Spring is an ideal time to go on a litter-pick because it falls before the breeding season when young animals such as fox cubs are at risk of getting into trouble, while litter in hedges will be more visible to pickers before the vegetation really starts growing. That's why we're calling on the public to help remove litter that may endanger animals.

"But it's also really easy for the public to help at all times of the year. When people are out and about, we urge them to hold on to their litter until there is an opportunity to dispose of it safely and responsibly - or

recycle where appropriate. As we all strive to create a better world for every animal, this could save an animal's life."

As well as everyday rubbish, the RSPCA also sees many animals arriving into its care with terrible injuries caused by angling litter such as discarded fishing line, hooks and plastic netting. Around 40% of all litter-related calls to the RSPCA last year were about animals that had specifically become caught in fishing litter.

Carrie continued: "Old fishing line can cut deep into the flesh of water birds like swans, geese and ducks, affecting circulation and causing wounds to become seriously infected. We even see birds that have swallowed barbed fishing hooks. These hazards can very quickly become a matter of life or death for them and action is urgently needed to tackle this problem head-on. It's up to every one of us to do our bit in the war against litter."

The RSPCA says a majority of anglers are careful when fishing - but a small number are letting the community down by not disposing of their waste properly and leaving animals in danger.

Carrie added: "The majority of anglers do dispose of their litter properly and it is frustrating that those who don't possibly don't realise how dangerous it is to animals. Discarded line in particular is a terrible hazard for wildlife, particularly as it can be almost invisible.

"We strongly urge those who enjoy fishing to be extra cautious to make sure nothing is left behind. Most anglers are very responsible when disposing of their litter, but it only takes one piece of snagged line to be left in a tree or dropped near the water to endanger the life of an animal. We ask anglers to follow the Angling Trust Anglers Against Litter campaign and make use of recycling schemes to dispose of their waste tackle."

The RSPCA is also warning that discarded biodegradable food litter also poses dangers - putting many animals at risk of road traffic collisions.

Carrie said: "Many will be surprised that biodegradable food litter can be as dangerous to animals as other litter. If an apple core or fruit peel is thrown from a passing vehicle or discarded by the roadside, it can attract many kinds of wildlife - from mammals to birds - and put them in danger of passing vehicles."

We ask anyone who finds a small sick or injured wild animal to take it to the vets, so they can get help quickly. Find out more at;

[www.rspca.org.uk/utilities/contactus/reportcruelty](http://www.rspca.org.uk/utilities/contactus/reportcruelty)

Every time a wild animal is helped by the public it frees up our vital specialist rescuers to reach animals suffering heartbreaking cruelty and neglect, a job no other charity does.

This year the RSPCA celebrates its 200th birthday. To mark this special anniversary the animal welfare charity wants to inspire one million people to join their movement to improve animals' lives. To find out how you can join their million-strong movement for animals visit [www.rspca.org.uk/200](http://www.rspca.org.uk/200).

## Photography Competition Celebrates The Yorkshire Dales In All Its Glory



■ Last year's winner: "Facing the Storm" by Brian Stallwood



■ One of last year's finalists "Swaledale Sunset" by Neil McNair

Entries are now open for the popular Yorkshire Dales photography competition - which celebrates the beauty and character of the Dales landscape.

The competition, run by charity Yorkshire Dales Millennium Trust (YDMT) and The Garden Rooms at Tennants in Leyburn, hopes to inspire amateur photographers of all abilities to get out into the Dales and capture its unique landscapes and wildlife.

Photographers have until 28th April 2024 to enter, with 35 finalists to be included in a gallery exhibition at The Garden Rooms in June. Twelve of the shortlisted images will also be featured in a Yorkshire Dales 2025 charity calendar.

This year's competition is also open to under 18's, whose work will be included in the gallery exhibition.

Yorkshire Dales Millennium Trust's Lindsay Wallace said, "The Yorkshire Dales is an inspiration to so many people and every year we're blown away by the standard of photography that people are producing for the competition. We're excited this year to see entries from younger photographers and discover their unique perspectives of the Dales."

Alison Tennant, Director, The Garden Rooms at Tennants added, "We are delighted to be once again working with the Yorkshire Dales Millennium Trust to celebrate the incredible landscape and

life in the Dales through photography. Adding a new dimension this year will be the new children's competition, and we hope the younger entrants will love getting out into the countryside and getting creative"

The competition will run until 28th April 2024.

To enter please visit [www.tennantsgardenrooms.com/what-s-on/events/yorkshire-dales-photography-competition](http://www.tennantsgardenrooms.com/what-s-on/events/yorkshire-dales-photography-competition) or email [info@tennantsgardenrooms.com](mailto:info@tennantsgardenrooms.com)



## Early Signs Of Spring Becoming The New Norm, Says The Woodland Trust



Earlier signs of spring - such as the first leafing of trees or the first sightings of butterflies – could be here to stay says the Woodland Trust.

One of the first trees to come into leaf is the elder and for the last five years citizen science collected records of its first leafing have been earlier than the 20 year average by 4-16 days. 2024 seems to be following suit.

Observations of leafing on the likes of larch, rowan and oak have also been early – one to two weeks before the average. And there have been many sightings of brimstone butterflies already – traditionally one of the first to be spotted each year – about two weeks earlier than usual.

Dr Judith Garforth, Citizen Science Officer at the Woodland Trust, recorded elder first leaf on 20 Feb in North Yorkshire and said spring is spreading north rapidly.

She said: “Whilst the sighting of an elder in leaf was a very welcome glimmer of spring after all the grim wet weather, it was much earlier than I’d expect, especially this far north.

“Overall though, the general trend is continuing with spring arriving earlier and becoming something like the new norm. Our data provides the clearest evidence of a changing climate affecting wildlife.”

These early signs of spring are not a surprise this year since Met Office data showed temperatures in February 2.2°C above the average, making it the warmest February on record for England and Wales. And the spring index, which compares modern and historic data is running 8.7 days earlier.

Dr Garforth said earlier springs can lead to ecological food chains becoming ‘mismatched’ or out of sync.

For example, a study led by Malcolm Burgess that used the Nature’s Calendar oak leafing data, showed that early oak leafing lead to an earlier peak in the number of moth caterpillars, which meant that blue tits needed to match their breeding timing so that their chicks were at their hungriest when caterpillar numbers were at their highest. However, the study found that the blue tits were able to react less quickly to the early spring temperatures compared to the trees and moths. This led to the timing of hungry chicks being later than the timing of peak caterpillar abundance, which in turn meant less food for the chicks, and therefore less food resources which leads to a decrease in breeding success.

Dr Garforth added:

“Another example is that we sometimes see insects emerging early in the spring before there are many flowers blooming to provide a good food source for them. Change has happened very quickly which is why the best option to help wildlife would be to slow it down – by reducing CO2 emissions and by planting more trees. We must continue to monitor this ever-important data we receive to keep tracking nature’s response.”

More volunteers are needed to become citizen scientists to keep this 300-year-old recording tradition alive. Go to [naturescalendar.woodlandtrust.org.uk](http://naturescalendar.woodlandtrust.org.uk) to find out more.

Nature’s Calendar is supported by players of People’s Postcode Lottery.



## The Last Curlew Appeal Help The GWCT Expand Their Research In The Battle To Save This Iconic Wader

There are few more iconic sights than a curlew in flight, but without intervention it could be something future generations will never get to enjoy. Once considered a common species across Britain, the curlew with its distinctive haunting call, is now one of our most rapidly declining breeding bird species in the UK.

To help protect our curlew and reverse the decline, the Game & Wildlife Conservation Trust has launched an appeal for funding to expand their research into the north of England, where the species is doing better than elsewhere in the UK, to understand regional variation in foraging behaviour and breeding success.

Curlews are long-lived, with high annual adult survival meaning that some live to over 15 years, although the average is about 8 years. This, however, masks the issue of very low breeding success, so that when adults reach the end of their lives there are no younger birds to take their place and the population starts to crash.

In the UK curlew used to breed in marshes, meadows and arable fields, but today they are more often thought of as a bird of the uplands, breeding on moorland areas and farms around the hill edge.

The key to reverse the decline is finding out what is driving it and how that might vary in different areas. The GWCT needs more GPS and radio tags - vital tools for researchers - that will help gain an insight into variation in the timing and causes of chick death between sites with different habitats and predator abundance.

This research will inform the advice to the hundreds of farmers GWCT work with on the ground and form a crucial part of their recommendations for future policy.

Dr Andrew Hoodless, Director of Research at GWCT, says: “Very sadly, in Britain in the last 25 years, we’ve lost about 50% of our breeding curlew population and they are currently rated as probably the bird of highest conservation concern in the UK.

“If we do nothing, we’ll certainly lose the curlew. Even in the Pennine chain where the stronghold is, curlew numbers are likely to be eroded. In Ireland, Wales and Southern England, we risk losing curlews in the next 20-30 years.”

The curlew was added to the UK red list in December 2015. It is also declining in other countries where it breeds, and the International Union for the Conservation of Nature (IUCN) estimates that worldwide there has been a 20-30% reduction in curlew breeding numbers in the past 15 years.

## Grants Available For Hedgerows And Dry Stone Walls In The North York Moors

Grants of up to £5000 are on offer in the North York Moors National Park for the creation and management of hedgerows and the repair of dry stone walls.

The application window for the 2024 Traditional Boundary Fund is now open. The scheme is designed to help farmers and landowners restore these essential features of the countryside, which provide a habitat for wildlife alongside containing livestock. Both hedges and dry stone walls form an important part of the landscape and character of the North York Moors.

Elspeth Ingleby, Senior Ecologist at the National Park Authority, explained:

“Hedgerows provide a home, corridor and important food-source for birds and wild pollinators, but they also help prevent soil erosion, capture and store carbon, reduce flood risk and lessen the amount of pollutants that enter rivers. And while dry stone walls might not seem like an obvious haven for wildlife, their nooks and crannies provide ideal microclimates for a wide range of plants and animals including insects, amphibians, reptiles and small mammals.”

### WHY DO WE NEED TO SAVE THE CURLEW?

If we lose the curlew, we will lose a vital cornerstone of our ecosystem. Andrew says: “The curlew is an emblematic species, which is part of our heritage and culture, and is evocative of wild places. More importantly, if things are going wrong for curlew and curlews are declining, with them being fairly high up the food chain, it is symptomatic of changes in abundance of a whole range of other species from invertebrates to meadow flowers all the way up to birds.

“But, if we can get things right for curlew, we are safeguarding a whole ecosystem which brings a whole range of other benefits, so it’s not just about the curlew, we save a whole lot more if we can get it right for curlew.”

The new radio tags will be attached to chicks to allow researchers to follow them to determine at what point in their 50-day fledging period they tend to get predated and what the key predators are during this stage.

Andrew says: “The predation of nests tends to be site specific, so different predators are key in different areas. We are also slightly concerned about ticks in some areas and the availability of chick food, which we don’t yet fully understand.”

The work in the north will build on the GWCT’s previous studies of curlew in the New Forest. Last year 21 chicks were tagged and tracked as part of this project. Adult birds are also monitored with GPS tags to understand their use of habitat and the distances they travel to feed during the breeding season.

“Following adults has been fascinating because it’s shown that curlew territories can be a lot larger than we’d originally envisaged and we need a landscape-scale approach for curlews.

“When birds are nesting on heathland, they are having to fly considerable distances to find sufficient food. Down in the New Forest, we have adult females flying to the coast to feed when they are off duty and leaving nests. In the uplands they are flying down into valley pastures to feed because, again, it is likely there is insufficient food for them up on the relatively dry heath.”

The Last Curlew Appeal is supported by McInroy & Wood

The Bruce D Sargent Fund (GCUSA) has been funding the GWCT’s curlew research in the New Forest.

The Traditional Boundary Fund (TBF) is aimed at boundaries in the North York Moors that aren’t already in receipt of funding from other sources and priority is given to boundaries with high visibility and historic or environmental interest. The grants can be used to restore hedgerows using traditional methods such as laying and coppicing, as well as for planting new hedges and the repair or restoration of drystone walls.

Land Managers looking at carrying out larger scale boundary works are also encouraged to contact the National Park Authority to discuss the potential for separate, standalone projects.

For more information and application forms for the Traditional Boundary Fund, please visit [northyorkmoors.org.uk/tbf](http://northyorkmoors.org.uk/tbf) or email [tbf@northyorkmoors.org.uk](mailto:tbf@northyorkmoors.org.uk). The same email address can be used to enquire about larger projects.

The application window for the Traditional Boundary Fund for 2024 closes on 30 April.





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— BY LINZI DAVIES —

In April, new life is stirring after the dark and dreary winter months. Spring flowers begin to bloom offering stunning displays of colour across the landscape, birds are tweeting, and wildlife begin to welcome their young.

Despite the famed seasonal showers at this time of year, April is the perfect month to get out and about for a walk to see our beautiful county at its blooming best!

Here is a selection of walks sure to put a spring in your step:

### Farndale Daffodil Walk

Spring walks don't get much better for seeing vast swathes of daffodils than this one. Every year, Farndale in the North York Moors is blanketed in daffodils, carpeting the meadows and riverbanks in brilliant flaxen colour. It makes it one of the most picturesque places in Yorkshire come springtime, and you can enjoy a special 3-mile linear walk along the enchanting River Dove to help you enjoy it at its vivid yellow best.

Growing naturally in the area, the daffodils are protected within the nature reserve which was established in 1955.

The walk starts at Low Mill car park, North York Moors National Park, York, North Yorkshire, YO62 7UY where you can also pick up a walk leaflet. There is the 'Daffy Caffy' on the way at High Mill and the Feversham Arms at Church Houses – both perfect stop offs for refreshments!

### The Stray, Harrogate

A park in the historic town of Harrogate, The Stray is home to an 'avenue' of cherry blossom trees, which line the path through a section of the park making for stunning photo-ops. Like a little slice of Japan in Yorkshire, the trees form a natural archway that you can stroll underneath - a beautiful bit of scenery for all who visit.

In the spring months, the avenue pops with candyfloss pinks, while the edges of the path gather a sprinkling of the pretty petals, and other areas of the park become dotted with the happy yellow of daffodils and the striking violet of crocuses.

In addition to the blossoms, The Stray boasts 200 acres of well-groomed parkland, conveniently situated in the heart of the up-market spa town. Naturally, the park lends itself well to picnics and events, however, it's surrounded by incredible independent coffee shops, restaurants, and shops – making it a great spot for a wholesome stroll before enjoying a well-deserved bite to eat.

The park is open to the public daily and will likely be adorned in cherry blossom until early May.

### Aysgarth Falls

Aysgarth Falls comes alive with bounteous colour during spring – and this easy-going 2.2-mile walk is the perfect leisurely route to take on to see one of Yorkshire's most popular natural landmarks. The paths are lined with colourful natural wildflowers, but don't let them distract you from the incredible views across Wensleydale that you'll encounter before you head past Bolton Castle and along the river Ure. There's plenty to see on this walk, packed in to a comfortable two hours – if you look extra closely, the wildlife is something to behold, from chaffinches to goldcrests swooping above the water.

Pop into a local country pub or café for refreshments in the village after your walk.

The walk starts at Aysgarth Falls National Park Centre, Church Bank, Aysgarth, Leyburn, North Yorkshire, DL8 3TH

### Fountains Abbey Circular

There are few backdrops quite as stunning as Fountains Abbey for a wonderfully breezy spring walk, but that's not all you have to look forward to on this enriching 5-mile hike across North Yorkshire. There are all manner of must-visit landmarks to soak in, from Fountains Hall to Studley Royal Water Garden and the Deer Park. Springtime is always pretty as a picture here, with snowdrops, pale yellow primroses and even wild garlic cropping up across the extensive grounds – the ducklings and goslings out on the lake are too cute to ignore as well. When you're done, the cafe in the visitor's centre is waiting.

The walk starts at Fountains Abbey Visitor Centre, Ripon, North Yorkshire, HG4 3DY. Entrance fees apply





Flowers,  
And  
E-  
spirits  
&  
Walk!

## Castle Howard

With 1,000 acres of parkland to explore, Castle Howard is a haven of peace and tranquillity with extensive woodland walks, temples, lakes, and fountains. The monumental landscape offers breathtaking views at every turn, taking in the countryside of the Howardian Hills, a designated Area of Outstanding Natural Beauty.

Spring brings beautiful rhododendrons and blue bells in the ornamental Ray Wood. With bubbling brooks, ancient monuments and woods, the Castle Howard Estate lies in some of Britain's most beautiful countryside and what better way to discover this stunning landscape than on foot?

Situated in the Howardian Hills National Landscape and close to the North York Moors National Park, Castle Howard is the perfect base for your adventures. Whether you fancy a daylong ramble across field, forest, or furrow, or even a meander across the moors, there's a walk there for everyone.

Entrance fees apply.

## Burnby Hall Gardens & Museum

The gardens at Burnby Hall are probably best known for their incredible water lily display on the Upper and Lower Lakes which flower in summer, but it is equally as pleasant in spring.

The Aviary Garden features a restored Edwardian summer house and is the centre piece for the annual Tulip Festival which begins at the end of this month. 18000 bulbs of around 130 varieties provide a kaleidoscope of colour to delight your senses!

There is also the more modern planting scheme of the Walled Garden, and for a touch of other-worldly fantasy a visit to the Stumpery is a must. Designed to attract insects and birds, the garden features a hobbit house as its centrepiece.

Refreshments can be enjoyed at the Lilypad Café where they serve a range of light meals, cakes, and hot and cold drinks.

Burnby Hall Gardens, The Balk, Pocklington, York YO42 2QF

Entrance fee applies – Please note that dogs are not permitted in the gardens except for assistance dogs.

## Harewood House Circular Walk

Harewood House is perfect in all seasons, but spring has some extra benefits. Beautiful grounds surround the historic estate and they come to life at this time of year, so why not take on the circular walk around the house? It's just under 5-miles long and it promises a fairly easy-going walk that takes in all manner of breathtaking natural scenery – lambs will be grazing on Cote Hill; cherry blossom pops up in Pipe Wood and there's a violet takeover in the Bluebell Wood. When you're done, pop back to the house for a well-earned brew and loads of culturally rewarding activities.

Taking in the house and its café for refreshments, this walk starts at Cote Hill, Harewood House, Harewood, Leeds, West Yorkshire, LS17 9LG but there is a charge per person to access the main estate.

For a free walk, begin at the Muddy Boots Café on Church Lane instead. Here, there is parking with an honesty box for around 20 cars and as soon as you park up you will see and hear the Red Kites flying overhead.

Entering the woods, if you are quiet, you can spot both Fallow and Red Deer, and the stretch of the Leeds Country Way you join further on is a wonderful opportunity to do a bit of bird spotting. Finish back at the café for well-earned refreshments and more entertainment courtesy of the Kites.

## Temple Newsam

Temple Newsam is one of Leeds' best loved estates. At this time of year there is a carpet of crocus offering a colourful display, and baby animals on the farm. Amble through parkland, woodland and formal gardens to enjoy all that Temple Newsam has to offer. In addition to this, the estate are offering a guided Dawn Chorus walk on the 13th of this month.

Join this family dawn chorus walk through the Temple Newsam estate, using birdsong to identify woodland and parkland bird species. You might spot some other wildlife too, as well as enjoying the varied and historic Temple Newsam landscape.

The walk is suitable for families and beginners, but everyone is welcome. It's approximately 4 miles, through fields, woodlands, over stiles and up steps.

The walk finishes in the courtyard for a full English breakfast at 9am in the café. Breakfast is pre-ordered, with a variety of different options available.

£15, booking essential via Dawn Chorus Walk - Temple Newsam ([leeds.gov.uk](http://leeds.gov.uk)). Meet in the Stable Courtyard at 6am.

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## The Music Scene

With Stuart Glossop

Along comes the summer festival music diary and Leeds, Temple Newsam is the place to be for indie-lovers, new music heads, punk rockers and the like as Live At Leeds: In The Park and Slam Dunk take place on the 25th and 26th May. Here is our guide to who you should make a point of seeing over that weekend.



■ Corinne Bailey Rae

The LAL is an impressive lineup of unforgettable highlights, indie legends, and potential new favourites, Sea Girls fall into the latter category. Even though they were formed in 2015, Sea Girls ascended to fame with dynamic live performances and a distinctive mix of fan-rousing anthems and personal lyricism. The perfect festival day simply can't exist without UK rockers Circa Waves, a driving force in the indie music scene, promising an electrifying

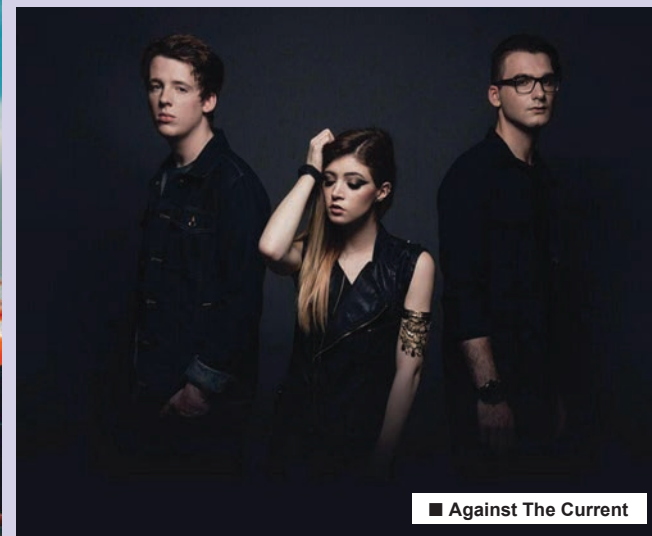
set. Presenting 'Black Rainbows' to Temple Newsam, Leeds own Corinne Bailey Rae is bound to be special. She told us "I'm thrilled to be performing in my hometown for Live at Leeds. The live show will be a wild ride through punk, indie, soul and funk. I'm telling stories that I encountered while exploring The Stony Island Arts Bank in Chicago. Can't wait! See you there."



■ Hotwax

In terms of the new names to watch are Hotwax, the South Coast's new rock heroes, seamlessly blending effortless coolness with a razor-sharp edge. Equally blazing a trail as a talked-about favourite are Lucia & the Best Boys. Hailing from Glasgow's post-punk hotbed in 2018, the Scottish powerhouse has evolved into a musical force that effortlessly combines elemental power with stylish electro-pop swagger. Prepare to be captivated as they breathe life

into the enchanting sounds of 'Burning Castles' at Live at Leeds 2024, promising a performance that transcends musical boundaries and captivates the festival audience.



■ Against The Current

The following day The UK's biggest independent rock festival returns to Temple Newsam and it's shaping up to be one for the ages with You Me At Six, The All American Rejects and Funeral For A Friend may be the ones that make Slam Dunk a must-attend on the UK festival circuit, But watch out for others too. Following their 2023 Nightmares And Daydreams world tour, it'll be straight to Slam Dunk for Against The Current, along with the blazingly-good The Red Jumpsuit Apparatus who've thrilled crowds the world-over for more than 20 years, and get ready for "contagious, air-punching rock" as described by Alt Press, as we await their sophomore album it's As December Falls. Two-piece pop punkers Honey Revenge were born out of the LA scene and have countless sold out shows under their belt. Made up of Devin Papadol and Donovan Lloyd, they've been hotly tipped for some time now, with a captivating debut album Retrovision described as an "explosion of colour", plus Nashville native and alt-pop-punk TikTok megastar Taylor Acorn who dropped her EP Certified Depressant in September this year and has been racking up millions on millions of views and followers on social media.

And you could now win your bar tab for the festivals!

Yorkshire promoters Futuresound have launched a huge competition to give thousands of pounds in bar tabs away to fans attending a number of their outdoor shows this summer. Bringing names like Sugababes, Madness, The Kooks, Katherine Ryan, Ross Noble, You Me At Six, The All American Rejects and more to sites including Kirkstall Abbey, Temple Newsam and York Museum Gardens, the independent Leeds promoters have got something planned for everyone this festival season.

To be in with a chance of winning, gig-goers simply need to buy a ticket for any of the following events: Live at Leeds: In The Park, Slam Dunk, Live At Kirkstall Abbey, Live At York Museum Gardens and Kirkstall Abbey Comedy Festival with a ticket buyer chosen at random each week. Having worked on incredible concerts and festivals around Yorkshire for decades, Futuresound are the team behind events including Live At Leeds, Slam Dunk Festival and Ed Sheeran's unforgettable performances at Roundhay Park. Alongside hundreds of shows a year in venues from Oporto bar to the First Direct Arena, Futuresound are taking over historic locations across the country this summer with shows taking place at York Museum Gardens, Kirkstall Abbey and Ludlow Castle.

## Tom Ball 'Curtain Call' - Spring 2024 UK Tour Comes To Settle - Victoria Hall On Thursday 25th April

Britain's Got Talent and America's Got Talent superstar Tom Ball has embarked on his first headline 'Curtain Call' Spring 2024 UK Tour.

Tom has truly transformed from the humble teacher who first appeared on our TV screens to the global performer he is becoming. His eagerly awaited debut album 'Curtain Call' is scheduled for release next month. The album promises a fantastic mix of self-penned songs and classic covers, showcasing Tom's powerful vocals.

Tom's most recent single 'Winter Song', was co-written by six-time Ivor Novello Award winner Gary Barlow OBE (Take That). The beautiful and timeless single was released in December 2023 and showed off Tom's extraordinary voice. "Winter Song is such a beautiful song and having it lovingly written and very kindly given to me by Gary Barlow and Eliot Kennedy is a dream. I was so incredibly grateful for the opportunity to sing it and have it on my debut album."

Co-writer of 'Winter Song', Grammy Award winning producer Eliot Kennedy, who has written and produced hit songs for The Spice Girls, Celine Dion, and Boyzone, added: "Tom is a wonderful



talent, and I was thrilled to hear him sing this song written by Gary Barlow and myself."

Tickets for all of the 'Curtain Call' Spring 2024 UK Tour are available from [www.officialtomball.com/tour](http://www.officialtomball.com/tour)

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■ Manon Lescaut. Image © Richard Hubert Smith

## English Touring Opera To Return To York Theatre Royal

English Touring Opera are returning to York Theatre Royal this month with two operas, *Manon Lescaut* (19 April) and *The Rake's Progress* (20 April). Both operas will be performed in English with English surtitles. They also return to the York Theatre Royal Studio with another opera for children, *The Great Stink* (20 Apr).

*Manon Lescaut* was a breakthrough hit for its composer Giacomo Puccini and now Jude Christian, fresh from a critically acclaimed *Titus Andronicus* at The Globe's Sam Wanamaker Playhouse, brings incisive direction and a sharp, poetic new translation to this radical new production, while ETO Music Director Gerry Cornelius conducts.

Packed with memorable music and drama, *Manon Lescaut* is a

devastating depiction of a woman wrestling with her desire for love on her own terms and the rigid double standards imposed on her by society. Her struggle will take her through cities, across oceans, and even to prison. Featuring themes of tragedy, betrayal, the ironies of fate and society's hypocrisy.

Leading the cast are Jenny Stafford (*Manon*), Aidan Edwards (*Lescaut*), Gareth Dafydd Morris (*Des Grieux*), Edwardd Hawkins (*Geronte*) and Brenton Spiteri (*Edmondo*).

The second night of English Touring Opera at York Theatre Royal brings Igor Stravinsky's *The Rake's Progress*. Helmed by Polly Graham, Artistic Director of Longborough Festival Opera, and

the highly regarded conductor and composer Jack Sheen, this new production is a cynical but sympathetic tale of a young man's fall.

Young Tom Rakewell's quiet life with his sweetheart Anne is turned upside down when the mysterious Nick Shadow comes to his door with whispers of wealth and luxury. But Tom soon finds out that the Devil finds work for idle hands, and that the promises of London life aren't what they seem.

Leading the cast of this dark comedic opera are Frederick Jones (*Tom Rakewell*), Jerome Knox (*Nick Shadow*) and Nazan Fikret (*Anne Truelove*) as it explores love, loss, corruption, naivety and hubris.

There are free pre-show talks before each show with members of the ETO creative team who will provide insights into the creative process, what to expect and give audience members a chance to ask questions.

### *Manon Lescaut*

York Theatre Royal Main House

19 Apr 2024, 7:30pm

Performed in English with English surtitles

Pre-show talk (available to book separately)

Running time: 2 hours 10 minutes (including interval)

### *The Rake's Progress*

York Theatre Royal Main House

20 Apr 2024, 7:30pm

Performed in English with English surtitles

Pre-show talk (available to book separately)

Running time: 2 hours 40 minutes (including interval)

### *The Great Stink*

York Theatre Royal Studio

20 Apr 2024, 11am

Sung in English with English captioning

Age Guidance: 7+

Running time: 45 minutes

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## Gossip Never Goes Out Of Fashion... Fresh Prince Of Bel Air Star At York Theatre Royal



■ Image © Robling Photography

Joseph Marcell, best remembered as Geoffrey the butler in six seasons of US TV comedy series *The Fresh Prince of Bel Air*, returns to York Theatre Royal to lead the cast of a new production of Richard B Sheridan's classic comedy *The School for Scandal* from April 23-27.

He was last seen at the theatre in *Alone in Berlin* in 2020. In this fresh take on Sheridan's *The School for Scandal* he plays Sir Peter Teazle who believes his young wife is sleeping with someone else. She isn't but is starting to think that if her husband believes it, she may as well give it a go. After all, if you're going to cause a scandal, you might as well enjoy it.

Joseph Marcell was most recently seen in Chiwetel Ejiofor's debut feature film, *The Boy Who Harnessed The Wind*. TV credits include *Mammoth* and *I Hate You*, both for the BBC and he will soon be seen in Candice Carty-William's *Queenie* on Channel 4. His prolific stage credits include *Hamlet* at the Young Vic with Cush Jumbo, *Kathy Burke's Lady*

*Windermere's Fan*, extensive work with Shakespeare's Globe including the titular role in Bill Buckhurst's *King Lear* and Derek Walcott's *Omeros*, as well as seasons at the Royal Shakespeare Company.

*The School For Scandal* also features Garmon Rhys (*Out There* (ITV), *Gangs Of London* (HBO/Sky Atlantic) and *Tina: The Musical* (West End)), Ayesha Griffiths (soon to be seen in Channel 4's *Queenie* and *Get Millie Black*), Emily-Jane McNeil (*The Mousetrap* and *Brexshit*), Alex Phelps (*As You Like It*, Shakespeare's Globe, *When Darkness Falls*, *Park Theatre* and UK tour), Lydea Perkins (*Private Lives*, *The Mill At Sonning*, *Sense & Sensibility*, *Theatre By The Lake*), Tony Timberlake (*Little Shop of Horrors* *Storyhouse Chester*, *Maggie May*, *Leeds Playhouse*, *When Darkness Falls* UK Tour) and Guy Dennis (*Tilted Wig's Around the World in 80 Days* and *Lady Chatterley's Lover*).

*The School For Scandal* is directed by Seán Aydon who recently adapted and directed the national tours of *The Picture of Dorian Gray* and *Frankenstein*. He was also assistant director on the world premiere of Tom Fletcher's *The Christmasaurus* at the Hammersmith Apollo.

The designer is Linbury Prize winner Sarah Beaton whose recent credits include *The Merchant of Venice* (Sam Wanamaker / The Globe), *Nineteen Gardens* (Hampstead Theatre) & *Wild East* (Young Vic). She previously worked with *Tilted Wig* as designer of *The Picture of Dorian Gray*.

There is sound design/composition from Ed Lewis whose recent work includes *The Box Of Delights* (RSC), *Killer* (West End) and *Henry V* (Donmar); lighting design from Peter Small whose work includes *Kathy & Stella Solve a Murder!* (Bristol Old Vic), *King Stakh's Wild Hunt* (Barbican) and *The Ritual Slaughter of Gorge Mastromas* (Dailes Theatre, Riga); and movement direction from Stephen Moynihan whose credits include *Ted Lasso*, *House Of The Dragon* and *Tilted Wig's Frankenstein*.

*The School for Scandal*

York Theatre Royal

23-27 April 2024

Tues- Sat 7.30pm

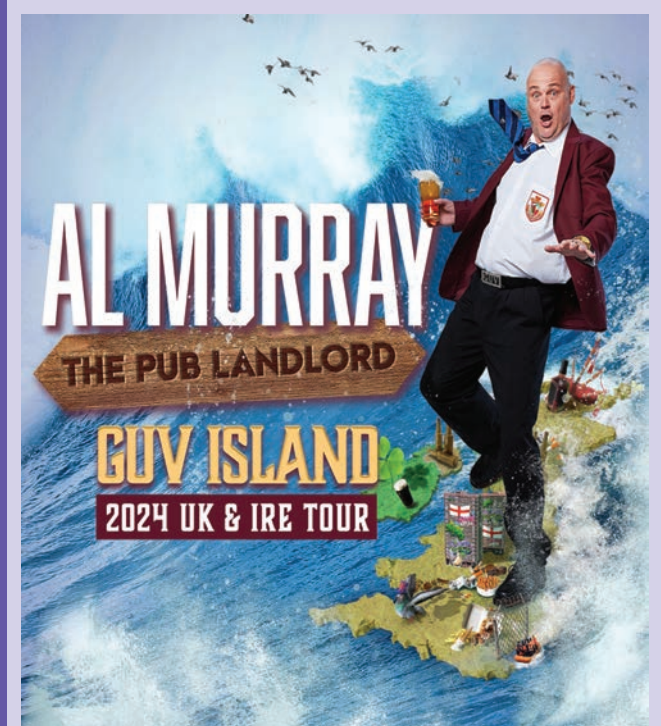
Thurs matinee 2pm

Sat matinee 2.30pm

Post-show discussion Fri April 26

Box office 01904 623568 | [yorktheatroyal.co.uk](http://yorktheatroyal.co.uk)

## Guv Island – Al Murray, The Pub Landlord



Al Murray, *The Pub Landlord* has embarked on a brand-new UK tour for 2024 and will be heading to Scarborough Spa on Friday 26th April!

"Country, the UK, lost its way, seeks life partner/mentor/inspiration. Good sense of humour essential. No timewasters, tedious show-offs or offend-o-trons need apply. HR free zone."

Standing up so you don't have to take it lying down anymore, the Pub Landlord is back to make sense of the questions you probably already had the answers to. You know what they say: There's no school like the old school, with the dodgy overflowing toilets.

For over 20 years Al Murray, *The Pub Landlord* has filled the most prestigious venues around the UK, including London's O2 Arena and the Royal Albert Hall. He has won numerous awards, hosted many critically acclaimed television shows.

Tickets are available to purchase from [www.scarboroughspa.co.uk](http://www.scarboroughspa.co.uk) or call the Box Office on 01723 376774.



# ENTERTAINMENT

## WHAT'S ON TV & STREAMING

NETFLIX

prime video

Disney+

STARZPLAY

Apple TV+

sky

### 03 April - Tracker, Season 1 - Disney+

Starring and executive produced by Justin Hartley, based on the bestselling "Colter Shaw" novel series by Jeffery Deaver (previously called 'The Never Game').



■ Star Trek: Discovery

### 04 April - Star Trek: Discovery, Season 5 (Final) - Paramount+

The crew of the USS Discovery return for a new season.

### 04 April - Ripley, Season 1 - Netflix

Series based on the Patricia Highsmith series of novels and starring Andrew Scott.

### 05 April - Chicago Fire, Season 12 - Sky Witness

The firefighters and medics of Engine 51 are back in the UK courtesy of Sky Witness.

### 05 April - Monkey Man - 18

An anonymous young man unleashes a campaign of vengeance against the corrupt leaders who murdered his mother and continue to systemically victimize the poor and powerless.

Stars: Dev Patel, Sharlto Copley, Pitobash & Vipin Sharma



■ Civil War

### 12 April - Civil War - 12

A journey across a dystopian future America, following a team of military-embedded journalists as they race against time to reach DC before rebel factions descend upon the White House.

Stars: Nick Offerman, Kirsten Dunst & Wagner Moura



■ Sugar

### 05 April - Sugar, Season 1 - Apple TV+

'Sugar' is a contemporary, unique take on the private detective story starring Colin Farrell.

### 05 April - Alex Rider, Season 3 - Freevee

TV series based on the popular Anthony Horowitz novels.

### 05 April - Chicago Med, Season 9 - Sky Witness

A spin-off from Chicago Fire – this one set in a hospital... which isn't on fire... I hope... That wouldn't be good...

### 05 April - Chicago PD, Season 11 - Sky Witness

Police orientated Chicago Fire spinoff.

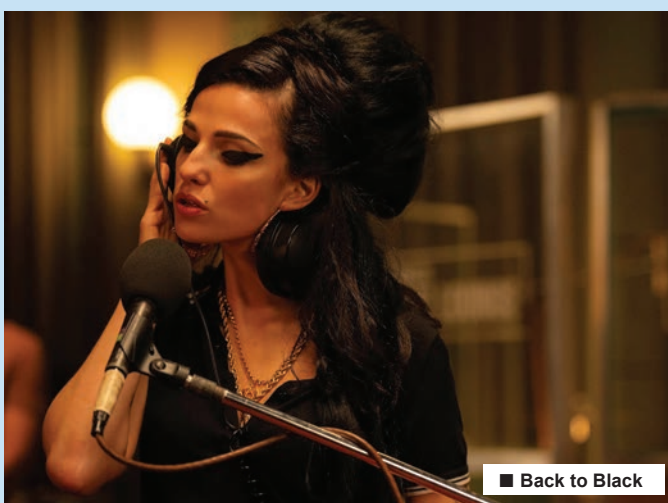


■ The Regime

### 08 April - The Regime, Season Limited - Sky Atlantic

Starring Kate Winslet and directed by Stephen Frears, the series tells the story of one year within the walls of the palace of a modern European regime as it begins to unravel.

## AT THE MOVIES



■ Back to Black

### 12 April - Back to Black - 15

The life and music of Amy Winehouse, through the journey of adolescence to adulthood and the creation of one of the best-selling albums of our time.

Stars: Marisa Abela, Eddie Marsan & Jack O'Connell

### 26 April - Challengers - R

Tashi, a former tennis prodigy turned coach is married to a champion on a losing streak. Her strategy for her husband's redemption takes a surprising turn when he must face off against his former best friend and Tashi's former boyfriend.

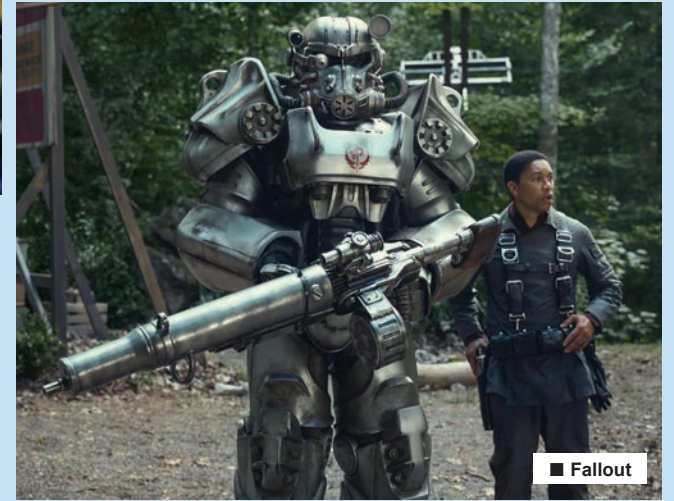
Stars: Zendaya, Mike Faist & Josh O'Connor

### 10 April - Race Across the World, Season 4 - BBC One

Two teams race across an area of the world using any method of transport other than a plane.

### 10 April - The Good Doctor, Season 7 - Sky Witness

Medical Drama From House's David Shore starring Bates Motel's Freddie Highmore about a young surgeon with autism and savant syndrome.



■ Fallout

### 11 April - Fallout, Season 1 - Prime Video

The 'Fallout' franchise is making the leap from gaming to tv, produced by Westworld's Jonathan Nolan and Lisa Joy, set in LA, in Vault 33.

### 15 April - Blue Lights, Season 2 - BBC One

Police drama set in Belfast.

### 17 April - Feud: Capote Vs. The Swans, Season 2 - Disney+

Another Ryan Murphy anthology series, this one focused on famous rivalries.

### 24 April - Big Door Prize, Season 2 - Apple TV+

Based on M.O. Walsh's novel, the series tells the story of a small town that is forever changed when a mysterious machine appears in the general store, promising to reveal each resident's true life potential.

### 25 April - Them: The Scare, Season 2 - Prime Video

Terror anthology series from breakout creator Little Marvin.

### 25 April - Dead Boy Detectives, Season 1 - Netflix

A horror detective series based on the DC comic book, from the people behind 'Doom Patrol' & 'The Flight Attendant's Steve Yockey.



■ Boy Kills World

### 26 April - Boy Kills World - 18

A dystopian fever dream action film that follows Boy, a deaf person with a vibrant imagination. When his family is murdered, he is trained by a mysterious shaman to repress his childish imagination and become an instrument of death.

Stars: Bill Skarsgård, Famke Janssen & Michelle Dockery

### 26 April - Ordinary Angels - PG

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.

Stars: Hilary Swank, Alan Ritchson & Emily Mitchell



# Diary Of A Pawnbroker



## Is It Time To GOLD CYCLE?

Gold prices have hit a fresh record high. They have been strong for the last 12 months, originally driven by the Russian invasion of Ukraine and then the Israel / Hamas war but the latest spike is said to be due to the economic uncertainty in world markets and the US Federal Bank's suggestion of falling interest rates. However, at the end of the day and no matter how many opinions you research, the honest answer is that no one really knows except for the fact that it is as high as it's ever been since the yellow metal was first traded and is currently 38% higher than its last low point in 2022.

## Good As Gold.....



Gold has always been the fall-back position at times of economic uncertainty and there is no surprise to see the yellow metal being bought and sold in volume as the markets fluctuate and people want to put their cash into a safe haven.

## What Makes Gold So Rare And Valuable?

Did you know that there are no naturally occurring processes that produce new gold... at least on Earth anyway. The process by which gold is created takes place in outer space! Gold is formed when stars explode or collide, only then are the necessary energy and conditions right to create gold. Therefore, all of the gold found on earth today has originated from meteorites that have crashed through the atmosphere over billions of years and it is believed that over \$770 trillion of gold still lies hidden in the ocean.

Those who are fans of Aussi Gold Hunters on TV will be very familiar with the excitement of metal detectorists when they get a 'signal'. You can get just as lucky in your own house going through those drawers where you deposit the things you never wanted to throw away and find a small fortune in old or scrap gold that you probably forgot you even had.



An average wedding ring weighs around 3.5 grams, the weight of a 1 pence piece, and if it's made of 22ct gold then its worth over £180 in metal value alone at today's prices.

It's therefore a good time to buy gold if you want to speculate on the price going higher or invest as a store of cash and an equally good time to sell your gold and scrap or broken and unwanted jewellery if you want to cash in while the price is so high and raise some funds.

## Diamonds However Are A Different Story Altogether.....

In 2020 Russia produced 30% of the world's diamonds. They mined 19 million carats of diamonds followed only by Australia who mined 40% less at 12 million.

Only 20% of all production makes it to the status of valuable polished gemstones as almost half of the world's mined diamonds are used for industrial purposes as 'rough' diamonds used in cutting, drilling and polishing.

Natural diamonds spiked in value by over 15% up to the middle of 2022

however prices have since re-corrected and fallen back to more normal levels partly due to the emergence of their man-made equivalents – Laboratory Grown Diamonds.

Lab grown diamonds are almost identical to natural diamonds in every way, physically, chemically and optically except that they are literally 'grown' in a laboratory. There are however two ways to tell them apart. One way is using a specific testing machine which, while still relatively expensive, will identify nearly 99% of lab grown stones through the type of carbon atoms they contain which differ from those in natural stones.

The other way is price. A lab grown diamond can be over 10 times less expensive than a natural stone and the price continues to weaken as more and more suppliers enter the market.



Will this make a lab grown stone eventually as low in price as a cubic zirconia? After all these also started life being many times more valuable than they are now. Only time will tell but the answer perhaps lies in the definition of a gemstone as adopted by the industry.

A gemstone is rare, durable and beautiful. While a lab grown diamond may tick two of those boxes, it is no longer rare and that may become the most defining difference between a natural unique diamond and its man-made equivalent.

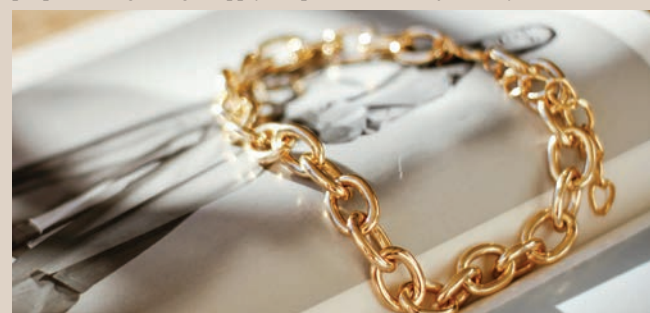
## Second Hand - Not Second Best.....

If you are looking to buy good value gold and diamond jewellery then the pre-owned market is where to shop. Second hand jewellery is a bargain right now compared to its new equivalent as its price is more likely to be linked to the original buying-in price when gold was weaker so you can expect to pay almost half the price for second hand jewellery compared to the new equivalent piece. Therefore do not miss the opportunity to get shopping at Christopher Brown Jewellers and you will find some amazing bargains in our 9 stores.

## Pawnbroking Loans.....

While gold price is going bonkers, the bills still need paying. Why leave your gold or diamond jewellery sat in a box when they could be helping you with your cash-flow instead?

Recycling is a regular part of our everyday culture and more and more people are beginning to apply the practice to their jewellery.



Gold-cycling has become a popular theme of recent years and many of our customers use their items for instant loans, not wanting to part with their precious goods. Others have sold their jewellery and watches outright and used the money for summer holidays, to pay off bills or simply to buy something new. You will be pleasantly surprised with how much you can raise and if you use our pawnbroking service, you remain the owner of the goods and you can simply collect your jewellery or watches when you repay your loan and interest, which can be at any point during the term of the 7-month loan contract.

Christopher Brown Jewellers have branches at York, Seacroft, Shipley, Pontefract, Goole, Stockport and Prescot and have Brown and Gold stores at Batley, and Toxteth.

Call into your nearest store to discuss a loan, sell your gold or view our fantastic collection or pre-owned diamond jewellery and luxury watches. Now is the time to goldcycle so visit your nearest store and make your jewellery work for you!

To find out more, visit our website [www.christopherbrownjewellers.co.uk](http://www.christopherbrownjewellers.co.uk) to browse our latest lines or if you want to hunt out the real bargains visit our stores directly and find that special piece before its too late.

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 Tel: 01924 476 066

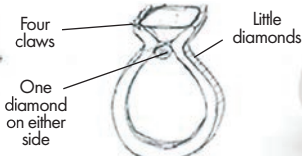
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# MOTORS

## NEW NATIONAL HIGHWAYS CAMPAIGN URGES LANE HOGGERS AND TAILGATERS TO CHANGE THEIR DRIVING STYLE

One in three drivers have admitted to middle lane hogging while one in four have been guilty of tailgating on some of the nation's fastest roads, figures released by National Highways reveal.

The survey findings – were released as National Highways launched a new campaign – show lane hogging was among the most likely behaviours to cause motorists and riders to feel frustrated, while tailgating was among the most likely to make them feel anxious, stressed or unsafe.

The campaign is urging drivers to carefully consider their driving habits – as little changes can change everything.

According to the survey, carried out by Ipsos UK on behalf of National Highways, nearly a third (32%) of drivers admitted to lane hogging at least occasionally while driving on England's motorways and major A roads.

When thinking about their most recent journey, around a third (34%) of those responding noticed middle lane hogging, and many of them reported that it made them feel frustrated or angry.

Meanwhile almost seven in ten adults in England (67%) said close following, or tailgating, is a serious problem on these types of roads.

The survey of 2,500 adults, aged 16-75, also revealed nearly a quarter (23%) of drivers admitted to tailgating at least occasionally.

Nearly three quarters (73%) of people said that if they personally were to drive too close to the vehicle in front, this would be likely to cause an accident. Around the same proportion (75%) said that if other drivers drive too close to their car, this would be likely to cause an accident.

Lane hogging and tailgating both fall under the offence of careless driving with police officers having the power to hand out on-the-spot fines of £100 and three penalty points, meaning failing to keep left on the motorway and close following could hit people in the pocket.

The new campaign – carrying the slogan 'little changes, change everything' – will feature on radio and television adverts, podcasts, roadside billboards, posters at motorway service stations, retail parks and petrol stations, and on social media.

National Highways Director of Road Safety Sheena Hague said:

"Bad habits can make driving on our motorways a challenging experience, as those who lane hog or tailgate frustrate other drivers and make them feel unsafe. Both are dangerous and can cause accidents.

"Our campaign aims to motivate motorists to embrace little changes, which will have an overall positive effect on both them and their fellow road users, reduce congestion and keep traffic flowing.

"The message is simple – always allow plenty of room between you and the vehicle in front, and unless overtaking move into the left-hand lane."

Lane hogging can disrupt the flow of traffic leading to congestion and cause frustration to other road users. It can also lead to other drivers undertaking.

The middle lane should be used for overtaking, letting traffic onto the road, and when traffic conditions do not allow for driving in the left lane.

When traffic conditions allow, people should drive in the left-hand lane and if overtaking should return to the left-hand lane when it is safe to do so.

When it comes to close following, the Highway Code says drivers should "allow at least a two second gap between you and the vehicle in front on roads carrying faster moving traffic". The two seconds are made up of the time needed for thinking and stopping. And when it's raining drivers need to at least double that gap.

Find out more about the campaign at:

[www.nationalhighways.co.uk/road-safety/little-changes/#firststep](http://www.nationalhighways.co.uk/road-safety/little-changes/#firststep)



## Europe's Fan Favourite Gets Facelift

Since its debut in 2004, the Hyundai Tucson has captured the hearts of European drivers, establishing itself as a bestseller and a fan favourite across the continent. In 2023 alone, 158,056 units of the compact SUV were registered in Europe, marking a notable increase in sales from the previous year.

Up until March 2024, 746,836 units of the current, fourth-generation Tucson have been produced for Europe at Hyundai Motor Manufacturing Czech (HMMC) and are being exported to 60 countries – some outside of the continent. The top three markets for Tucson in Europe are Germany, Spain, and the UK.

Building on its legacy, Hyundai is presenting an update of its top seller, which boasts an array of enhancements, including an updated design, innovative technology, a powertrain line-up that better reflects customer needs, and an improved overall package.

As a leading, customer-centric brand Hyundai updated the new Tucson, which retains the progressive appeal of its predecessors while introducing fresh updates. Featuring a sleek and modern look, Tucson boasts redesigned bumpers at the front and rear with new skid plates. In the front, the recognisable 'angel wing' design was reimagined with larger daytime running lights, and the retention of the half mirror effect nestled within the grill, which was refined with laser-cut precision and the surface light treatment to create a feeling of complete illumination. The model also boasts a revamped line-up of alloy wheels and introduces five captivating new colours: the launch colour Cypress Green Pearl, Ecotronic Grey Pearl, Ultimate Red Metallic, Jupiter Orange Metallic, and Sailing Blue Pearl.

The N Line variant remains sporty looking yet more refined and elegant. These include dedicated front and rear bumper designs, updated grill meshes, the same daytime running lights as the base model, N Line 19" alloy wheels, body-colour wheel arches and sides.

Inside, the new Tucson takes comfort and convenience to new heights, introducing a range of updates to enhance the in-car experience for the driver and passengers. Apart from the seats and the centre door trim, the interior was completely redesigned, including the dashboard, centre fascia, steering wheel, and centre armrest. From the redesigned steering wheel to the dual curved 12.3-inch displays for the cluster and infotainment, every detail is crafted with all occupants in mind. The crash pad has been redesigned to adopt a horizontal layout with an open tray. The dual automatic temperature control has also received a new display. Other interior changes include a new armrest type, the introduction of a column type shift by wire behind the steering wheel, and an updated design to the upper door trim.

The seats also received a makeover with a new pattern and new material options (cloth & leather combination). For customers seeking more customisation, Tucson introduces a new interior colour pack, Cypress Green. Tucson N Line brings its own set of distinctive features to the interior, such as red stitching and details, such as the red ring around the engine start/stop button, and a textile suede & leather trim in Obsidian Black.

*UK specifications are still to be confirmed.*

## GET A YEAR OF MOTORING FOR LESS THAN £130 WITH OHME



With electricity prices reduced, EV drivers will be able to charge their cars for less says Ohme, the UK's largest dynamic smart charging company.

As the Standard Variable Tariff dropped to 24.5p/kWh on 1st April, the lowest price in two years, drivers of electric vehicles will be able to enjoy greater savings when charging at home.

However, while that will be welcome news for EV drivers keen to reduce their charging costs, Ohme is encouraging those same drivers to make even bigger savings by switching to a smart EV tariff.

"As more people are trying to lower their household bills, this reduction in the price of electricity will be welcome news for drivers of EVs," said David Watson, Ohme CEO. "However, they could easily lower those bills further by finding out if their electricity supplier offers a special tariff for EV drivers. If not, then they should consider switching to an energy provider that does to enjoy even bigger savings of running an EV."

Ohme's dynamic smart chargers can connect with the grid in real time, automatically adjusting to optimise the cost of charging and accessing all the times of the smartest, greenest and lowest cost energy tariffs.

Charging on the new Standard Variable Tariff in a typical EV for 6800 miles of driving (the UK annual average) would cost £417.00. On a smart EV tariff such as Intelligent Octopus Go however, the same mileage would cost just £127.50. The same distance in a petrol car would cost more than £1100.

Ohme is the official charger provider for Mercedes-Benz and Hyundai in the UK, as well as Polestar and the Volkswagen Group in the UK and Ireland and customers on the Motability scheme, the largest fleet operator in the UK. Ohme has been named as Fast Track Company of the Year in the 2023 UK Green Business Awards as well as Best Chargepoint Manufacturer in the 2024 Irish EV awards.



## MOTORISTS LOSING FAR MORE THAN THEY SAVE WITH DIY CAR SERVICING OR SKIPPING ROUTINE MAINTENANCE

CASH-STRAPPED MOTORISTS are paying a heavy price when it comes to trading in or selling it, by doing their own servicing.

The warning comes from consumer car-selling service HonkHonk.co.uk, which is seeing reductions in the value of home-maintained cars which far exceed the savings made by not using garage services.

As the cost of living crisis continues, more people than ever are turning to YouTube tutorials to guide them through oil changes, brake pad replacements and other routine maintenance.

But initial savings often turn into massive reductions in the value of the car when it's eventually sold.

HonkHonk says it's vital to have an official record of essential servicing or dealers will significantly reduce any price they offer against the car to set against doing the work themselves.

The problem has been recently highlighted by customers of HonkHonk - which brings motorists together with dealers who want to buy their cars - reporting that dealers had turned down good cars because they had no recent service history.

Dealers also tell HonkHonk that some sellers don't appreciate that the dealer will have to vouch for the maintenance of any car they sell - which means repeating any work that the motorist has already done.

In some cases DIY maintenance means a car may have no takers at all on the HonkHonk marketplace, where dealers compete with each other for the best cars they need for stock.

To illustrate the issue in cash terms, HonkHonk reveals these real life examples of an initial saving turning into a much bigger loss, using three current cars for which customers are struggling to find acceptable offers.

### Range Rover Sport with 45,000 miles

Trade value in excellent condition and full service history £35,000.

Two entries missing from service manual.

Servicing money saved - between £600 and £2,000.

Best offer £29,500.

Cost of skipping warranted services - up to £4,900.

Because this car has not sold for 30 days it has also lost an extra £800 in trade value since being listed for sale.

### Mini Cooper diesel with 30,000 miles

Trade value in excellent condition and full service history £13,000.

Services skipped for years 4 and 5.

Servicing money saved - between £400 and £750.

Best offer £11,500.

Cost of skipping warranted services - up to £1,500.

### Ford Fiesta 1,6 Petrol with 65,000 miles

Trade value in excellent condition and full service history £4,000.

Only 6 warranted services in 12 years (against 11 recommended).

Servicing money saved - around £1,200.

Best offer £2,250.

Cost of skipping warranted services - £1,750

*HonkHonk.co.uk provides motorists with a chance to offer their car to a network of thousands of dealers looking for stock, who then compete to buy the car.*



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WITH THIS YORKSHIRE REPORTER ADVERT



Cardo Systems, pioneers of wireless communication devices for motorcyclists, is thrilled to announce a strategic and impactful three-year partnership with the renowned Honda Adventure Roads (HAR) Project to become its 'official communicator'.

This collaboration builds on the already strong relationship between the two brands following the launch of the Honda PACKTALK EDGE device in 2022 and the use of the EDGE unit during the 2022 HAR journey to Iceland.

The Honda Adventure Roads Project is an iconic initiative that invites riders to embark on unforgettable journeys across diverse terrains, pushing the boundaries of exploration and camaraderie. With a commitment to providing unparalleled communication solutions, Cardo Systems is set to enhance the overall experience for participants, ensuring seamless connectivity throughout their adventures.

As part of this exclusive partnership, Cardo Systems has equipped Honda Adventure Roads guide riders with its state-of-the-art motorcycle communication systems to ensure clear and reliable communication. The

Honda PACKTALK EDGE devices feature Cardo's proven Dynamic Mesh Communication (DMC) connectivity – allowing riders to stay connected effortlessly in challenging and dynamic riding environments, Natural Voice Operation and 13-hour battery life.

Nick Bennett, Head of the Honda Adventure Roads project, comments: "We're thrilled to join forces with Cardo Systems and sign a three-year partnership. This collaboration perfectly aligns with our pursuit of adventure and exploration of new horizons using Honda product. Having personally used the Cardo devices, I know they're the perfect fit for our adventure and will allow participants to stay connected, share their experience and forge lasting memories."

For more information about Cardo Systems and its product line-up, visit [www.cardosystems.com](http://www.cardosystems.com).

Find out more about Honda Adventure Roads, via;

[www.honda.co.uk/motorcycles/experience-honda/honda-adventure-roads](http://www.honda.co.uk/motorcycles/experience-honda/honda-adventure-roads)

## Squires Cafe

### Sun 7th April - Ford meet

Start of the season Ford car meet in the top field. 1000's of old Fords old and new on show

### Sat 27th April (AM) - Autojumble

Our monthly autojumble  
Pitches are £5 each for sellers

Visit [www.squires-cafe.co.uk](http://www.squires-cafe.co.uk) for more details



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



# WAGGING TALES!



## Support Your Local RSPCA Branch Today With #EveryoneForEveryAnimal

**Crowdfunder and the RSPCA have teamed up to launch #EveryoneForEveryAnimal, a new campaign to create a better world for every animal.**

Nearly 60 RSPCA branches across England and Wales have launched their own fundraisers to raise money for their own animal welfare projects in their own communities. Many of the branches have also included unique rewards for their supporters as part of their fundraisers, from tours of their centre and RSPCA branded items.

In the Yorkshire and North East here are eight branches who have launched fundraisers:

- RSPCA Bridlington, Driffield & District Branch - donations will go towards a hip operation for Albus the six-month-old kitten who came into their care with a diagnosis of severe Hip Dysplasia.
- RSPCA Darlington & District Branch - donations will go towards the rising vet bills the branch is facing at their RSPCA Cat Rehoming Hub - which went up by more than £10,000 last year!
- RSPCA Doncaster, Rotherham and District Branch - donations will go towards a new van they aim to use solely for the animals including vet trips, collections and emergencies.
- RSPCA Scarborough & District Branch - donations will go towards delivering vital animal welfare services, providing subsidised veterinary care to animal owners on low income and rehoming animals in their care.

- RSPCA Hull and East Riding Branch - donations will go into its RSPCA Academy, a space for pets and people to be rehabilitated, and also supports positive dog training, social prescribing initiatives, and rehabilitating animals.
- RSPCA Sunderland, Hartlepool & South Tyneside Branch - donations will help fund pet clinic days, seminars, welfare events, their pet food bank, and vital veterinary care for the local community.
- RSPCA York, Harrogate & District Branch - donations will go towards supporting York Animal Home. Maintenance of the nine buildings, staffing costs, supporting volunteers, veterinary bills and most importantly caring for, rehabilitating and rehoming animals costs around £1,750 per day.
- RSPCA Sheffield Branch - donations will help the branch run Sheffield Animal Rescue Centre and help them deliver their dream of building a new dog area on their grounds.

There are also four national Crowdfunders which have been launched by the RSPCA which aim to raise funds for a number of RSPCA projects.

- Win a signed Charlie Mackesy print & support RSPCA  
[www.crowdfunder.co.uk/p/win-signed-charlie-mackesy-print-support-rspca](http://www.crowdfunder.co.uk/p/win-signed-charlie-mackesy-print-support-rspca)
- See Wicked & help the RSPCA Pet Food Bank project  
[www.crowdfunder.co.uk/p/win-wicked-tickets-support-rspca-pet-food-banks](http://www.crowdfunder.co.uk/p/win-wicked-tickets-support-rspca-pet-food-banks)

- Will you help pets access the vet care they need?  
[www.crowdfunder.co.uk/p/voucher-scheme](http://www.crowdfunder.co.uk/p/voucher-scheme)
- Win a Coronation Street tour & help RSPCA rescuers



[www.crowdfunder.co.uk/p/win-coronation-street-tour-help-rspca-inspectors](http://www.crowdfunder.co.uk/p/win-coronation-street-tour-help-rspca-inspectors)

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

Dermot Murphy, RSPCA Inspectorate Commissioner said: "For almost two centuries, the RSPCA has been changing minds, laws, industries and lives to create a better world for animals and people alike. We have come a long way in 200 years but there is still so much more to do.

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

"We are incredibly proud of our network of branches across England and Wales and their dedication to animal welfare in their communities. We hope this campaign and their individual fundraisers will ensure they are able to continue to help more animals across their regions."

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

Since then the charity has been changing industries, laws, minds and animals' lives for 200 years, and in the last ten years alone has found homes for over 405,000 pets in need thanks to a network of 140 branches and animal centres across England and Wales.

Veterinary treatment has also gone to 1.7 million animals, and by working together with food banks and their branches the RSPCA has delivered 1.5 million pet meals to help struggling owners.

Join the animal welfare movement and help change more animals' lives. Donate to support your local RSPCA branch from the list below or to the RSPCA #EveryoneForEveryAnimal national campaign. Together, we can create a better world for animals across England and Wales.

To find out how you can join the million-strong movement for animals visit [www.rspca.org.uk/200](http://www.rspca.org.uk/200)

## Leading Veterinary Charity Addresses 'Fatal' Respiratory Dog Disease Spreading In The US

**With reports of rising cases of Canine Infectious Respiratory Disease (CIRD) in dogs across the US, a leading UK veterinary charity has issued advice to pet owners, reassuring them that the disease does not appear to have spread to the UK.**

PDSA Vet Catherine Burke said: "Pet owners will be no stranger to catching a nasty cough themselves but may not be aware that our four-legged friends can suffer from similar respiratory infections.

"While there has been discussion around CIRD in the US, particularly in the news, the same disease hasn't been seen in the UK. If your dog catches a cough, it's much more likely to be 'kennel cough' - a known and usually treatable illness that vets across the country have extensive knowledge about and experience treating.

"Kennel cough is an infection of the airways that causes a dry hacking cough in dogs. It usually stems from a viral infection but can occasionally be caused by bacteria too. It spreads through direct contact between dogs, as well as in the air and on surfaces, so is most prevalent when a group of dogs are gathered in one space, such as in kennels or doggy day care.

### SPOTTING THE SYMPTOMS

"Symptoms of kennel cough can sometimes take up to two weeks to develop and can last for up to three weeks, so don't be alarmed if your furry

friend doesn't seem to be feeling better straight away. While most dogs will come down with a hacking cough, puppies, older dogs and those with other illnesses might also suffer from other symptoms such as a reduced appetite, low energy, a high temperature and difficulty breathing.

"If you notice your furry friend coughing, or if they aren't being their usual greedy and playful self, it's a good idea to speak to your vet for advice and book them in for a check up, especially if they are having any problems breathing. Make sure to let them know that your dog has been coughing - they might ask you to wait outside before being called in to minimise the risk of spreading infection to other dogs in the waiting room.

### TREATING YOUR POORLY POOCH

"Dogs with kennel cough will usually recover at home within one to three weeks, without medication. Exercise can make their cough much worse so you may need to keep your pooch rested, and give them plenty of TLC. Some dogs with kennel cough may benefit from sitting in a steamy room (perhaps while you have a shower or bath) to help relieve the congestion in their airways. Never leave your dog alone in a steamy room though and don't force them to stay if they aren't comfortable.

"If your furry friend has more severe symptoms, your vet may prescribe anti-inflammatory medication, to help reduce airway inflammation and

help to bring down a high temperature. Antibiotics are rarely prescribed for kennel cough as most cases are caused by a virus (which doesn't respond to antibiotics) but depending on how your dog is coping especially if your dog is very young, old or suffers from any other health conditions, your vet may suggest they need them.

"Keep your pooch away from other dogs and public spaces for two to three weeks as, even after their symptoms have cleared, they'll still be contagious and can continue to spread the infection.

### PREVENTING KENNEL COUGH

"The most effective way to prevent kennel cough is through vaccination, especially if your pooch spends lots of time around other furry friends. The protection from vaccination will last for 12 months and significantly reduce the chances of your dog catching the infection. Most kennels and doggy day care centres will request that each dog is vaccinated two to three weeks prior to joining them."

Seek advice from your vet if you're unsure about anything relating to kennel cough, or for more information about the infection, visit: [www.pdsa.org.uk/kennelcough](http://www.pdsa.org.uk/kennelcough)

PDSA is the leading vet charity for pets in need. For more information visit [pdsa.org.uk](http://pdsa.org.uk)





## Yorkshire Wildlife Trust Plea For Dog Owners To Keep Dogs On Leads During Nesting Season

**Paws for thought! The Wildlife Trusts and Dogs Trust encourage owners to keep their pooches on leads during nesting season from March until August**

Yorkshire Wildlife Trust are encouraging dog owners to keep their pets on leads during visits to nature reserves and the wider countryside. Unsupervised dogs can unintentionally cause harm to ground-nesting birds such as skylarks, lapwings, meadow pipits and woodcock, as well as other birds such as robins and dunlocks that nest close to the ground, so it is vital that they are kept under control.

As well as the year-round birds, springtime brings with it the arrival of exciting migratory visitors which have travelled thousands of miles to nest at nature reserves throughout the UK. Many of these birds nest on or close to the ground, where they're particularly vulnerable to disturbance from dogs. This can lead to them abandoning their nests and losing their eggs or chicks. Some bird species are already struggling, and disturbance by dogs can make it even harder for them to survive.

Off-lead dogs have also been known to go for the occasional unexpected swim in ponds, rivers and other waterbodies. These areas are home to wildlife that dogs can disturb, such as voles, otters and newts, and there is also a risk of your pet getting injured. Dogs may also pollute waterbodies with chemicals used in flea treatments – these can be extremely harmful to aquatic life.

Yorkshire Wildlife Trust's Grass Wood nature reserve near Grassington is popular with visitors looking to enjoy the spring wildflowers or autumnal colour, including dog walkers.

Reserve Assistant Becky Dennison said,

"Grass Wood nature reserve is a popular and special site with lots of wonderful wildlife, but it includes some very sensitive species including song birds that can easily be disturbed by dogs.



"Nesting and fledgling birds are particularly vulnerable to disturbance – the eggs of the willow warbler are so tiny that they can be snaffled up or crushed in a moment without the owner noticing, and scaring a bird away from its eggs in poor or cold weather can lead to the eggs or chicks chilling to death very quickly. We implore everyone to please keep your dogs on

leads, especially in spring when wildlife is at its most vulnerable; please do not allow them to run through the woodland undergrowth and out of sight or there is a very real risk that our spring woodlands could fall silent from much of their most beautiful birdsong."

Yorkshire Wildlife Trust has also recorded multiple problems with dogs chasing grazing livestock, including two in 2023: one of the Trust's Hebridean sheep was attacked at Stirley nature reserve near Huddersfield, requiring extensive medical intervention, and pregnant ewes were chased by off-lead dogs at Kilnsea Wetlands near Spurn.

Many dog owners are passionate about nature and want to avoid harming it. However, even the most well-behaved dogs can unintentionally cause distress or damage wildlife, simply by following their natural curiosity. Birds perceive dogs as predators; when dogs roam freely, birds may abandon their nests, leaving eggs and chicks cold and unprotected. From designated walking paths to understanding wildlife seasons, there's plenty we can do to ensure everyone has a safe and enjoyable experience – on two legs or four.

Responsible dog owners can help wildlife if they:

- Keep dogs on short leads on nature reserves and in the wider countryside. Allowing dogs to worry livestock is against the law, under The Animal Welfare Bill.
- Only visit reserves with dogs under control where they are permitted and always keep to paths. Nature reserves are rare places where wildlife is given the priority.
- Clean up after animals and dispose of dog waste in bins or at home. Dog waste is dangerous for wildlife as it can carry diseases, scare away animals and increases nutrients in soils above healthy levels, affecting the natural balance of fragile habitats.
- Prevent dogs jumping in ponds; this can disturb aquatic wildlife, and insecticides found in dog flea treatments pollute waterways and kill wildlife too.

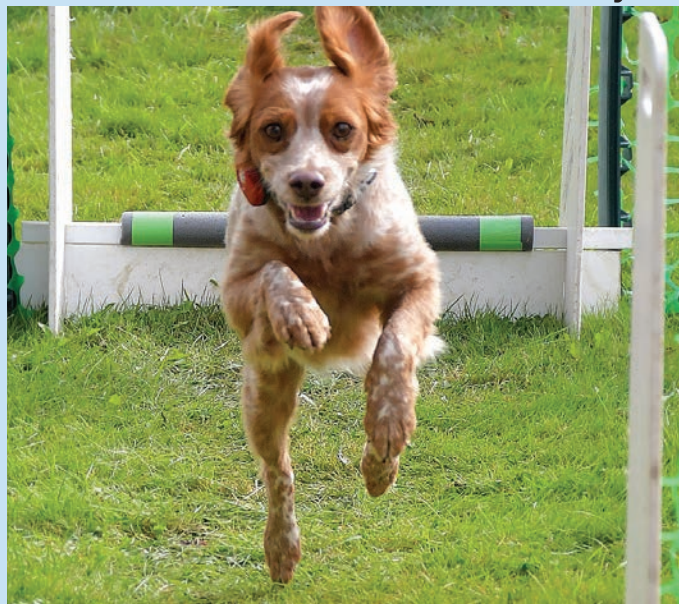
Dr Jenna Kiddie, Head of Canine Behaviour at Dogs Trust, says:

"Dogs enrich our lives, but they also bring a level of responsibility. Whilst many of us enjoy taking our dogs for long walks, especially as it becomes a bit warmer, we urge dog owners to consider their surroundings, particularly when visiting areas where they might encounter wildlife. When visiting rural areas, owners should keep their dogs under control and ensure they do not worry other animals or stray from the path, as well as dispose of their dog's waste appropriately. We would advise keeping your dog on a short lead, and close to you, especially whenever livestock are nearby. It is important to remember that chasing is normal dog behaviour, and that any dog is capable of chasing, irrelevant of breed, type, age or size."

Clare Webb, Countryside Code Project Manager at Natural England is supportive of The Wildlife Trusts' initiative. She says:

"The Countryside Code helps us all respect, protect and enjoy our outdoor spaces. Many of us enjoy nothing better than a walk with our dogs in the fresh air and the Countryside Code sets out how we can do this responsibly by keeping dogs on a lead, checking local signs, respecting livestock and those who work in rural areas."

## Sewerby Hall And Gardens' Canine Carnival Returns In 2024



**Sewerby Hall and Gardens are pleased to announce that the Canine Carnival will be returning on Sunday, 15 September.**

Following the success of the event in 2023, which helped raise over £1300 of vital funds for partners Jerry Green Dog Rescue, dog owners and their families will return to steal the judges' hearts, win a rosette, become Best in Show, or even pick up the coveted trophy for the Dog of Sewerby Hall 2024.

The Canine Carnival is hosted in partnership with Jerry Green Dog Rescue, who for over 60 years have rescued, cared for, and rehomed over 44,000 dogs in need of a second chance. With a community outreach programme in East Yorkshire, as well as three centres across Lincolnshire and Nottinghamshire, Jerry Green Dog Rescue continue to provide a safe place for homeless dogs and to seek new loving places for them to live.

Guaranteed to get tails wagging, this doggy delightful day will have lots on offer, including the Fun Dog Show, demonstrations, dog agility, face painting, competitions, a dog zone, pick' n mix, scent work, ball pools, educational talks, and lots more.

2024 will also see the return of demonstration ring activities including demonstrations from Bishop Burton College and the dog/catwalk, in which dogs get the chance to strut their stuff in an outfit supplied by Oh My Dog of Beverley! Not forgetting the opportunity to go doggy shopping to pick up a treat (or two!), take time out for a bite to eat and drink, and explore everything else Sewerby Hall and Gardens has to offer including the House, Gardens, and Zoo.

Jerry Green Dog Rescue Event Fundraising Lead, Charlotte Toplass, said:

"We are delighted to be returning to Sewerby Hall and Gardens for a second year. We hope everyone can come along, have some fun and help us raise some pounds for our pooches. The support will help us transform the lives of rescue dogs in need of care. See you on Sunday, 15 September."

The Canine Carnival will run from 10.30am to 3.30pm. Normal admission prices for Sewerby Hall and Gardens will apply, on the day or by prior online booking - dogs will be free of charge. Only assistance dogs are allowed in the house and zoo.

The dog show categories will be payable and bookable on the day.

Marie Gascoigne, general manager, Sewerby Hall and Gardens, said: "This new event was great fun last year. It was lovely to see so much support, and I am sure it will prove just as popular again. We can't wait to see all the dogs and their owners returning to Sewerby Hall and Gardens, and the atmosphere on the day for all our visitors will be wonderful!"

Event information can be found at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk) and on social media for Sewerby Hall and Gardens.

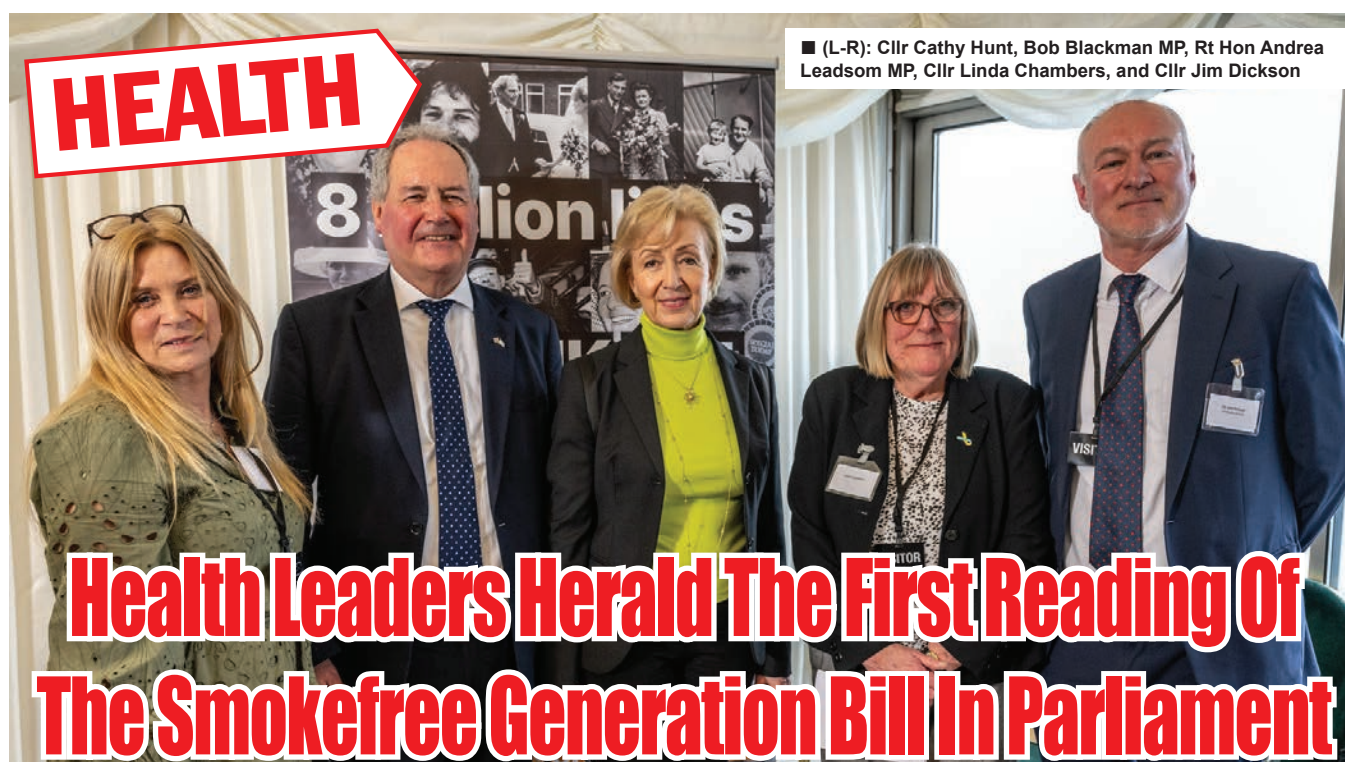
Anybody interested in taking a stall to promote dog-related products or services should register their interest by emailing;

[Sewerby.Hall@eastriding.gov.uk](mailto:Sewerby.Hall@eastriding.gov.uk)

To make a weekend of it with a dog friendly stay, visit;

[www.southcliff.co.uk](http://www.southcliff.co.uk)





## Health Leaders Herald The First Reading Of The Smokefree Generation Bill In Parliament

Health leaders in Humber and North Yorkshire are delighted to learn that the tobacco and vapes bill has been launched in Parliament, signifying a major step towards a smokefree future.

The Humber and North Yorkshire Health and Care Partnership has been a vocal advocate of the bill. The bill aims to dramatically reduce smoking rates by prohibiting the sale of tobacco products – including cigarettes, cigars, and e-cigarettes – to anyone born on or after 1 January 2009.

This ensures anyone under 15 in 2024 will never legally purchase tobacco, even as adults. In addition, there will be new fixed penalty fines of £100 for selling cigarettes or vapes to children and new regulatory measures on vaping to prevent the uptake in young people.

Tobacco is an entirely preventable cause of ill health, disability, and death in the country, responsible for 64,000 fatalities in England a year. No other consumer product kills up to two-thirds of its users.

This is especially important for the Humber and North Yorkshire region, which contains areas with some of the highest rates of smoking in the UK, compared to national averages.

Scott Crosby, Associate Director for the Humber and North Yorkshire Centre for Excellence in Tobacco Control, said: “I am thrilled that the bill has passed its first reading. Since the Prime Minister’s announcement in October, the Centre for Excellence in Tobacco Control has been steadfastly supportive, recognising that safeguarding our children from this harm is an investment in our nation’s future.

“There is no safe way to use tobacco, so it is important that the legislation applies to all types of tobacco products, including combustible, smokeless and heated. We urge every Member of Parliament to endorse this groundbreaking legislation.”

Recently, various representatives from across the region attended a ‘Smoking Survivors’ event in the Houses of Parliament on No Smoking Day to show their support for the Smokefree Generation bill and share their experiences of tobacco harm.

One of the speakers at the event was Hull City Councillor, Linda Chambers, who sadly lost her husband Mike to smoking related cardiovascular disease in July 2022. Linda’s story can be viewed on YouTube.

Speaking about the Smokefree Generation bill, Linda said: “I am delighted to hear that the bill has been tabled and I support a smokefree generation because I know it can have a huge positive impact on our future. This is the best way we can save our NHS.

“One in four people come into hospital because of smoking related illness, they’re trapped in an addiction that’s damaging them. Not only does it cut years off people’s lives, but it also costs the NHS millions of pounds in treating the harms caused by tobacco.

“By doing everything we can to protect children from ever picking up that first cigarette, we save them from the harm, destruction and death from tobacco.”

Figures show:

- Most smokers start as teenagers with 83% smoking before the age of 20.
- ¾ of smokers would never have started if they had the choice again.
- Smokers who start younger have higher levels of tobacco dependency and suffer a worse risk of lung cancer and heart disease during their lives.

Around three quarters of adults in Yorkshire and the Humber (74%) support the Government’s ambition to reduce smoking prevalence by 2030 to 5% or less. Two thirds (65%) of adults support increasing the age of sale of tobacco to 21 years, and just over half (51%) of adults support increasing the age of sale every year.

## Welcome Funding Boost For Adult Social Care

Rt Hon Julian Smith CBE MP has welcomed the news that Humber and North Yorkshire ICS will receive £537,344 this month, as its first tranche of funding, to support innovation and scaling in adult social care.

Across the country, £20 million is being allocated this year and over £22 million next year to help further develop adult social care services, with local authorities working in partnership with the NHS, care providers, voluntary and community groups. The funding will help increase community-based care models such as shared-living arrangements and access to digital tools.

Humber and North Yorkshire ICS will use the funding to explore options the available to increase the provision of Shared Lives; support unpaid carers to have breaks which are tailored to meet their needs; and better identify carers in local areas, whilst encouraging people to recognise themselves as carers which will improve access to carer services.

Julian Smith said, “It’s so important that we ensure everyone can access the help they need and that those helping others are in turn given the necessary support.

“This fund will boost that support and make a real difference to the lives of those giving and receiving care.”



Humber and North Yorkshire Health and Care Partnership

## Cancer Deaths Plummet In Middle-Aged People

A study by Cancer Research UK has revealed that fewer middle-aged people are dying from cancer in the UK than at any point over the last 25 years.

Published in the British Medical Journal and conducted by researchers at the University of Leeds, University College London and Public Health Scotland, this major study examines trends in cancer incidence and mortality amongst middle-aged adults (35-69 yrs.) in the UK between 1993 to 2018. Researchers said that analysing trends in this age group helps to indicate future patterns of cancer in older patients.

The study showed that overall, mortality rates had dropped by 37% in men and by 33% in women. In examining data for 23 cancer types, it also found that cervical cancer mortality rates decreased by 54.3%. This shows how the HPV vaccine combined with cervical screening has helped to prevent cancer and stop the disease in its tracks.

The study also revealed that lung cancer mortality rates decreased by 53.2% in men and by 20.7% in women, thanks to reduced smoking rates in recent decades. And deaths have also dropped in breast, bowel and cervical cancers, showing how screening programmes help to save lives by diagnosing cancer earlier.

Whilst progress is to be welcomed, the charity warned that cancer cases are on the rise overall – this is largely due to a growing population and lifestyle factors impacting people’s cancer risk. The data highlights that cancer cases rose by 57% in men and 48% in women over the 25 years. This trend will result in challenges for cancer patients, the UK’s health system and the economy.

Researchers also found year-on-year increases in cases of melanoma, liver, oral and kidney cancers. And death rates for liver, oral and uterine cancers – all linked to risk factors including UV exposure, alcohol, overweight and obesity, and smoking – are not improving fast enough.

Cancer Research UK said there is an immense challenge ahead to maintain progress, with cancer waiting times hitting record highs in all UK nations and NHS staff under extreme pressure.

Cancer Research UK’s head of cancer intelligence and lead author of the study, Jon Shelton, said:

“This study helps us to see the progress we’ve made in beating cancer and where challenges clearly remain. With cancer cases on the rise and improvements in survival slowing, it’s vital that the UK Government takes bold action to keep momentum up. Now is the time to go further and faster,

building on the successes of decades of research and improvements in healthcare.

“This research is as a useful benchmarking tool for the next 25 years and beyond so that we can take action to save more lives from cancer. We must continue to prevent as many cancer cases as possible, diagnose cancers sooner and develop kinder treatments.”

The charity said that the findings highlight where the UK Government can focus its efforts to help to save more lives from cancer, as well as the steps people can take to reduce their risk of the disease.

If action is taken against smoking, overweight and obesity and alcohol, nearly 37,000 cancer cases could be prevented by 2040 in the UK. Preventing ill health not only benefits cancer patients and their families, it also leads to huge gains for the economy and the NHS.

Cancer Research UK is also calling on the Government to diagnose more cancers earlier. Bowel cancer screening should be optimised to reduce inequalities in access and reach as many eligible people as possible. Targeted lung screening, which is being rolled out across England, will help to save lives more lives from a cancer type that takes more lives than any other. It is vital that other UK nations follow suit to reach more at-risk people.

Cancer Research UK’s chief executive, Michelle Mitchell, said:

“This major study brings to life improvements that have been made to tackle cancer in recent decades. If we take lung cancer, for example, we can clearly see that reducing smoking prevalence saves lives. The UK Government can build on this success by raising the age of sale of tobacco and continuing to fund a world-leading programme of measures to help people who smoke quit.

“But cancer is still a defining health issue in the UK that impacts nearly one in two people. People face long waits for vital tests and treatment and cancer cases are on the rise. Cancer patients won’t feel the full benefits of advances in research breakthroughs and innovation, including new cancer treatments, without a long-term plan and funding from the UK Government.”

Cancer Research UK is urging political leaders to deliver long-term cancer strategies in all UK nations, including a National Cancer Council in England to drive cross-government action on cancer.

The UK Government must invest in new technologies and treatments for patients and innovation and reform must be backed by sufficient funding, staff, and equipment.





A new government campaign - Start for Life's 'if they could tell you' - has launched to support parents to help build secure bonds to help nurture their baby's future mental health, along with easy-to-follow guidance on the Start for Life website.

The campaign aims to highlight that babies' expressions, reactions, noises and cries are the way they communicate their needs and feelings to parents which in some cases can be an indication of their mental wellbeing.

Parents and carers can learn how to interpret these cues so they can find the best way to meet their baby's needs.

A baby's brain is making one million neural connections every second, making pregnancy and the first 2 years so important for their healthy development. These connections are formed as a result of the interaction between parents and their babies, laying the foundations for their physical and emotional wellbeing, now and in future. Secure relationships with parents and carers positively impacts child development outcomes and reduces the likelihood of mental health difficulties.

Minister for Public Health, Start for Life and Primary Care, Dame Andrea Leadsom, said:

"We are committed to giving every baby the best start in life, and promoting that vital secure attachment between babies and their parents in the 1,001 critical days from pregnancy to 2 years old is crucial for their future wellbeing.

"Speaking with parents across the country, I've heard first-hand that they need more support around how to better build those connections. Parents can access a range of support and advice, in person via family hubs and on the Start for Life website.

"We are also launching new guidance for frontline practitioners, aimed at helping them to start conversations with parents about building their relationship with their baby."

Deputy Chief Medical Officer, Dr Jeanelle de Gruchy, said:

"A strong, loving connection between parents or carers and their baby can play a significant role in developing the brain and protecting their mental health as they grow up.

"This campaign will make it easier for parents and carers to interpret the way their baby is communicating with them and understand how best to meet their baby's needs.

"Raising a baby is not easy and I hope that new NHS trusted advice provided through the campaign will be a helpful source of information and support to parents and carers."

New guidance for frontline practitioners will also help start conversations with parents and carers to explore their relationship with their baby, in order to provide support.

The early years are a crucial time for the development of a child's brain. Over a third (41%) of parents of under 2s in England are unaware that mental health starts to impact a child's development before they are 2.

While most parents (95%) feel confident in supporting their baby's emotional and social development, more than two-thirds (73%) of parents in the survey indicated they would welcome support in nurturing their connection with their baby further.

The new survey from Censuswide, which explored parents' understanding of building a positive connection with their baby, also found that over half (53%) of parents believe that parenting advice they received in their baby's early life, such as letting the baby 'cry it out' (53%) and limiting physical affection (52%) to avoid the baby becoming clingy was outdated, with almost a third (31%) of parents feeling guilty for following this advice when their baby's cues indicated otherwise.

Child development expert, Dr Amanda Gummer, said:

Building a strong connection with your baby from pregnancy onwards helps to foster a sense of love and security, laying the foundations for their future wellbeing and mental health.

### Tips For Parents

Dr Gummer has these tips for parents to help interpret cues and build strong connections with your baby.

#### Mirror Your Baby's Reactions And Emotions

Babies need you to help them learn about themselves and the world around them. Your baby might be telling you they're ready to play if they're smiling or cooing. You can mirror your baby's reactions and emotions - such as smiling back if they have bright eyes - as this shows them that it's OK to express those emotions.

#### Comfort Your Baby When They Are Crying

It's important to respond to their cries, as well as their smiles, with love and reassurance. If your baby is crying, try soothing them with gentle rocking, speaking softly, or singing to them.

Remember, you cannot 'spoil' a baby with too many cuddles and it does not make them clingy. Babies will cry for different lengths and at different times, so try not to compare your baby to others. Babies also cry for different reasons; pain cries can be different to hunger or tired cries so try to understand what they're telling you to help you respond appropriately. Looking after yourself is also really important and will help you to comfort your baby's cries.

#### Enjoy Playing Face-To-Face With Your Baby In Everyday Moments

The more you cuddle, look at and play face-to-face with your baby, the more secure they'll feel, and the more independent they'll become. In time, they will feel confident that you will be there for them. This can be as simple as saying what they do and name what they see, as you're going about your routine.

#### Let Your Baby Take Breaks When They Need Them

(And The Same Goes For You!)

Your baby's body language, facial expressions, noises and cries are their ways of telling you what they need. Sometimes they might be telling you they just need a break. Show them that it's ok if they need to try something different, or just to rest. Remember to also take care of yourself, and take a moment when needed, so you're ready to understand and respond to your baby's cues.

Find further information and support visit;

<https://familyhubs.campaign.gov.uk>

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■ Lewis with his grandmother trying Jelly Drops



## Dehydration Can Lead To Severe Health Problems For People With Dementia

**Dehydration is a common challenge for people living with dementia as memory problems mean they can easily forget to drink enough water.**

Someone with dementia may become dehydrated if they're unable to communicate or recognise that they're thirsty, or if they forget to drink. This can lead to headaches, increased confusion, urinary tract infections and constipation. These can make the symptoms of dementia worse.

Alzheimer's Society is sharing useful tips to help ensure people living with dementia stay hydrated.

Danielle Cooper, Head of Service for Alzheimer's Society, said: "There are currently 900,000 people in the UK with dementia, including more than 76,000 in Yorkshire and Humber.

"Dehydration can lead to severe health problems for people with dementia. They may forget to drink enough fluids and stay hydrated."

"To boost your loved one's daily water intake, you could try introducing something fun, like Jelly Drops. These bite-sized, sugar-free sweets contain 95 per cent water and added electrolytes and vitamins, which can be enjoyed throughout the day to keep the person hydrated."

Eight hydration tips for people living with dementia from Alzheimer's Society:

1. Encourage the person to drink throughout the day. The recommended amount is one and a half to two litres a day, which is around eight to 10 glasses or 10 to 13 cups per day.
2. Have a drink on hand whenever the person is eating something.
3. Use a clear glass so the person can see what's inside or try a brightly coloured cup to draw attention instead.
4. If possible, offer the person the cup or put it where they can see it clearly.
5. Offer different types of drink throughout the day such as tea, coffee, hot and cold milky drinks, fruit juice or smoothies, soup, squash, and water.
6. Make sure the cup or glass is suitable – not too heavy or a difficult shape.
7. Encourage the person to eat foods that have a high liquid content, such as gravy, ice lollies, milk, jellies and yoghurt.
8. Offer nutritionist approved Jelly Drops®, which may help people consume more water.

Lewis Hornby, inventor of Jelly Drops, who was inspired by his late grandmother and her love for sweets, said:

"Dehydration is a serious and often overlooked problem for people with dementia. Like many, I was unaware of how severe dehydration can be and was determined to find an easy way to provide additional fluid intake, while replenishing essential electrolytes.

"I urge everyone to take a moment to consider whether a friend or family member is at risk of dehydration and make a plan for how you can help prevent it."

For more information on supporting people living with dementia and Jelly Drops visit [alzheimers.org.uk](http://alzheimers.org.uk)

## Further Data Collection Needed For Promising New One-Off Sickle Cell Gene Editing Therapy

**Approval of a potentially curative gene editing therapy for some people with severe sickle cell disease (SCD) would need the collection of further data on its effectiveness, as well as a commercial arrangement, NICE has said in draft guidance on exagamglogene autotemcel (exa-cel) published for public consultation.**

NICE's draft guidance does not currently recommend exa-cel (also called Casgevy and made by Vertex) for treating SCD in people 12 years and over with recurrent vaso-occlusive crises (VOCs) who have a  $\beta^S/\beta^S$ ,  $\beta^S/\beta^+$  or  $\beta^S/\beta^0$  genotype. If recommended, exa-cel would be an option when a stem cell transplant is suitable but no matched donor can be found.

There are very few therapies available to stop symptoms of SCD and those that are available often have intolerable side effects. Clinical and patient experts and the NICE committee agreed that it is possible exa-cel could provide a cure to a wider population with severe SCD, given the small numbers that can have a stem cell transplant.

Before making a final decision, the committee want to better understand the quality-of-life impact from current care for people with severe sickle cell disease. It also considered that further trial data would reduce the uncertainty about how long the benefits of treatment with exa-cel last and whether people return to full health or near full health with exa-cel or continue to have any SCD-related complications.

The committee would like the company to further consider how additional data collection, beyond their current proposal for managed access, can address some additional clinical uncertainties in an updated managed access proposal to NICE in response to this consultation.

SCD is more common in people from African, Caribbean, Middle Eastern or South Asian family backgrounds.

In SCD, damaged red blood cells can block blood flow to parts of the body, depriving them of oxygen and causing severe pain. This is often called a VOC. The complications of SCD and VOCs affect people's mental health and daily activities, in particular their ability to work, go to school, to exercise, to travel and to live with spontaneity.

## NICE Updates...

Treatment with exa-cel involves collecting the person's blood stem cells. These are then edited in a lab to produce high levels of foetal haemoglobin in red blood cells after they are returned to the body in a single infusion. The functional foetal haemoglobin compensates for the non-functional haemoglobin caused by SCD.

As exa-cel involves people receiving their own edited cells, they have no risk of their body rejecting them.

## 540 Adults Will Have Access To New Treatment Option For Womb Cancer

**A new treatment option given with chemotherapy is recommended for some types of advanced or recurrent womb cancer in final draft NICE guidance published recently.**

Dostarlimab (also called Jemperli and made by GSK) is a monoclonal antibody and helps the immune system to fight cancer. It is given through a drip over 30 minutes in hospital.

Clinical trial evidence shows that dostarlimab with platinum-based chemotherapy improves life expectancy and extends the time before the cancer gets worse. But because the study only collected data for a short time, the long-term benefits are uncertain. Dostarlimab has therefore been recommended for use in the Cancer Drugs Fund (CDF). This means that it will be available in the NHS to treat this type of womb cancer while further evidence is collected.

There are 2 main types of womb cancer (endometrial cancer or uterine sarcoma) and around 9,000 new diagnoses annually in the UK. Endometrial cancer is the most common type of womb cancer, and around 23% of endometrial cancers are a subtype with high microsatellite instability or mismatch repair deficiency. Dostarlimab is recommended for these subtypes where the cancer is advanced or has come back following previous treatment.

Advanced or recurrent endometrial cancer (meaning that the cancer has spread beyond the uterus or come back after previous treatment) has a significant effect on both life expectancy and quality of life. This will be the fourth treatment option for endometrial cancer that NICE has recommended for either routine NHS commissioning or use through the CDF since NICE was founded in 1999.

## New Combination Treatment For Advanced Kidney Cancer

**1,100 people with advanced kidney cancer could benefit after NICE recommended a new combination treatment.**

Cabozantinib (also known as Cabometyx and made by Ipsen) with nivolumab (also known as Opdivo and made by Bristol Myers Squibb) is recommended in final draft guidance as a first-line treatment of advanced renal cell carcinoma in adults.

Renal cell carcinoma is the most common type of kidney cancer and the advanced disease means the cancer has spread beyond the lymph nodes to other areas of the body. Treatments aim to control the cancer and relieve symptoms, which can include unexplained weight loss, tiredness, and fever.

Cabozantinib, which is given as tablets taken daily, blocks proteins called receptor tyrosine kinases (RTKs), which are involved in the growth of cells and the blood vessels that supply them. These proteins can be present in high amounts in cancer cells, and by blocking them the medicine can slow down tumour growth and help to cut off the blood supply the cancer needs.

Nivolumab targets a protein on immune system cells that normally stops them from attacking other cells in the body. By blocking protein, the medicine boosts the immune response against kidney cancer cells.

Clinical trial evidence suggests people having cabozantinib plus nivolumab live longer and have longer before their cancer gets worse than people having other standard treatments such as sunitinib, pazopanib or tivozanib.

A randomised controlled trial comparing cabozantinib plus nivolumab with sunitinib found that people taking cabozantinib plus nivolumab had a median overall survival of 49.5 months compared with 35.5 months for sunitinib. It also found that progression-free survival was 16.6 months compared with 8.4 months for sunitinib.

NICE also used UK real-world evidence to inform the underlying risk and safety associated with having renal cell carcinoma and having treatment.





## Get Your Blood Pressure Checked

Millions At Risk From 'Silent Killer' As NHS Campaign Warns There Are Often 'No Clues' When It Comes To High Blood Pressure

The NHS has launched a new national campaign to find the 'missing millions' who have undiagnosed high blood pressure.

High blood pressure, often described as a 'silent killer', affects an estimated 32% of adults. As the condition rarely has any symptoms, approximately 3 in 10 of these remain undiagnosed, equating to 4.2 million people in England.

The public are being warned that there are often 'no clues' about who might have high blood pressure - the only way to know is to have a simple test.

With the NHS announcing an additional 2.5 million blood pressure checks in community pharmacies over this year and next, those aged 40 years and over are now being urged to get a free blood pressure test at a participating pharmacy. The procedure is quick, non-invasive and you do not need to book in advance.

This comes as new survey data reveals widespread misconceptions about the condition among those at risk.

Despite the majority of high blood pressure cases being asymptomatic, only one in 14 respondents (7%) thought the condition has no symptoms. The survey also revealed one in 6 (17%) of those surveyed have been put off having a blood pressure check because they do not feel unhealthy or stressed.

Health Minister Andrea Leadsom said:

Millions of adults in England unknowingly have high blood pressure, without experiencing any symptoms. As part of our Pharmacy First programme, the NHS has expanded its pharmacy offering to include 2.5 million more blood pressure checks within local pharmacies.

Knowing if you have a healthy blood pressure is so important and this new drive will help to prevent the potentially fatal consequences of untreated high blood pressure.

I urge people to go to their local pharmacy today to get their blood pressure checked. It could be a life-saving trip.

Left untreated, high blood pressure can lead to heart attacks, strokes, kidney disease and vascular dementia.

However, the survey of over 2,000 adults aged 40 and over revealed worrying numbers who do not know the potentially fatal effects of high blood pressure - with 4 in 10 (41%) unaware that, if left untreated, high blood pressure can lead to heart disease, and over a fifth (22%) being unaware that it can cause strokes and heart attacks.

To encourage more over 40s to come forward for potentially life-saving blood pressure checks, new advertising features a fictional detective

struggling to solve the mystery of high blood pressure, due to a lack of 'clues' and 'insufficient evidence'.

The campaign is being backed by Graeme Souness, TV pundit and former footballer, who is affected by high blood pressure and had a heart attack, and Gloria Hunniford, TV presenter and broadcaster, whose dad and husband have suffered strokes.

The pair appear alongside other patients affected by the condition, and pharmacist Deepak Bilakhia, in a mock police line-up to demonstrate how any of us could be unknowingly walking around with the condition.

Gloria Hunniford said:

"This campaign is very close to my heart - both my husband and my father sadly suffered from a number of strokes due to high blood pressure, so I know from personal experience just how important it is to get your blood pressure checked, even if you feel healthy.

"That's why I'm so pleased to hear that pharmacies offer free, quick blood pressure checks for people aged 40 and over - thankfully, this really will save lives."

Graeme Souness said:

"It's so important to get your blood pressure checked - in my experience, high blood pressure doesn't only affect the 'usual suspects', it can and does affect anyone so you could be at risk without knowing it.

"I've had high blood pressure for years but have been able to manage it with a routine of healthy eating, regular fitness and regular blood pressure checks."

It is hoped that the campaign will urge those at risk to prioritise getting their blood pressure checked, even if they have no symptoms - after the survey revealed that blood pressure checks are low on the list of people's annual priorities.

The majority of those at risk currently prioritise annual tasks such as getting their car MOTd (56%), getting their boiler serviced (55%) or renewing insurances (60%), above checking their blood pressure (43%) - despite its life-saving potential.

Meanwhile 2 in 5 (44%) were not aware they could get a free blood pressure check at a pharmacy, with even more being unaware that they do not need an appointment (59%).

Visit the NHS website to find a pharmacy that offers free blood pressure checks near you or search 'pharmacy blood pressure check'.

## NHS Humber And North Yorkshire Launches Campaign To Showcase Diverse Roles In GP Practices

A new campaign has been launched by the NHS in Humber and North Yorkshire to showcase the different healthcare professionals working in our GP practices.

Primary care services across the country provide the first point of contact in the healthcare system and act as the 'front door' of the NHS.

This new campaign aims to highlight the different roles working alongside GPs that all help with health needs - allowing patients to get the right care from the right healthcare professional as quickly as possible.

Through Primary Care Networks (PCNs), most GP practices have a range of healthcare professionals, from social prescribers and frailty specialists to paramedics and physician associates, with each PCN assembling the most appropriate mix of staff to meet their patients' needs.

Dr Nigel Wells, a GP and Executive Director of Clinical and Professional at NHS Humber and North Yorkshire Integrated Care Board (ICB), said: "Patient care has transformed and is continuing to do so, and the NHS must continue to adapt to match the changing needs of the communities we serve. Therefore, by having a workforce with specialised roles, we can expand access to care and tailor services to meet the needs of our diverse populations.

"When you contact your practice, a receptionist will ask you a few questions, listen, and talk to you confidently about your health problem. They are specially trained to know about the services available to you at your GP practice and in your area. They will be able to direct you to the best person for your medical needs - as it may not always be necessary to see a doctor in the first instance."

Melanie Lyon, Lead Clinical Pharmacist at Holderness Health in East Riding, added: "We are experts, and all staff working in GP practices have the shared goal of making sure patients are directed to the right healthcare professional to receive the care they need - whether it's a GP, mental health practitioner or another expert - we want to make sure their path to help is as efficient and effective as possible.

Latest data shows more than 826,000 appointments were made with GP practices in Humber and North Yorkshire in December 2023. Nearly 400,000 of those were with a practice nurse or a healthcare professional other than a GP.



# LET'S GET BETTER.

Visit <https://letsgetbetter.co.uk/gpteam> to learn more about the different health professionals working in practices.

## The Sir Robert Ogden Macmillan Centre In Harrogate Marks A Decade Of Providing Treatment To Patients

The Sir Robert Ogden Macmillan Centre at Harrogate District Hospital is celebrating its 10th anniversary since it first opened its doors to patients.

Staff and representatives from organisations including Macmillan Cancer Support and the West Yorkshire & Harrogate Cancer Alliance, marked the occasion with a tour of the centre followed by tea and cakes.

Funded by Sir Robert Ogden, Macmillan Cancer Support and Harrogate and District NHS Foundation Trust, the £8 million Sir Robert Ogden Macmillan Centre has been providing first class cancer care to patients across the Harrogate district since it opened in March 2014.

The centre offers a range of diagnostic, treatment and support services for people with cancer. These include a systemic anti-cancer therapy (SACT) unit providing cancer treatment, such as

chemotherapy and immunotherapy, and oncology and haematology clinics appointments through its outpatient clinics.

The Macmillan Cancer Information Support Service at the centre offers a range of free and confidential health and wellbeing services to support patients and their families at each stage of the cancer diagnosis. Advice includes information on welfare and benefits - since 2014 more than 5,500 people have been referred to the centre's Welfare Benefit Advisor and have claimed over £20 million.

Alongside this core offering, the centre also boasts a range of unique complementary therapies such as reflexology, providing positive benefits to people undergoing treatment and living with cancer. The holistic approach of the dedicated professionals at the centre sets a continued gold standard of care.

In 2023, 13,000 treatments were provided at The Sir Robert Ogden Macmillan Centre, double the number since the centre first opened,

and over 3,000 outpatient consultations were held.

Over the last ten years, Harrogate and District NHS Foundation Trust (HDFT) has continued to work closely with Macmillan Cancer Support who have supported the education and training of staff, and assisted with the implementation of personalised care and support plans for patients.

Sarah Grant, Macmillan CNS Workforce Programme Manager at West Yorkshire and Harrogate Cancer Alliance, said: "The Sir Robert Ogden Macmillan Centre provides support services to the local community which are greatly valued. As a Cancer Alliance seeking to bring partners together to transform outcomes, we are delighted to see the continued success of the Centre and the important contribution it continues to make to supporting people affected by cancer."







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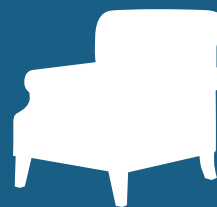
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# Monthly Horoscopes By Russell Grant

## ARIES March 21st - April 20th

Returning to a hobby or pastime you enjoyed in your childhood will lift your spirits on the 1st. Happy memories on the 3rd will help sustain you through some tough times. The Solar Eclipse on the 8th will get you questioning your priorities. Your destiny may not lie where you thought it did as you start setting new and more exciting long-term goals. Plans that are forming in your mind will soon become a reality. Your mind will be exceedingly active on the 15th and you will easily take in the facts of all situations. The Full Moon on the 23rd will take you to a place where you used to live or that holds some special memories. You might feel you can read minds on the 29th when people will hardly open their mouths before you know exactly what they are going to say.

## TAURUS April 21st - May 21st

The Solar Eclipse on the 8th will be working on you spiritually when adopting a spiritual practice, developing your creative talents or starting on a personal development course are all worthy activities. You understand what a youngster wants on the 11th, why they want it and whether or not it is a good idea. Activities with children and young people on the 19th will bring some fun, amusement and laughter into your life. A colleague will be exceptionally irritating on the 22nd as you have other things to do but they can't seem to manage without your help. Some unfinished business with a past partner will be brought to your mind under the Full Moon on the 23rd. If you still have grievances with someone, write them a letter then burn it. This will purge painful emotions and allow you to move on.

## GEMINI May 22nd - June 21st

Confusion is likely on the 3rd when garbled messages and other misunderstandings will leave you scratching your head in bewilderment. The Solar Eclipse on the 8th highlights the value of good friendships. Parties, social gatherings and professional events will all be valuable opportunities for networking over the next six months. Whether you are seeking employment, wanting to break into a new social circle or volunteering for a charity, making new contacts is essential for your aims. An important message will fail to reach you on the 16th or the message you do receive will be incomplete. A youngster will be behaving badly on the 20th. A word of caution will save them from getting into trouble. If you've been stuck in the same place for some time, get mobile on the 23rd. The Full Moon prompts you to take physical exercise to release tension that has been building for some time.

## CANCER June 22nd - July 23rd

The Solar Eclipse on the 8th marks this as a momentous time for your career and professional aims. Several important people will offer to support your ambitions. Meetings and interviews that take place now will help you move up the ladder of success. Alternatively, you could get a chance to forge a whole different career path. If a trip or journey can be postponed on the 13th, all well and good as adverse conditions will affect all forms of travel. Routine pressures and unfair demands will be made on you on the 20th. You can't wait for a chance to spend more time with friends you like most. The month will not be without mix-ups and muddles and the Full Moon on the 23rd will bring a good opportunity to sort out any confused thinking and clear up misunderstandings. More time can be devoted to a favourite hobby or pastime on the 30th.

## LEO July 24th - August 23rd

The Solar Eclipse on the 8th makes this a great time to go on, or to start planning a journey. Choose a destination you've not yet had the opportunity to visit. If you're looking for work you will achieve success in the fields of travel, advertising and education. There may be a need to give some attention to problems of family members or in-laws on the 13th. A housemate or workmate will forget to pass on some important information on the 16th or the message they do give you will be incorrect. Projections you make on the 19th will be based more on what you wish to happen than on facts that should be taken into consideration. Attending to family and domestic responsibilities will feel satisfying on the 23rd when the Full Moon prompts you to find ways to make life easier for those you love.

## VIRGO August 24th - Sept 23rd

The Solar Eclipse on the 8th will bring legal and property matters to your attention. The next six months will be significant in helping you secure your financial position. Group and club events will be fun on the 11th but avoid any strenuous exertions as your energy reserves aren't as high as you think. Trips and outings shared with close friends and loved ones will be enjoyable on the 15th. You might also be happy to help organise some form of recreational activity. Leave nothing to chance on the 20th. Rely on logic to lead you through a tense situation. The Full Moon on the 23rd urges you towards taking action on matters that are important to you. You won't rest until you have sent off emails, made phone calls and written letters with the intention of getting things moving. Some people feel exhausted just watching you.

## LIBRA Sept 24th - Oct 23rd

The Solar Eclipse on the 8th encourages you to follow your instincts if you're keen on pursuing a new partnership. In business and romance, having supportive people alongside you makes you even more determined to reach a cherished goal. Study the details and small print of contracts carefully on the 10th before signing anything. Be sure you are fully acquainted with all the facts. Your love life will hit a high note on the 19th. A romantic outing will take you to a place you have never been to before. You will have some great ideas for making money on the 23rd. The Full Moon suggests you should keep these to yourself as no one else seems to understand what you are on about. It will be essential that you keep both feet planted firmly on the ground on the 30th especially where financial and business activities are concerned.

## SCORPIO Oct 24th - Nov 22nd

The Solar Eclipse on the 8th makes this a good time to start a diet. Include lean protein, raw vegetables and fresh fruit in your diet to boost your energy level. Worries that keep you awake at night on the 13th will be as a result of your overactive imagination. Moderation is the key to success on the 15th. If arguments occur, look for a workable compromise. Discrete negotiations will go well on the 20th. You can employ stealth and circumspection to excellent effect now. The Full Moon on the 23rd opens your spiritual senses. Some strange experiences will get you thinking when these can only be described as mystical and psychic. With you feeling more determined, it won't take a lot of effort to finish work ahead of schedule on the 26th. Getting involved in a fund raising project or helping with a local event will bring you a lot of pleasure and satisfaction on the 30th.

## SAGITTARIUS Nov 23rd - Dec 21st

The Solar Eclipse on the 8th reminds you of the importance to relax and have fun. If you have been thinking about taking up a new hobby this is the time to do so. It will not matter if mistakes are made. Allow yourself to be a beginner and enjoy developing new skills and experimenting with ideas that stimulate your imagination. Let other people know what is on your mind on the 11th. It would be foolish to accept an offer made by someone you don't really trust on the 13th. Meet up with a professional contact in an informal setting to discuss a workplace intrigue. The 19th will be a good day to purchase items for your home. Better still if you can do this with a housemate so you can choose things together. The Full Moon on the 23rd makes it hard for you to concentrate so take care when driving and using machinery.

## CAPRICORN Dec 22nd - Jan 20th

The Solar Eclipse on the 8th will find you taking a deeper interest in your family history. Projects and research conducted now will revolve around your home and family, your childhood and the past. A family heirloom will have an interesting history and talks with an older relative will reveal that one of your ancestors shared a similar gift or passion of yours. Running an errand could lead to unforeseen circumstances on the 11th. You might prefer to stay in one spot. A youngster's rebellious behaviour will get them into trouble on the 21st. You always knew this was going to happen but this won't make it any easier to deal with the situation. It will be hard to have patience with other people on the 23rd when the Full Moon puts your nerves on edge. Turn to activities you love to soothe your soul.

## AQUARIUS Jan 21st - Feb 19th

Emails and voicemails on the 8th will hold some important information. The Solar Eclipse increases the need to be direct and precise in all communications, both in the workplace and in the home. Although messages received will be erratic at times, it is the way you handle discussions, meetings and interviews that will determine your fate. Mistakes of the past will be discovered on the 21st. Someone in authority will want this investigated immediately. If you are innocent of it all, don't get too anxious. Your mood will be escapist under a rebellious Full Moon on the 23rd. That's why you won't want to have anything to do with relatives or colleagues who keep reminding you of your chores and duties. If you're being careful with your cash on the 29th, you might find ways to recycle items you have used before.

## PISCES Feb 20th - March 20th

A little extra money will come your way thanks to the Solar Eclipse on the 8th. Since no-one can be absolutely confident about their income these days, it would be sensible to put this in a savings account. That way, you won't feel so tempted to spend it. Be sure your mobile is charged on the 11th. Someone will be trying to contact you with an urgent message. Alternatively some good news will require an instant response. It will seem like a good idea to take some time off work to complete jobs about the house on the 14th. If you're worried about a younger relative, try to talk this out with someone you trust on the 20th. Life may become difficult for a while under the Full Moon on the 23rd. Over the next few days you might expect a number of delays and frustrations.





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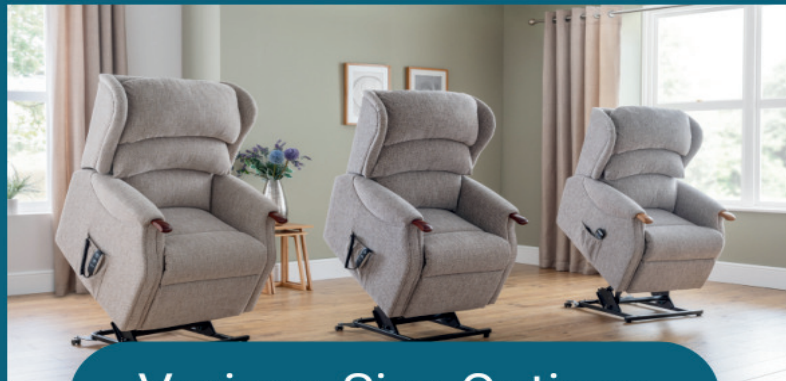
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