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**JULY 2024**

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*Linzi, Editor*

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# Harrogate Convention Centre Reports Significant Growth With Strong Forecast For Next Year

The North Yorkshire conference and exhibition venue has reported significant business growth for the 2023/24 financial year, with a very strong lettings performance and an even stronger performance forecast for next year, indicating a continued recovery in the event industry post-Covid.

Among the major drivers of growth are conferences and large-scale trade exhibitions, such as Home & Gift Buyers' Festival coming up this month.

### Highest Lettings Income Since 2014

Lettings income for Harrogate Convention Centre (HCC) in the year ending March 2024 is the highest since 2014, which is a 19% increase on 2022/23 and a 14% increase on pre-Covid levels in 2019/20. This is the second year of significant growth in a row.

The continued growth is a result of a new sales strategy that supports the full utilisation of conference and exhibitions spaces by enabling the venue to accommodate multiple events in different parts of the building complex.

Various initiatives implemented in recent years have also helped drive client satisfaction and attract new events. These include cosmetic improvements to

the venue, sustainability and accessibility initiatives, a more targeted sales approach and the incorporation of the catering team under the in-house brand Matcham's—a move that has brought significant improvement to the team's catering capacity, service, menus, equipment, suppliers and overall performance.

### Conferences And Trade Exhibitions Drive Growth

Two event sectors that saw substantial growth are conferences and trade exhibitions. Lettings from conferences in 2023/24, which include national and international associations, professional and corporate conferences, have increased 27% on the previous year and surpassed pre-Covid levels (2019/20) by 17%, cementing Harrogate as a highly desirable conference destination.

Trade exhibitions, such as Harrogate Christmas & Gift Fair, Bridal Week Harrogate and the upcoming Home & Gift Buyers' Festival that attracts thousands of visitors and exhibitors to Harrogate in July each year, have seen lettings increase 24% on 2022/23 and surpass pre-Covid levels (2019/20) by 22%.

Indeed, HCC is home to many decades-old trade exhibitions, which continue to see healthy growth in Harrogate. The BIGGA Turf Management Exhibition (BTME) attracted more than 4,200 visitors this year and saw a 10% increase in exhibitor space; Harrogate Christmas & Gift Fair visitor numbers were up 11% on last year; The Flooring Show in 2023 exceeded pre-pandemic visitor numbers, attracting over 3,100 buyers, and Bridal Week Harrogate added an additional spring event to the venue this year.

### Next Major Trade Exhibition: Home & Gift

Having run in Harrogate for over 60 years, Home & Gift is returning this year on 21-24 July, presenting key sourcing and networking opportunities in sectors including gift and home, jewellery and fashion, design-led gift and food. This year the exhibition will host over 15% more exhibitors than 2023 and is expected to attract more than 6,000 delegates to Harrogate.

Taking over four exhibition halls at HCC and grounds of the DoubleTree by Hilton Majestic Hotel, the retail trade fair will showcase more than 20,000 products from over 500 brands across a new, significantly expanded footprint.

David Westbrooke, Home & Gift Show Manager, Clarion Retail, says, "Home & Gift is incredibly significant in UK Retail's calendar; visitors and exhibitors alike love coming here every year, and it's not just the excellent facilities on offer inside the show, but also the wonderful connection we have with the town itself – the hotels, the restaurants, the shops – they all contribute to the wonderful atmosphere we find here every Summer. We're delighted to be part of it!"

### Strong Growth Anticipated For Next Year

Growth is expected to continue, as lettings revenue has already exceeded target for this year and is going strong for 2025/26. The venue's sustained growth points to a positive outlook on securing events for Harrogate and attracting out-of-town visitors to support the local hospitality industry.

Paula Lorimer, Director of Harrogate Convention Centre, says: "The exceptional continued growth is the result of unwavering hard work of the team. Large-scale business events that draw visitors from outside Harrogate are vital to the town and region's visitor economy. We are delighted to see that the event industry is on a healthy trajectory of growth and Harrogate continues to attract event organisers from around the UK.

"I would like to thank the wonderful hospitality businesses in Harrogate that support our events and make delegates feel welcome. We will continue to bring quality events and footfall to the town and ensure that investment in the venue translates into valuable economic impact on Harrogate for years to come."

# 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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## Combined Authority Chief Executive Appointed

The first Chief Executive of York and North Yorkshire Combined Authority has been appointed.

James Farrar, currently Interim Head of Paid Service and Director of Economy at the Combined Authority, is confirmed in the new post.

Prior to the formation of the Combined Authority in January this year, James was Chief Operating Officer of York & North Yorkshire Local Enterprise Partnership and played a leading role in the development and implementation of the region's historic devolution deal. The deal enables powers and funding to be moved to the region, with delivery led by an elected Mayor and the new Combined Authority.

The Combined Authority will deliver £112 million of investment in 2024/25. This includes a £67 million local transport fund, £12.7 million for brownfield housing, £10 million of green economy investment, £2.9 million for skills provision – including the implementation of a devolved adult education budget – and the annual £18 million Mayoral Investment Fund, which will be used for mayoral priorities.

David Skaith, Mayor of York and North Yorkshire, said: “James’ passion, commitment and understanding of the region stood out in interview and I look forward to building on our already strong relationship.

“This is a key appointment for the Combined Authority and James will lead the Senior Leadership Team, providing the vision and drive to ensure we build a Combined Authority that is trusted and delivers across the region.

“A key first job for James will be to complete the Senior Leadership Team and set out the plans to deliver the ambitions of myself and the wider Combined Authority. We secured a great devolution deal and need to ensure we have the team and resources in place to make a real difference to our communities across the region.”

York and North Yorkshire Combined Authority has a membership of City of York Council and North Yorkshire Council. Formed on January 22, 2024, elections to appoint a Mayor took place on May 2. York & North Yorkshire Office for Policing, Fire, Crime and Commissioning (OPFCC) joined the Combined Authority on May 7. The OPFCC is the link between the public and the Police and Fire services, working to ensure the Police and Fire Services are held accountable, and that the public's questions and concerns are taken seriously. The OPFCC also invests millions of pounds a year on key commissioned services for the local community, helping both to prevent crime and support those impacted by it.

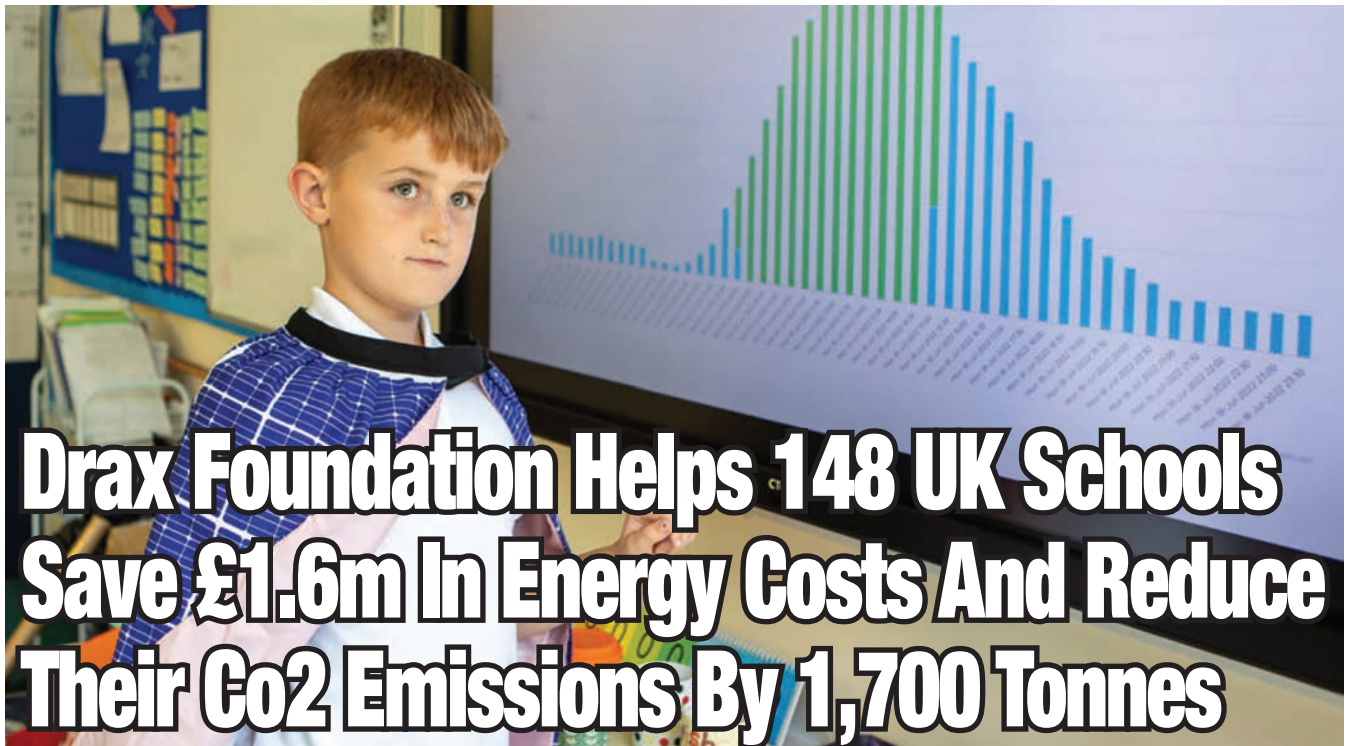
James Farrar said: “Having led the development and negotiation of the devolution deal, I am proud to now have the opportunity to work alongside the Mayor to turn this into reality and make a real difference to the communities across York and North Yorkshire.

“Success will see all parts of York and North Yorkshire benefit and to achieve that we will need to work locally across the whole area. I am committed to ensuring partnership is embedded in our operating model. Born and raised in the region, I am incredibly passionate about the area and have a deep understanding of the opportunities within York and North Yorkshire.”

A start date for the Chief Executive is to be determined. A recruitment process will take place to fill James' current position of Director of Economy.

News of the Chief Executive follows the appointment of Mike Russell as the Combined Authority's Director of Resources. Mike, who starts on Monday 22 July, previously worked in senior roles at Tees Valley Combined Authority and at director level within the further education sector.

Mike Russell said: “As I step into my new role at the York and North Yorkshire Combined Authority, I am thrilled to be part of an organisation that is driving long-term positive change across the region. I look forward to joining the team, contributing to the Authority's ambitious vision, and playing my part in delivering a meaningful impact on the lives of residents.”



## Drax Foundation Helps 148 UK Schools Save £1.6m In Energy Costs And Reduce Their Co2 Emissions By 1,700 Tonnes

The Drax Foundation, which is the corporate foundation of the renewable energy company Drax Group, launched a three-year programme in 2023 to donate £4.5m to projects that help schools and other community-led organisations to become more energy efficient.

In the first year of operation, the programme has supported the energy education charity, Energy Sparks, and the energy efficient lighting and controls specialists, Goodlight, to work with a combined total of 148 schools, including in areas close to Drax's UK sites, to reduce their energy bills and carbon emissions.

With support from the Drax Foundation, Energy Sparks has provided 128 schools with free access to its online energy management tool, education programme and support services. Similarly, Drax Foundation funding has enabled Goodlight to kit out 20 schools with energy-efficient LED lighting and sensors.

Through working with Energy Sparks and Goodlight, the schools have saved a combined estimated total of £1.6m on their annual energy bills and reduced their carbon emissions by an estimated 1,684 tonnes.

The Drax Foundation will continue to finance the activities of both

organisations throughout 2024, enabling them to work with and support many more schools. The Foundation is also funding the installation of solar panels for some of these schools. To date, one installation has been completed in Northampton, and it will complete two further installations in the Selby area over the next few months again helping reduce energy bills and carbon emissions.

Drax Foundation's work with Goodlight and Energy Sparks has been shortlisted for an award in the Community category in the British Renewable Energy Awards 2024.

Shona King, Head of Community at Drax Group, said:

“We are proud that Drax Foundation has supported nearly 150 schools to save money on their energy bills and reduce their impact on the environment. We want to go even further this year, installing solar panels and LED lighting for more schools and helping them to engage their pupils in energy efficiency and actions to mitigate the impact of climate change.

“It's important to us to help children start thinking about saving energy and reducing their carbon footprint from a young age as these issues are going to be increasingly important for them in the future.”



## HECK! Food Invests In Solar And Rolls Out Range Of Sustainability Initiatives

Bedale-based HECK! Food has invested in solar energy production at its HQ in Kirklington. The company has installed 433 solar electricity panels, capable of generating 200,000 kwh per year, 20% of the factory energy.

Jamie Keeble, HECK! co-founder, said the installation of solar panels was “an additional effort to make sure that we're being sustainable from a factory perspective and also to support our journey to net zero. We'll be saving 45 tonnes of carbon per year”.

The project has received a £49,950 grant of the total £150,000 investment, from the UK government through the UK shared prosperity fund. This is a central pillar of the levelling up agenda and has provided £2.6 billion of funding for local investment by March 2025. One of the pillars is supporting businesses in their journey to net zero and supporting the circular economy.

Richard Flinton, chief executive of North Yorkshire Council says, “Supporting the decarbonisation of the county is a key priority for the council. It is brilliant to see this grant have such a positive impact in supporting HECK! Food to install solar panels. Manufacturers of quality products like HECK! are an important part of the economy and it is vital they're supported to reach net zero.”

In addition to the solar panels installed on site, HECK! is working on a programme of sustainability initiatives in its journey to net zero. Part of this work has been the launch of the HECK! “Care Code” to work on initiatives across health, environment, community and kindness.

“Our Care Code is a four-pronged approach that leads to a better HECK! and a better world. It stands for ‘Health, Environment, Community and Kindness’” continues Jamie. “We are quite unique in the industry as we make all our sausages, meatballs and burgers at our HECK! factory and we're the only premium brand who makes their own food. We've made a commitment to our consumers and retail customers to show a transparent sustainability journey. We have measured our Scope 1 and 2 industry standards emissions for three years now, and as such we've managed a 30% reduction in our emissions. We recently measured Scope 3 emissions and are now identifying opportunities to reduce emissions further. Our first annual impact report will be published this year which charts our climate impact across our supply chain.”

# York's New Tourism Strategy Lead The Way For An Even Better Quality Of Life In The City Of York



Image © Make It York

**A new 8-year tourism strategy for York has been officially adopted by the City of York Council on behalf of the city**

The Covid-19 pandemic prompted a re-evaluation of global tourism, with York's stakeholders exploring new approaches to create value beyond visitor volume. In response, the York Tourism Advisory Board was relaunched in late 2020, bringing together over 60 stakeholders from across York and the wider region, and works in collaboration with Make It York, the City of York Council and York BID.

The Tourism Advisory Board has been working on the development of a new Tourism Strategy for the city. The tourism strategy sets out a bold new vision for tourism in York. From promoting regenerative practices, to enhancing the wellbeing of York's communities through tourism, the York Tourism Strategy is a comprehensive framework that aligns with the city's values and aspirations. By engaging with the people who call York home, local businesses, and cultural institutions, the aim is to ensure that tourism becomes a force for positive change, contributing to the city's prosperity and wellbeing.

This is a new era where tourism is not an isolated goal, but an integrated means to sustain an even better quality of life in the city. It commits to preserving York's historical legacy while embracing future opportunities. The strategy serves as a visionary roadmap to elevate the tourism experience for both residents and visitors, fostering community and pride, that is founded on principles of sustainability, inclusivity, and authenticity.

York's Tourism Strategy is focused on five Key Priorities with specific ambitions for the city. These include:

- A Regenerative Visitor Economy: York is a responsible, robust and profitable destination with a regenerative visitor economy.
- Green York: Businesses and visitors' commitment proactively contributes to York's transition to net zero carbon emissions by 2030.
- Culture: York is renowned for its heritage, culture and cutting-edge approach to creativity, which attracts cultural tourists and supports the city's regenerative visitor economy.

## Theakston's Brewery Toasts Employee's Half Century Of Service

**Family run independent brewery, T&R Theakston is celebrating the life's work of employee Mike Kitching who retired from the business last month after 50 years of service.**

One of the longest serving current employees of the brewery, Mike joined Theakston's in 1974 and began his career working on the hand-filled bottling line then used at the almost 200-year-old brewery.

Later moving to the Transport Department to become one of the Masham drays, Mike delivered Theakston's iconic beers to loyal customers throughout Yorkshire for over 40 years.

His dedication to the family brewery withstood a number of changes including the acquisition by Matthew Brown PLC in 1984, who in turn were taken over by Scottish and Newcastle in 1987 before the brewery's safe return to family control, when Simon Theakston with his brothers bought back the family company in 2003. Since then, Mike has worked in the brewery, on the racking lines, a role he held until his retirement.

Simon Theakston, Chairman of Theakston's Brewery, commented on Mike's time with the business saying: "Always with a winning smile, and a cheerful disposition, Mike has had a wonderful career, dedicated to the service of our company and customers for 50 years. He goes to a richly deserved retirement with the very best wishes and grateful thanks from my family and all our colleagues past and present."

- Residents and Localhood: Local people experience the very best of their city and wider region alongside its visitors, with tourism contributing to the quality of life in York and beyond.
- Skills and recruitment: The visitor economy is a first-choice career for school leavers and graduates, businesses invest in upskilling, apprenticeships, training and career development, and commitment to equality, diversity and inclusion.

Dr Brendan Paddison, Chair of York Tourism Advisory Board and Associate Professor at York St John University, said:

"York's new tourism strategy will transform York's approach to tourism, ensuring the city becomes a world-leader in regenerative tourism, that it grows and diversifies its offer responsibly, and that the city maximises tourism's contribution to the economy, employment and the quality of life in York and beyond. The strategy was co-produced by the city, with extensive consultation with a breadth of stakeholders from across York and the wider region."

York welcomes 8.9 million visitors annually, contributing £1.7 billion to the local economy and supporting 17,000 jobs. The new strategy emphasizes sustainability and community engagement, setting out a vision where heritage, culture, and public space are important and, the car is less important.

Sarah Loftus, Managing Director of Make It York, said:

"We are thrilled to share our vision for the city and to continue our commitment in promoting York and its surroundings as a wonderful place to live, work and visit. This strategy is essential, as it drives our work in York's economic growth while enriching the cultural and social fabric of our community for both residents and visitors."

This is a tourism strategy for the city of York and its success hinges on the spirit of collaboration and insights from businesses, local leaders, residents, and cultural groups, ensuring a comprehensive and inclusive approach.



Simon Theakston, Mike Kitching and Richard Bradbury

Mike said: "On joining the brewery aged 16, I didn't imagine I'd still be here half a century later. I'd like to thank the company for welcoming me into the family all those years ago and I'm honoured to have spent my working life with a business which is so passionate about not only its products but its people too."

## CBRE Investment Management Completes New Sustainable 188-Bed Premier Inn Hotel In York



**CBRE Investment Management, on behalf of CBRE UK Property PAIF, has completed the development of a new 188-bed Premier Inn hotel in York. Premier Inn has signed a lease agreement for 25 years on the building.**

CBRE Investment Management's main contractor, Clegg Construction, constructed the new, highly sustainable, four-storey building on a one-acre plot, formerly the location of a retail warehouse leased by Carpetright.

The hotel is in a prime location on Foss Islands Road, close to York's historic city centre, where many of the city's key tourist attractions, including York Minster and Jorvik Viking Centre, are situated.

The hotel has been constructed to high sustainability standards, featuring multiple energy-saving technologies, such as air source heat pumps, heat recovery ventilation systems, LED lighting, photovoltaic panels, and electric vehicle charging points. Accordingly, the building has achieved an EPC A rating and is due to achieve a BREEAM rating of "Very Good".

"We expect growth in the hotels and catering sector to outpace the wider economy during the next five years," said Jamie Philips, Fund Manager for UK Property PAIF at CBRE IM. "Tourism supports a significant number of jobs in York and given the strength of the city as a destination for tourists, combined with its current undersupply of hotel beds, the addition of a new modern and sustainable hotel will help to bolster York's businesses and economy. This project sits firmly within the Fund's strategy, providing a great opportunity to thoughtfully invest in and repurpose an existing asset, in order to create a long and sustainable cash flow for our investors."

"We are tremendously proud to have delivered such a sustainable Premier Inn hotel for CBRE Investment Management and Whitbread PLC," added Clegg Construction Managing Director, Michael Sims. "The site is a historically sensitive city centre location in York, and I am delighted with how the Clegg Construction team conducted themselves with minimal disruption to local businesses and residents. The scheme achieved consistently high Considerate Constructors Scheme scores in audits taken throughout the contract. More than 80% of the workforce travelled 30 miles or less per day to reach the site – demonstrating our commitment to supporting the local community and to sustainability."

"As a company, Clegg Construction is very happy to have now handed over this new development which I am sure will be an asset to York and its tourism and business communities, along with the local economy."

# Experts Reveal How Businesses And Sellers Can Spot Online Payment Scams

When it comes to online shopping, customers aren't the only ones who can fall victim to scams. Many scams target businesses and sellers instead, therefore anyone selling goods online must know how to avoid being impacted and what to do if their business is affected.

In fact, according to Business Wire, there was a 71% increase in payment fraud attempts on US businesses in 2023 – a statistic that highlights how important it is for online sellers to remain wary of practices that could undermine their services and cause financial damage.

With that in mind, Dennis Pederson, CEO of PayFasto, has compiled a list of five common payment scams that online sellers should be aware of and how to respond in the unlucky event of experiencing them.

## Phishing Scams

Phishing scams are where criminals try to trick people into sharing their sensitive information, such as credit card details and passwords. They typically do this by sending fake texts or emails which direct to a third-party website that resembles a legitimate business.

After clicking on the link, users are encouraged to enter their personal information.

Phishing doesn't just hurt customers; businesses are often targeted, which can compromise the privacy and security of consumers and stakeholders. They can cause financial and data losses and cause the public to lose trust in the company, leading to a damaged reputation and further monetary loss.

To spot phishing scams, it's important that sellers educate themselves on phishing red flags and regularly train their employees to spot them. These can include unexpected requests for personal information, spelling and grammar errors, unknown or suspicious senders, and a sense of threat or urgency in the correspondence. Recipients should avoid clicking any unfamiliar websites and downloading attachments they don't trust.

There are other measures that businesses and sellers can implement to reduce the risk of being hit by phishing scams, such as advanced email filtering tools and thorough assessment of third-party communication. It's also a good idea to limit access to any sensitive data through multi-factor authentication and to always keep digital systems and software up to date.

## Chargeback Fraud

Chargeback fraud – also known as friendly fraud – is when a seemingly well-intended customer makes a purchase with their credit card and then disputes the legitimate charge with their bank.

These people request a chargeback after receiving their order, typically claiming that they did not receive the item or that the payment was unauthorised in an attempt to receive a refund.

This is different to true fraud, where a third-party bad actor makes a transaction using stolen personal information and the genuine cardholder files a chargeback for an unauthorised purchase – those who commit friendly fraud seem otherwise trustworthy.

These scams can be destructive to internet vendors, who must pay much of the losses when a bank accepts the dispute.

Good communication is key to preventing friendly fraud.

It's important that online businesses put merchant names and transaction details in banking apps to avoid customer confusion and that email confirmations are sent promptly after purchases are made.

Sellers should enable package tracking and delivery updates to ensure that consumers receive their goods. Internet vendors should enforce good customer service and inform recipients of delays. As well as this, it's ideal to enact two-factor authentication for payments and verify any suspicious-looking purchases (e.g. large orders) before shipping.

## Return Fraud

Return fraud is similar to chargeback fraud and occurs when a customer attempts to get a refund by manipulating the seller's returns process. This might involve returning a different item, claiming the product arrived defective or exploiting the terms of the returns policy. They ask for a refund despite not being legally entitled to one.

These scammers might use the items for a one-off event – for example, a high-end camera to take on holiday or an expensive dress to wear to a wedding. They might return these items claiming that they are unused, thereby flouting the terms and conditions of the returns policy by requesting a refund.

To lower the chance of experiencing return fraud, sellers should develop and share clear, non-negotiable return policies and always follow them while processing returns. For example, items not returned in their original condition, without attached labels or that appear to be used should not be refunded.

Strict checks should be implemented to ensure that customers receive and return the correct item in perfect condition, and measures such as delivery tracking should be introduced to confirm that orders are not lost.

It's also recommended to monitor transactions for unusual activity and suspicious customer patterns.

## Merchant Fraud

Merchant fraud is defined as scammers posing as real businesses to deceive their customers and make illegal profits. They might create fake online stores that let consumers unwittingly make purchases, often at temptingly low prices.

They may then send a counterfeit or low-quality product, or no product at all.

While this directly targets consumers, businesses are hurt as a result.

Merchant fraud can harm a company's reputation and incur financial loss through chargebacks and other financial liabilities. They can be subject to legal consequences, such as lawsuits and fines if it's determined that they neglected to maintain proper fraud prevention measures. If rates of merchant fraud in a particular industry are high, businesses can be impacted by higher payment processing fees due to the elevated risk.

A major way that businesses and sellers can combat this is by ensuring that the company name, logo and transaction details appear on bank statements to distinguish legitimate purchases from fraudulent transactions at fake stores, preventing chargebacks.

Implementing clear terms and conditions, secure payment methods and multi-factor authentication will also signal to consumers that the business remains trustworthy in the event of merchant fraud. On top of this, it's good practice to stay aware of the best ways to prevent fraud and ensure that fraud prevention measures and software are being maintained.

## Wire Transfer Fraud

Wire transfer fraud involves a fraudster deceiving someone into sending money through a bank transfer. They may impersonate trusted individuals and organisations, such as suppliers or the CEO of the business. They create fake invoices urging the victim to send money, often playing on their emotions and exploiting the pressure they may be under. These scenarios can be very realistic and convincing, and the victims often send the money over in a rush to remedy the situation.

This money is sent over instantly and it's very hard for businesses to recover it. Sellers impacted will want to contact their bank as soon as possible to stop the transaction from completing. Naturally, it's best to prevent this from happening altogether. As a rule, sellers should never send money in an unplanned, unexpected manner, and transactions should always be approved by multiple people.

Businesses and employees should avoid sharing any private company information with third parties. Improving cybersecurity protocols, in general, is a good way to prevent wire transfer fraud; use strong passwords, guard company or seller banking details, and enforce multi-factor authentication when logging into the company's network.

Ultimately sellers and employees must constantly remind themselves to ignore any unexpected invoices for money – if in doubt, always get another opinion and confirm the validity of the request before fulfilling it.

## Police Take Action Against Commercial Vehicles In 'Shocking' Condition As Almost 75% Fail Safety Checks

Forty-five defective vehicles have been taken off North Yorkshire's roads as part of a week-long road safety operation.

Prohibition orders were issued for mechanical defects on lorries, trucks and vans such as worn tyres, suspension and steering, insecure loads and overweight vehicles.

North Yorkshire Police stopped 111 vehicles in the county and problems were found with almost three quarters of them.

Forty-five immediate prohibition orders were issued, meaning the vehicle couldn't continue to be driven.

Other offences were dealt with by officers issuing traffic offence reports or giving words of advice. Follow-ups with nine operators have also been planned, to prevent future offences.

Traffic Sergeant Andy Morton said: "The level of offending was truly shocking with the top offences being related to mechanical defects including tyres, steering and suspension, insecure loads and overweight vehicles.

"Of the 111 vehicles inspected, 45 were subject of an immediate prohibition to prevent them continuing to be used on the road."

The checks were part of a regional operation, named Op Brigantia, which saw roads policing teams across Yorkshire and the North-east work with the DVSA and Health and Safety Executive.

## Crucial HMRC Deadlines You Can't Afford To Miss By July 31st!

As July heats up, so does the pressure for many to meet critical financial deadlines. James O'Brennan a finance expert from [www.federalmanagement.co.uk](http://www.federalmanagement.co.uk) gives a comprehensive guide to what needs to be checked off your list by July 31st and the hefty fines you could face if you let these deadlines slip by.

### Second Payment On Account For Self-Assessment Taxpayers

If you're self-employed or have other untaxed income, you might need to make a Payment on Account to HMRC. This is essentially an advance payment towards your tax bill for the year, based on your previous year's income. The second instalment of this payment is due by July 31st.

Potential Fine: Failing to meet this deadline can result in interest charges on the amount you owe, starting from the due date until the date of payment.

### Tax Credits Renewal

For those receiving tax credits, this date is also the cutoff for renewing your claim. Missing this deadline can lead to your payments being stopped.

Potential Fine: If you fail to renew, not only could your credits stop, but you might also have to repay what you received since the start of the tax year.

### Capital Gains Tax Payments For Property

If you sold property during the previous tax year and have capital gains tax to pay, you might need to settle your bill by this date, depending on when the sale was completed.

Potential Fine: Delaying beyond this date will accrue interest and possibly late payment penalties, adding a significant amount to your original tax liability.

### Submit Declarations For Offshore Assets

For those with assets or investments outside the UK, July 31st can be a deadline for disclosing these details to HMRC, depending on personal circumstances.

Potential Fine: Penalties for nondisclosure of offshore assets can be severe, ranging from substantial financial penalties to criminal prosecution.

### How To Avoid Penalties

Prepare Early: Gather all necessary documents and information well in advance. Don't wait until the last minute.

Consult Professionals: If you're unsure about your tax obligations, consulting a tax professional can save you from costly mistakes.

Use Online Services: HMRC's online services are designed to make submissions and payments straightforward and timely.

James O'Brennan a finance expert from Federal Management says:

"July 31st is a crucial date for managing your taxes and maintaining your financial health. By staying proactive and informed, you can avoid unnecessary fines and ensure peace of mind. Remember, in the world of taxes, being early is always better than being late!"

# A Museum Exhibit Within Five Years? Iconic 'Magstripe' Train Tickets Nearing The End Of The Line, Says Northern



**Northern says the iconic, orange 'magstripe' train ticket could be something of a museum exhibit within as little as five years.**

The train operator says its customers' ever-growing preference for digital tickets and the introduction of actual 'paper' tickets has seen them use 2.3m fewer 'magstripes' in the last 12 months.

Less than 20% of journeys on Northern services in 2023-24 were made using a 'magstripe', with the number in-use falling by 12% compared to 2022-23, from 20.3m to 18m.

During the same period, the number of people using digital tickets on Northern services grew by almost 19%, from 54.8m to 65.2m.

A spokesperson for Northern said: "All of our standard tickets are available in electronic format and people clearly enjoy the flexibility of buying their ticket 'on the go' and being able to store it on their mobile phone or tablet.

"We're also increasingly able to offer actual 'paper' tickets from our ticket offices and vending machines for those who prefer a physical proof of purchase.

"Whilst 'magstripes' might generate a sense of nostalgia, it's important to remember that because they're made from more than one material, they're less recyclable and could ultimately end up in landfill - whereas paper tickets can be easily recycled with other paper products.

"At the current rate of decline and with an ever-greater focus on digital and paper alternatives, 'magstripes' are definitely nearing the end of the line. They could be something of a museum exhibit within five years."

The current version of the iconic, orange 'magstripe' ticket was first used in 2014, when Northern was selected by the then Association of Train Operating Companies (now known as the Rail Delivery Group) to carry out a trial at stations across the North of England. They went on to become the standard ticket for all train operators and remain in use to this day.

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.

## 'Volunteering For Henshaws Gave Me My Life Back'

**When Amanda Shepherd, based in York, gave birth to her non-verbal, disabled daughter with complex needs at a young age, she had to leave her job as a hairdresser to become a full-time carer.**

This left her feeling extremely isolated, making social activities such as going out for dinners, meeting friends, or even spending time alone impossible.

Amanda felt she missed out on the chance to have a social life. However, everything changed when she began volunteering.

Amanda, now aged 50, would travel three to four times a week from York to Knaresborough to bring her daughter to support sessions at the Henshaws Arts and Crafts centre. Having formed such strong connections with the welcoming staff and volunteers, a short while later, she was offered the position of Office Volunteer.

As a carer, Amanda often felt invisible, seen only as an extension of her daughter. She says that meeting new people through Henshaws has been extremely uplifting, helping her reclaim her sense of self.

Amanda says, "It's so nice to have some fun and talk to other adults, while also giving back to the community."

Reflecting on her experience, Amanda shared, "I felt an immediate family-like connection as soon as I joined." The staff and volunteers made her, and her daughter feel welcome and at ease.

Amanda also values the inclusive environment at Henshaws, where she says she is treated equally as a volunteer, just as much as full-time employees.

Amanda also discussed the significant improvements she has seen in her daughter since attending the Henshaws Arts and Crafts Centre. Her daughter loves the routine and has made many friends, with no one treating her differently for being non-verbal or a wheelchair user.

She notes that the variety of sessions has boosted her daughter's confidence exponentially. For instance, her daughter now engages in music sessions despite previously being unable to tolerate loud noises.

Her daughter even celebrated her first birthday party in 30 years with newfound friends from Henshaws, enjoying a disco party—something Amanda says would have been completely unimaginable.

Amanda feels that volunteering and giving back is the least she can do compared to everything Henshaws has given to her and her daughter. She strongly encourages others to step out of their comfort zones and connect with their community.

*For more information about Henshaws and the support they provide to the local communities in Manchester and Yorkshire, please see their website [www.henshaws.org.uk](http://www.henshaws.org.uk).*



## "We Must Put Children's Safety First!" Says Brake, As The Charity Calls For Measures To Reduce Traffic Speed Around Schools

**Brake, the road safety charity, is calling for measures to end speeding traffic around all schools in the UK, as parents report roads aren't safe for their children to walk or wheel to school.**

According to new research published by Brake, more than three-quarters (78%) of parents and carers surveyed would like roads near their home and children's schools to have a speed limit of 20mph. In addition, 85% of those surveyed said they would like to see Government doing more to make roads safer in their community.

Of the 2,000 parents and carers of primary schoolchildren surveyed, more than two-thirds (69%) would like their children to walk or wheel to school more often, but many say they can't because the roads are too busy (39%) and the traffic moves too fast (24%).

80,000 children (aged 4–11) from more than 720 schools and youth groups took part in Brake's Kids Walk to shout out for their right to make safe and healthy journeys without fear or threat from traffic.

To coincide with the walk, Brake highlighted the true extent of child casualties on the nation's roads.

Latest official figures show that 6,075 children aged 4–11 were harmed on UK roads in 2022; of these, 16 children died and a further 1,113 suffered serious injuries. This means that, on average, more than 16 primary school children are harmed on our roads every single day – that's equivalent to a whole classroom of children every two days.

The data also shows that in 2022, 2,457 children aged 4–11 were harmed while walking, 484 while cycling and 2,859 children while travelling by car.

Brake has also highlighted the true extent of child casualties on the region's roads.

Latest Department for Transport (DfT) figures show that 686 children aged 4–11 were harmed on roads in Yorkshire and the Humber in 2022. That includes one child who died and 166 who received serious injuries. Across the region, the greatest number of child casualties in 2022 occurred in Leeds, which recorded 113 children aged 4–11 harmed on roads.

The next highest numbers of child road casualties in Yorkshire and the Humber in 2022 were seen in Bradford (99) and Sheffield (62).

Lucy Straker, campaigns manager at Brake, said: "We all want children to be able to travel to and from school safely. But sadly, every day, more than 16 primary schoolchildren are harmed on our roads. We know that excess speed is a factor in about a quarter of fatal crashes – and the physics is pretty straightforward: the faster a vehicle is travelling, the harder it hits and the greater the impact.

"Evidence shows us that by lowering the speed limits and reducing the number of vehicles on our roads, we also reduce the risk of people being harmed. This new research from Brake also shows us that people want 20mph speed limits around their homes and their children's schools.

"So, we call on the future leaders of our country to prioritise safety on roads across our communities, by implementing 20mph as the default speed limit on roads in residential and built-up areas. We must keep our children safe!"

In Wales, 20mph speed limits became the default for roads in built-up areas in September 2023. Cabinet Secretary for North Wales and Transport, Ken Skates, said: "We're proud of our track record on supporting safe routes to and from school. Lower speeds means safer streets for families to walk and cycle."



## Yorkshire Woman Reins In Almost £14,000 In Mane Fundraiser For Macmillan Cancer Support



**A Yorkshire woman took to the saddle at York racecourse to help raise more than £13,800 for Macmillan Cancer Support, in memory of her dad.**

Lucy Ireland, from Malton in North Yorkshire, works her day-to-day as a Sales Development Manager at NFU Mutual but hit the racetrack recently, as part of the Macmillan Charity Raceday at the famous Knavesmire course.

The 31-year-old was part of a 12-strong field for the main race of the day – the Macmillan Ride of Their Lives. It's a race that sees 12 amateur jockeys saddle-up for a worthwhile cause.

Lucy, who sadly lost her father to cancer in 2016, applied for the race in September last year after wanting to take on a challenge in his memory. Although a big fan of horse racing, she had never taken on a challenge like this and initially didn't think she had made the cut. However, a late drop-out meant the first reserve was in – and she had just 10 weeks to get ready.

Leading from the front at the starting flag, Lucy – riding aboard 11-year-old Just Hiss – was in command until the final furlong before crossing the line in sixth place. Positions were largely irrelevant on the day, though, with a combined total of more than £215,000 raised for Macmillan Cancer Support from all riders and over £520,000 in total on race day.

"My dad loved the horses and I hold fond memories of him in front of the TV on a Saturday afternoon watching the racing, so I know that me competing in this race would have made him incredibly proud," said Lucy.

"Macmillan are a fantastic organisation that were incredibly supportive to my family and I when my dad was unwell and this was my opportunity to say 'thank you' to them.

"It was an absolutely thrilling experience on the day and Just Hiss was an amazing ride. I loved every minute of it."

The Macmillan Charity Raceday, held every June, is the oldest and largest event of its kind in the country and has helped raise more than £10million in its 52-year history for people living with cancer.

Beth Pritchard, Community Engagement Consultant from NFU Mutual, who will also be supporting Lucy through its Community Champions Scheme as well as backing from its North East Regional Team, said: "We applaud Lucy and every competitor for contributing to such a brilliant total for Macmillan Cancer Support.

"The work Macmillan Cancer Support does throughout the UK is vital and we were delighted to support Lucy in her fundraising goal. She did brilliantly on the day and it's great to see all the hard work she put in pay off."

To donate to Lucy's fund, you can visit;

[www.justgiving.com/page/lucy-ireland-1712595049801](http://www.justgiving.com/page/lucy-ireland-1712595049801)

# Yorkshire Children's Cancer Charity Celebrates Return Of Largest Annual Fundraiser, 'Pink It Up' Week

Yorkshire children's cancer charity Candlelighters has celebrated the return of its largest annual fundraiser, 'Pink It Up' week.

Every year Candlelighters urges the community to get involved in pink themed fundraising activities to support children and families affected by childhood cancer.

'Pink It Up' is the charity's flagship campaign. Since 2019 Candlelighters have encouraged people across Yorkshire to help them paint the county pink through various, pink-themed fundraising activities and challenges to raise funds and awareness.

This year's week-long fundraising event saw businesses, schools and communities across Yorkshire throwing their all into pink themed fundraising to raise money for children with cancer.

From bake sales, parties and crafting activities to fancy dress competitions and window display decorating, the people of Yorkshire came together to show their solidarity for children with cancer.

The Candlelighters Family Support Team who work at Leeds Children's Hospital hosted a range of pink-themed events on the oncology wards to bring the pink fun to the children and parents. Children were able to get involved in activities such as pie splatting the Family Support Workers, and staff dressed up in pyjamas and fancy dress, with special treats such as pink marshmallow and fruit kebabs available for the children to snack on.

Amy Laycock, Family Support Worker at Candlelighters said "The children thoroughly enjoyed taking part in all the Pink It Up fun on the wards and day unit. Making sure there's lots of fun and distractions in the hospital is an important part of our role, and Pink It Up is a particularly special week for us. I think the children's favourite activity was definitely splatting us in the face with cream pies, I lost count of the number of pies thrown in my face but hearing their laughter was absolutely worth every minute of it!"

Around 150 children in Yorkshire are diagnosed with cancer each year. Since its inception in 1976, Candlelighters has been committed to offering extensive emotional, practical, and financial support to affected families and facilitating research to better the lives and outcomes of children facing diagnosis and treatment.

Tom Robertshaw, Head of Fundraising at Candlelighters said "We are humbled that families and so many other people across the county come together to raise money to support children with

cancer. Taking part in fundraising like Pink It Up is crucial in allowing Candlelighters to continue to support families during and beyond treatment, to ensure they never feel alone and know that there is a support network around them. I want to say a huge thank you to everyone who has taken part in Pink it Up this year."

To find out more about Candlelighters, you can visit their website: [www.candlelighters.org.uk](http://www.candlelighters.org.uk)

### How Candlelighters Help Children And Families Across Yorkshire

Pink It Up raises funds for the charity to provide the best quality services they can to families who are facing the turmoil of cancer diagnosis, families like The Marshalls. Katie and Jowayne, mum and dad of Arlo, took him to the hospital with suspected lactose intolerance when he was six months old. When Arlo was diagnosed with leukaemia, their lives were completely changed and they were brought to the realisation that their following two years would be spent predominantly in and out hospital.

When families face a childhood cancer diagnosis, they face emotional difficulty alongside having to travel to and from hospital, finding lodgings in Leeds where most children from Yorkshire receive cancer treatment, and having to take time of work to care for their poorly child.

As well as the heartache of childhood cancer, families are often unprepared for the financial requirements of the diagnosis. Due to Arlo being under 12 months of age at the beginning of his treatment, seven months of his treatment needed to be conducted within hospital.

With a child of less than one year of age, Katie needed to remain in hospital to provide Arlo with the care he needed whilst Jowayne needed to take time out of work to support Katie and Arlo. With the cost of petrol, food and lodgings, Katie and Jowayne say that they would not have been able to cope financially had it not been for the aid of Candlelighters.

Since, Arlo's family and their community have consistently shown support during Pink It Up week, with this being the third year of participation. The family have raised over £9,000 for the charity so far this year through their fundraising efforts in order to thank Candlelighters for their support during such a difficult time.

## Yorkshire Children's Charity Raises Over £376,000 At The Yorkshires. Commercial Real Estate Awards

Hosted by Yorkshire's Children's Charity to celebrate the best of the region's property figures, the third annual The Yorkshires. Commercial Real Estate Awards took place at Rudding Park, Harrogate recently to raise money for the Great Yorkshire Build.

A total of £376,864 was secured on the night, as well as securing additional charitable resources, financial and expert support from generous industry leaders across Yorkshire.

The Yorkshires. Commercial Real Estate Awards, hosted by presenter, broadcaster and former rugby union player, Martin Bayfield, saw some of the best names in come together for an evening of wining and dining, with some Duplo-building thrown in to unleash the competitive side between tables.

The evening raised over £61,000 more than the 2023 event and will go towards a £3 million project to transform the facilities at Hilltop School in Maltby. The school is attended by over 100 pupils with special educational needs and complex disabilities.

The full list of winners of The Yorkshires. Commercial Real Estate Awards are as follows:

- Yorkshires. Rising Star - Sponsored by Caddick - Winner: Ben Pipkin (Cunniff Design)
- Yorkshires. Property Personality - Sponsored by Savills - Winner: Jeff Pearey (JLL)
- Best Investment Deal - Sponsored by CEG - Winner: The sale of 1 Whitehall Quay by L&G to the Consolidated Property Group (Knight Frank)
- Best 'Shed' Deal - Sponsored by Addleshaw Goddard - Winner: The letting of Prism Park to IFCO Systems (Equation Properties)

- Best Office Deal - Sponsored by Richard Boothroyd & Associates - Winner: The letting at 11 & 12 Wellington Place to Lloyds Banking (JLL, MEPC, CBRE, Savills)
- Best Contractor - Sponsored by D.S Emotion - Winner: Caddick Construction Limited (Caddick)
- ESG Excellence - Sponsored by Wilton Developments - Winner: Brainkind Neurological Centre (HBD)
- Best Consultancy Practice - Sponsored by Yorkshire Post - Winner: Quod
- Yorkshires. Disrupter - Sponsored by Walker Morris - Winner: One City Park, Bradford (Muse)

Founder and CEO of Yorkshire Children's Charity, Charlotte Farrington has said: "To have raised a record amount of £376,864 for this event is fantastic and a testament to the strength and generosity of the property industry. To complete our £3m Great Yorkshire Build project at Hilltop SEND school in Rotherham is going to take a huge amount of resource and I continue to be overwhelmed by the level commitment the industry is willing to give to this initiative.

"I couldn't be prouder of the legacy the Yorkshire property sector are creating - together we are setting the bar for special educational provisions in the region and making a profound difference to the lives of our most vulnerable children."

Additional donations and support for Yorkshire Children's Charity and the Great Yorkshire Build can be found at;

[www.yorkshirechildrenscharity.org](http://www.yorkshirechildrenscharity.org)

or by emailing: [info@yorkshirechildrenscharity.org](mailto:info@yorkshirechildrenscharity.org)





## Award-Winning Outdoor Live Theatre Event Returns This Summer

The multi-award-winning live action outdoor theatre spectacular, *Kynren – An Epic Tale of England*, returns to County Durham this summer to transport audiences through 2,000 years of English history.

Performed by a 1,000-strong volunteer cast and crew on a seven and a half acre outdoor stage in Bishop Auckland, *Kynren* brings audiences magnificent sets, mass choreography, combat, stunts, horsemanship, stunning pyrotechnics and amazing special effects, including water jets and state of the art video projections.

For 2024, there will be pre-show entertainment at 'Return of the Vikings' where audience goers will have the opportunity to wander through the authentic recreation of a traditional 9th century Viking village. Visitors can watch the past come to life and interact with the villagers as warriors prepare for a raid, visit the cookhouse, meet the animals and watch the sparks fly in the forge as the blacksmith produces real chainmail.

Anna Warnecke, *Kynren*'s CEO said: "Kynren is entering its ninth year and we are incredibly pleased to offer our visitors an immersive treat for 2024. Their adventure begins as soon as they step foot into the beautiful setting, even before taking their seat to watch legends come to life.

"The scale and complexity of the production, from the spectacle of the costumes and the sets to the jaw-dropping stunts throughout all 29 scenes never ceases to amaze me. We can't wait to open the doors once more for our next run this summer."

Viewed from an 8,000-seater tribune which provides panoramic views across the giant outdoor stage, the family-friendly experience begins with a boy called Arthur accidentally kicking a football through a window of a hunting lodge at Auckland Castle.

Audiences are then taken on a fascinating voyage through time as seen

through the eyes of Arthur, shining the spotlight on the Romans, Vikings, Norman Conquest, the bloody outcome of England's Civil War, King Charles' final journey to the executioner's block, the Age of Steam, World War I Christmas truce, the Queen's Coronation and more.

*Kynren*'s soundtrack has been created by award-winning composer Nathan Stornetta, who has previously worked alongside film score master Hans Zimmer and the dialogue features the distinctive tones of northeast actor Kevin Whately – best known for his roles in *Auf Wiedersehen Pet*, *Inspector Morse* and *Lewis* – to reveal the secret of time travel to Young Arthur, setting him off on his quest for knowledge and discovery of the meaning of 'Kynren'.

The 90-minute performances start at sunset and end in starlight and will be taking place every Saturday night from 27th July to 14th September.

Tickets cost from £26 for adults and from £16 for under 18s. Children aged 3 and under are free when sat on an adult's knee.

For further information and to book tickets, visit [www.kynren.com](http://www.kynren.com)

### SHOW DATES AND TIMINGS FOR 2024:

- July 27 (Gates open 6:15 PM, performance starts 9:15 PM)
- August 3 (Gates open 6:00 PM, performance starts 9:00 PM)
- August 10 (Gates open 5:45 PM, performance starts 8:45 PM)
- August 17 (Gates open 5:30 PM, performance starts 8:30 PM)
- August 24 (Gates open 5:30 PM, performance starts 8:30 PM)
- August 31 (Gates open 5:00 PM, performance starts 8:00 PM)
- September 7 (Gates open 4:30 PM, performance starts 7:30 PM)
- September 14 (Gates open 4:30 PM, performance starts 7:30 PM)

## New Exhibition At Fairfax House Celebrates 40th Anniversary

A new exhibition has opened this Saturday telling the remarkable story of how Fairfax House was brought back to life, celebrating the 40th Anniversary of its visionary restoration.

40 years ago, Fairfax House sat unloved and forgotten. Its once-legendary splendour as one of the finest 18th-century townhouses was hidden underneath thick layers of dust and paint.

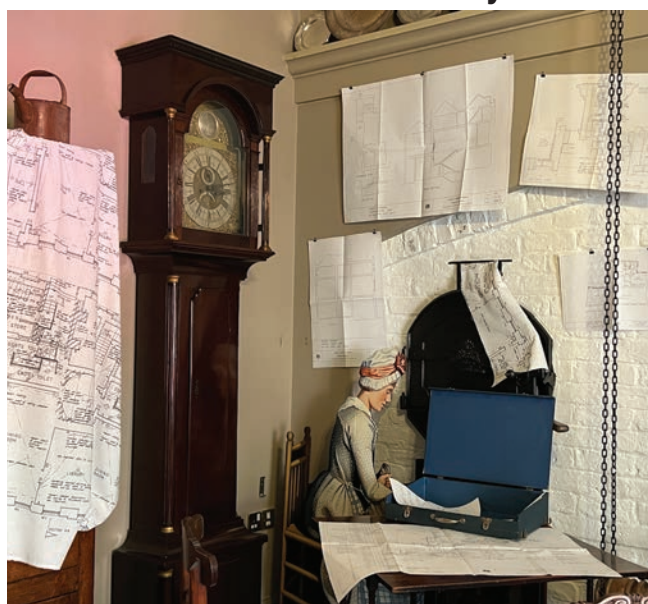
The future of the building was uncertain, until York Civic Trust invested over £2,000,000 in today's money in a groundbreaking transformation that required incredible artistry, ingenuity and resilience.

Now a new exhibition has opened that allows visitors to step back in time and witness how the house changed from a damp and decaying shell to the magnificent architectural gem seen today.

When asked about the exhibition, Curator Sarah Burnage said, "We are very excited about this unique exhibition because it will let visitors know what it really takes to conserve and restore a historic house back to its former glory. This is unlike anything we've done before, and we hope it will connect with many residents who can remember Fairfax House from its dance hall and cinema days."

Collections Manager Rachel Willis said, "We've done our best to make visitors feel transported to a time before Fairfax House was restored - even going as far as replicating the damage on the ceiling and the bricked Venetian window. We've also created an homage to St George's cinema where visitors can watch an original film about the restoration. We are very pleased to be showcasing this important time in Fairfax House's past."

Fairfax House has had a long and varied history. After it was sold by Ann Fairfax in 1772, it passed through various private owners until 1865 when it was turned in a gentlemen's club. In the 1920s, it became the St George's Hall cinema and a dance hall, which only closed in 1980.



Fairfax House is particularly keen to hear from those who were involved in the restoration, or who have memories of the building as a cinema or dance hall. If you have a story you want to share, you can email it to [info@fairfaxhouse.co.uk](mailto:info@fairfaxhouse.co.uk).

The exhibition runs until 20th October.

Children 16 and under go free at Fairfax House. Admission to the exhibition for adults is just £8 for adults and £7.50 for concessions. Visitors can pre-book online to secure tickets or walk-in on the day.

## Ampleforth Abbey Showcase Local Artists In Summer Exhibition



A new exhibition is coming to Ampleforth Abbey this July. The 'North Yorkshire Open Studios Showcase' will feature around thirty artists and makers from across the North Yorkshire region under one roof.

Gathered at Ampleforth, visitors will get the chance to view sculpture, paintings, photography, and ceramics with the opportunity to purchase pieces on display.

The exhibition takes place in Alban Roe House Visitor Centre, a short walk from the Grade I listed Abbey Church which is open to visitors. The Abbey grounds are also open to the public.

Ampleforth Abbey is home to a community of Benedictine monks, and featured in the exhibition will be artwork from Fr Martin, a former monk of Ampleforth, who died in 2015. Fr Martin was Art Master of Ampleforth College 1947-1981 and an accomplished oil painter who spent his free time painting. Much of his work captures scenes from around the Mediterranean.



The artist-run collective, North Yorkshire Open Studios (NYOS) is a not-for-profit community that works to support the hundreds of painters, sculptors, print-makers, jewellers, ceramicists, photographers, and creatives who live and work in North Yorkshire.

All the NYOS artists exhibiting recently opened their studios as part of the NYOS open studios weekend in June.

Other artists featured include: Sarah Sharpe, Heather Croft, Garth Bayley, Gill Kirk, Eric Moss, Jane Took, Peter Finch, Doty Earl, Sherry Doyal, Shirley Hudson, Sally Parkinfitton and Jo Garlick.

Garth Bayley, Project Manager for North Yorkshire Open Studios said:

"I'm thrilled to be able to showcase a selection of artists exhibiting in this fantastic venue. This is a great opportunity to see a selection of work from each artist and chat to the invigilating artists about their practice. It's a great showcase of creativity in the area."

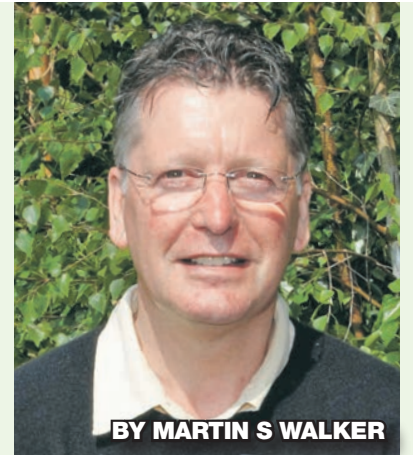
Jo Little, Ampleforth Abbey Marketing & Communications Manager said:

"We can't wait to welcome people to this showcase of wonderful art and hope new visitors to the Abbey will enjoy exploring the church and grounds while they're here."

The exhibition runs from 19-28th July, 10.00-17.00 daily at Ampleforth Abbey Visitor Centre. Free entry and parking. Refreshments available in the Tea Room.

# GARDENING

## My, My Is It Actually July? Time To Relax And Gaze At The Sky



BY MARTIN S WALKER

There were times when I thought we may never see the sun this year but thankfully we have had a warm spell. At this time of year I spend most of my time in the garden weeding, watering, cutting the grass, removing faded flowers and cutting back straggly plants. I try to be organised and plan what needs my attention but I find a gentle stroll around the garden with a cup of tea for about 15 to 20 minutes allows me to prioritise what I need to do. Almost always I see something that I hadn't expected to do but is now a priority, for example flower stems that have fallen over, and either need to be staked or removed, munch marks in leaves are another one, searching out the culprit and taking the appropriate action.

I also have a rule that I will do the jobs I dislike most first leaving the ones I enjoy towards the end of the day, this means that you finish with a smile and hopefully look forward to your next foray into the garden.



Herbaceous perennials are great for filling the middle planting layer in your borders bridging the gap between trees/shrubs and the lower growing front of border plants. The down side is that generally they need a little more attention, as most of them die down in late autumn and re appear the following spring, new shoots vulnerable to foraging molluscs (slugs and snails), need protection, as the plant develops it may need some kind of support, canes, stakes or one of the many wire framed structures. A general purpose feed as they grow will help them develop strong stems and flower better. The early flowering perennials such as delphiniums and lupins are not that pretty when the flowers have finished so it is best to remove the flowering stem completely along with damaged or eaten leaves. Once completed I give each plant a liquid feed with tomato food, (any other liquid feed you have will be fine too) so effectively I am giving them a water and a feed at the same time. The border can look a little drab for a few days until other plants start to flower, so what I do is plant a few containers with annuals or tender perennials that compliment the colour and texture of neighbouring plants, carefully move away the foliage of plants that have finished and place a couple of house bricks on the soil placing the planted container on top. The foliage of the plants you tidied up will grow back and provide a foil for the container whilst building up the plant for next year. You will occasionally find that they will flower a second time too. Don't forget to water and feed your containers throughout the summer.



Hedge-cutting time is upon us and it's time to trim them into their intended shape which also encourages them to thicken up too. If you don't cut your hedge they will develop into the plant they are which in many cases are trees, beech, yew and silver birch are naturally woodland trees, but they make excellent hedges providing habitat for insects and nesting birds, your own little wildlife sanctuary, unlike a fence that doesn't really support anything apart from woodworm and some fungi. If you have a compost heap the clippings can be added and are great for maintaining a balance of coarse material and grass clippings which if left on their own can become slimy and smelly. It's a good idea to check out the health of your hedge too, are there any dead stems? If so cut them out too, if they are dead they won't grow back. I like to feed our hedges after trimming and use a general pelleted fertiliser such as chicken pellets, and if it is dry I water them in. Your hedge is just like any other plant and needs help to maintain its health and keep growing.



With the memories of our spring bulb displays still in our minds it's a good idea to jot down what worked well and more importantly what combinations you liked. Bulb companies are sending out their catalogues and starting to advertise what bulbs they will be offering this year. Although they won't be delivered until late summer/early autumn if there are ones you particularly want that it's a good idea to get your order in early. If on the other hand you prefer a bargain and are happy to take what is available then you can leave your order until the sale offers come along usually around late August/September.

*Happy gardening,*

*Martin*

*Next month, tidy up your herb plants, pep up your roses and keep your plants hydrated.*



**Don't worry there are still 188 days until Christmas, so this is not a festive tip.**

I started my gardening career last century, in fact over fifty years ago and over that time I have picked up a few tips and tricks here and there that help make the tasks easier and more enjoyable.

The trouble is that as with all other tradesmen you develop a library of skills that over time become completely natural, and that head on the side look you give people who don't seem to be doing it quite the way you would often results in a sharp comment, such as 'what is that look for?' Or 'you never told me that!'

The fascination of watching a craftsman at work is the seemingly effortless way they perform a task, invariably resulting in a perfect finish. Gardening along with many other trades requires the development of skills that ensure the tool you are using delivers whilst avoiding frustration and pain, so this month I plan to unravel the mystery of hoeing.

The whole purpose of hoeing is to sever the weed at soil level effectively parting its top growth from the roots, simple as that. With annual weeds this is usually the end of them, with perennial weeds it will weaken them and eventually kill them if you repeat this enough.

The hoe is not a spade, nor intended for digging, it is not a hammer to beat the weeds into submission, but it is a carefully designed tool which needs setting for the individual using it.

I will explain the technique of preparing your hoe for battle with the dutch 'type' hoe as the example. The dutch hoe has a long shaft at the end of which is a flat blade connected to the shaft by a horseshoe shape metal bar.

They are generally all the same height unlike everyone of us and thereby hangs the problem. The action of hoeing requires you to stand upright, not bending your back double and with the flat part of the blade resting on the soil, gently slide the blade back and forth just below the surface of the soil, the blade will sever the weed just below the surface and if this operation is carried out on a sunny day the weeds will literally shrivel up in a matter of minutes.

The problem is that if you stand upright in a comfortable position the blade may not be flat on the soil meaning that if you draw it back and forth it has a tendency to dig in and not cut the weeds. The way to remedy this is to gently bend the blade until it is the same level as the soil, I usually check this by standing upright and sliding the hoe blade on a flat surface like a paving flag or path.

So how do you bend the blade? Well, ideally you need a path that has gaps between the paving flags or edgings, this gap is also effectively a hoe blade bender. Slide the blade between the gap and gently pull on the top of the shaft thereby bending the blade, keep checking by standing upright and sliding the blade on the footpath until the blade is more or less completely flat on the path.

Hey presto the hoe is set for you and will be much easier to use.



■ Giant hogweed. Image © Daniel Docking

## Trade Body Urges Caution Over Giant Hogweed Threat

National trade body the Property Care Association is advising the public in Yorkshire to be cautious of Giant hogweed, an invasive weed that can cause injury in summer.

The PCA is sounding caution as the sap of the invasive non-native weed is extremely toxic, making it a danger to public health.

With two concurrent wet springs this year and in 2023, experts at the PCA say weather patterns are creating an opportunity for the plant to thrive and gain ground across the UK.

Contact with any part of Giant hogweed, followed by exposure to UV light - including the sun - can cause severe discomfort and blistering to the skin.

Daniel Docking, Technical Manager of the Property Care Association's Invasive Weed Control Group, says making people aware of its presence, and the health implications associated with exposure to it, are key to creating a safer environment.

He said: "Too often there are reports of people who have been injured after inadvertently coming into contact with Giant hogweed.

"Children are particularly vulnerable, as they can encounter the plant while playing outdoors in the summer.

"We reported last year that the wet weather was providing an optimum environment for the invasive non-native weed to thrive, and a repeat of those conditions this year means that plant will take hold once again.

"That means there is more chance of people being exposed to it.

"Anyone unfortunate to come into contact with Giant hogweed can develop symptoms including a rash, itching and blisters where skin touches any part of the plant.

"In some cases, people need urgent medical attention because the blistering can be so severe.

"There can be longer-term complications too, as the condition can reoccur over a period of years, with the rash and the itching coming back every time the skin is exposed to UV light."

The PCA has an identification guide, to help the public recognise Giant hogweed, which includes;

**Height** - The standout feature of Giant hogweed is its sheer size. The plant can grow up to five metres high and has a stem that measures up to 10 centimetres in diameter.

**Flowers** - The plant produces a large, white, umbrella shaped flowering head, with a single umbel capable of producing 50,000 seeds per head.

**Leaves** - Giant hogweed has sharply serrated or divided leaves, which reach up to three metres.

**Markings** - Giant hogweed's stem is usually covered in blotchy purple markings. Sharp bristles can also be found on the stem and under the leaves.

Daniel added: "Giant hogweed has distinctive features, which should help people to recognise it, although we urge the public not to get too close to the plant to identify it.

"The plant can sometimes be confused with UK's native Hogweed, Cow Parsley or even Hemlock, all of which are much smaller in size and have leaves with a smoother outline."

The PCA provides a means of identifying specialist contractors and consultants with the expertise to control and manage invasive species such as Giant hogweed, as well as other invasive, non-native plants including Japanese Knotweed.

A full list of companies in the Invasive Weed Control Group is available in the 'Find A Specialist' section on the PCA website and more details on invasive weeds in general are available via [www.property-care.org/homeowners/invasive-weed-control](http://www.property-care.org/homeowners/invasive-weed-control)

Part of the PCA's Invasive Weed Control Group's remit is the development of best practice standards and collaboration with other professionals, including surveyors, ecologists, local authorities and government departments to build a safer environment for all.

Central to this is the trade body's International Invasive Weed Conference, which takes place on the 28 November at the University of Warwick.

More details at [www.property-care.org/events/conferences](http://www.property-care.org/events/conferences)

## Planting Trees For Tomorrow: National Park Seeks Fields And Hedgerows For Free Tree Scheme



"When we look 200 or even 500 years into the future, we need to see the next generation of those gnarly, creviced ancient trees that support vast numbers of insects and fascinate everyone who sees them."

So says Sam Newton, Woodland Creation Officer at the North York Moors National Park, whose work has a legacy that will hopefully span centuries.

"We're fortunate to see examples of magnificent ancient and veteran trees dotted all over the National Park, but they won't live forever. These trees are essential to healthy ecosystems and of course store carbon, helping to mitigate climate change," continues Sam.

There are several schemes to encourage landowners to consider tree planting in the North York Moors, some of which look to create whole new woodlands and others, such as the Landscape Tree Scheme, which looks to plant between ten and twenty trees per project in sturdy, stockproof shelters. This is a long-sighted approach, planting individual trees that will hopefully become the majestic landmarks of the future. They can be planted in fields and open spaces, where they provide shade for grazing animals, but also along existing hedgerows, therefore having minimal impact on land use.

"It's especially critical at the moment," says Sam, "as we're witnessing the loss of so many of our ash trees due to widespread ash dieback."

"This is a real concern particularly in the south of the National Park, where we expect the loss of ash trees to have a major impact on the landscape. It will take decades for any newly planted trees to reach maturity, so all the more reason to start now."

The scheme provides the trees for free and covers 100% of the costs involved, including three years maintenance. A mixture of species is usually planted, helping to future-proof their survival by reducing disease risks.

The programme is funded entirely through Section 106 contributions from the development of both Woodsmith Mine and Boulby Mine.

Anyone who has the space to plant a minimum of ten trees is encouraged to get in touch to discuss their ideas. Interested landowners can contact the National Park Authority via email on [conservation@northyorkmoors.org.uk](mailto:conservation@northyorkmoors.org.uk), preferably including a map and as much detail as possible. You can also post a map to the National Park Office in Helmsley, or phone Sam Newton on 01439 772700.

For more information, please visit:

[www.northyorkmoors.org.uk/woodlandcreation](http://www.northyorkmoors.org.uk/woodlandcreation)



## Take Care Of Your Summer Garden With Dobbies' York Store

As the days grow longer and brighter with the start of summer drawing closer, Dobbies, the UK's leading garden centre, is inviting gardeners along to its York store for a series of free Grow How sessions focused on caring for summer plants.

The live demonstrations will take place on the first Saturday and every Wednesday throughout the month, at 10.30am and 3.30pm. The sessions are led by Dobbies' colleagues in the York store who will be on hand to answer any questions from customers.

July's Grow How session will cover how to choose and incorporate vibrant seasonal flowering herbaceous plants, such as Delphinium and Fuchsia, into summer gardens, to create a stunning display.

Customers will also receive practical advice on maintaining flourishing borders and flowerpots throughout the summer season, along with sustainable flower watering techniques, like substituting the garden hose with a watering can to reduce water usage.

Dobbies' Grow How sessions are fun and informal 10-15-minute demonstrations, designed to be interactive and accessible for gardeners of all ages and abilities.

For more information about Dobbies' Grow How sessions in the York store and the summer events, such as Planting and Afternoon Tea – Holiday Edition, and to make a booking, visit [dobbies.com/events](http://dobbies.com/events)

Dobbies' 'Planting and Afternoon Tea – Holiday Edition', gives customers the chance to relax and enjoy a traditional or luxury Afternoon Tea experience, plus a demo and Q&A, before getting to create their own planter (worth £30) to take home. Inspired by summer holidays, the tropical plants featured have been selected by RHS Chelsea Flower Show judge and Dobbies Senior Buyer, Claire Bishop, to bring a pop of summer colour to the garden. This experience is priced at £40 and takes place on Tuesday 16 and Saturday 20 July.

# RSPCA Calls On Public To Help Save Wildlife From Hazardous Football Nets



**The RSPCA is calling on the public to help save animals' lives by putting away their back garden football nets after use.**

The reminder comes as new data from the charity reveals that of the 1,644 reports received in 2023 of animals getting entangled in all types of netting, almost half of them (773) happened in the peak months of May, June and July.

Now, as footie fever soars with the Euros, the animal charity fears even more animals could be trapped, injured or even killed by these innocent-looking items. So the charity is urging people to put away their garden football nets when not in use to help minimise the numbers of incidents.

As the RSPCA gets ready to celebrate its 200th year of protecting animals, the charity has been left concerned by a flood of recent reports involving animals entangled in netting, coinciding with this summer's peak football fever months.

RSPCA Scientific Officer Rebecca Machin said: "We know many people are excited about Euro 2024 - and think it's great that many will be inspired by the action, and want to get outside and have a kick around themselves.



"But unattended football and other netting can trap, injure and even kill wildlife and pets, so it's really important to put nets safely away when they're not being used after the game is done.

"The problem is so serious that during this May, we dealt with 53 incidents of netting-entangled foxes - mostly cubs - and that sadly included at least one fox cub death. That's even higher than the numbers for the previous May (2023), when there were 52 incidents.

"But it's not just foxes that are affected; other wild mammals like hedgehogs and deer, and even domestic pet mammals - including cats, can become potentially fatally entangled. But in a difficult summer for many animals, people have the power to make a real difference."

The RSPCA believes the football-loving public hold the key to fixing the problem - both in helping avoid instances happening in the first place, and knowing what they should do if they find a trapped animal.

From wild birds and mammals, to cats, dogs and even exotic pets, the RSPCA's data reveals that nets present a real hazard for all kinds of animals.

Of the 296 wild mammals that were reported to have been caught

up in netting last year, foxes were most likely to become entangled (188), followed by deer (75), then hedgehogs (22). Wild birds fared even worse, with 1,275 individual birds (from robins and swallows to gulls and pigeons) becoming entangled.

The charity even received reports of cats, dogs, parrots and exotic pet snakes affected by netting.

The charity's advice to the public is that if a small animal - like a bird or hedgehog - is found caught up in netting, the fastest way to help it is to gently disentangle the animal themselves - where it's safe and possible for them to do so. Check the RSPCA website for more information.

Whenever people are able to help animals in need, it frees up RSPCA specialist officers to focus on animal cruelty and neglect.

Recently, a member of the public successfully untangled a hedgehog from a football net before taking it to the RSPCA East Winch wildlife centre in Norfolk for rehabilitation - and the charity hopes more people will take action for animals this summer.

But when it comes to bigger animals, the public is urged to call for expert help. When a pregnant roe deer became tangled in a back garden football net near Guildford, Surrey last month, an experienced RSPCA animal rescue officer attended. He was able to calm the animal and gently untangle her from the netting before releasing her unharmed back into the wild.

Rebecca continued: "Getting caught up in netting is very stressful for an animal, particularly one that's wild. And if the animal gets seriously entangled, netting - whether it's used for sports, fencing or the garden - can cause severe injuries or even death. As wild animals frequently get trapped during the night, they may have been struggling for many hours by the time they are found in the morning and often need veterinary attention and sedation to cut them free."

"We're all looking forward to a summer of sport - including the Euros, Copa America and the Olympics - and many of us will be having our own kickabouts in the garden. But we urge people to be aware of the dangers of football and other netting.

"Keeping animals safe is really easy. We can all play our part in helping animals by making sure unused sports netting is tidied away safely after use. But if the worst does happen, and an animal does become trapped, then as long as it's small and manageable, and if it's safe to do so, we'd really encourage people to try to untangle it themselves. The animal should then be taken to a vet for a check-up. The more the public can help, the more resources that will free up for our teams to focus on the terrible cruelty and neglect cases that sadly peak during the summer months."

## Cunning Curlew Rescue Proves A Success

**Gamekeepers in the Yorkshire Dales hatched a cunning plan to save a clutch of curlew eggs after the mother bird was sadly killed by a dog off the lead.**

The nest was located on farmland in Wensleydale where the farmers, gamekeepers and landowner work in partnership year after year for curlew conservation.

The farmer saw the incident and contacted one of the gamekeepers to see if the rare eggs could be saved.

At the same time as one nest was being abandoned, on a neighbouring moor in Arkengarthdale, a curlew was spotted sitting on an empty scrape for three weeks without laying.

Darren Chadwick, coordinator of the Yorkshire Dales Moorland Group said: "To see this female sitting on an empty nest for so long is extremely unusual. We thought that she must be quite inexperienced and perhaps just in her first breeding season. As soon as we were told of the abandoned nest we thought we might be able to solve two problems in one go by persuading the broody bird to hatch the motherless eggs. With an attendant male still supporting her, she was a perfect candidate for fostering."

The gamekeepers are trained and licensed to monitor and approach curlew nests for their ongoing conservation work and also as part of the South Downs curlew translocation project, which is working to reintroduce curlew to parts of the south of England where they are locally extinct.

The eggs looked viable and were found to have strong heartbeats, which suggested a good chance of success. The first step was to take the eggs and place them under one of the keeper's broody hens to ensure they did not cool down.

The eggs were then transferred to a special temperature-controlled incubator.

Replica eggs used for conservation purposes were placed into the nest on Arkengarthdale to gauge the female bird's reaction. She took to them well and began to sit on the replicas.



Image © YORKSHIRE DALES MOORLAND GROUP

After eight days in the incubator the eggs began to 'pip'.

This is a crucial moment when the chicks are about to hatch out. It should trigger the release of hormones in the parent bird to ensure they will do their utmost to look after and feed their young. At this point the real eggs were placed in the nest and to the delight of all involved, three chicks have now hatched successfully.

Darren Chadwick continued: "Everyone is delighted with the result and

these chicks are fortunate to have hatched in an area where all the farmers, keepers and landowners work together to protect ground-nesting birds. We would urge everyone to please keep their dogs on a lead and stick to the paths during nesting season. This is one of the UK's most important curlew habitats."

Conservation work for the curlew continues year-round across the Yorkshire Dales by members of the Moorland Association.



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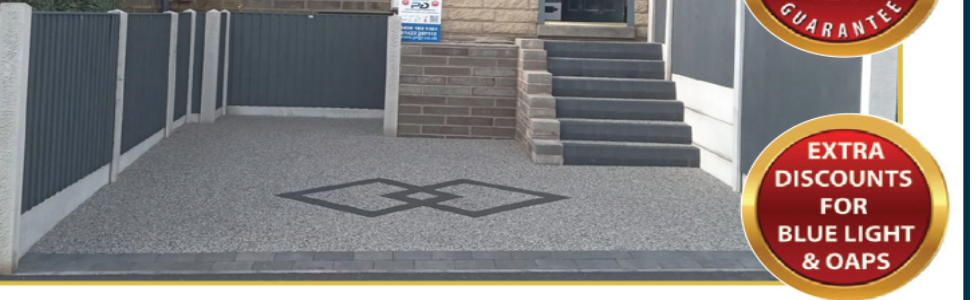
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**BY LINZI DAVIES**

**With Yorkshire day on the 1st August, we are celebrating what makes Yorkshire and its people so special.**

Some people think only of flat caps and whippets when they think of Yorkshire, but us good old Yorkshire folk know different. The people of Yorkshire are renowned for being friendly and welcoming and in fact, the Yorkshire accent was voted top in a study on accents and perception of intelligence. Yes, we were perceived as being more intelligent than people speaking with Received Pronunciation!

The Yorkshire accent was also revealed to imply wisdom, honesty, thoughtfulness and trustworthiness. We are proud to be from Yorkshire, and rightly so!

**So Why Is Yorkshire So Wonderful?****Heritage**

Yorkshire has a rich history. The region has been occupied by Romans, Angles and Vikings during the first millennium AD, before heading in to the Middle Ages and on to the industrial revolution and eventually modern day. Each settler to the area has left its imprint and made the county what it is today – many Yorkshire dialect words stem from the Old Norse language!

This rich history has provided Yorkshire with a vast heritage and a strong identity. From Roman settlements, castles and abbeys to magnificent stately homes, Yorkshire has a lot of historically important sites, all set in beautiful landscapes.



York is a vibrant city and a real melting pot of Roman, Viking and medieval history. You can visit the Jorvik centre to take a trip around Viking York, and then wander over to the Shambles to enjoy a little retail therapy in the Medieval street.

York's city walls can still be walked along and the two 'bars' or wall gatehouses tell a story of the history of the city. The York Minster, consecrated in 1472 is a magnificent building and contains the greatest concentration of medieval stained glass in England.

Yorkshire can boast some of the best castles and abbeys in England. There is Bolton Castle – completed in 1399, Skipton Castle - one of the most complete and well-preserved medieval fortresses in England and Middleham Castle – the childhood home of Richard III to name just a few. Selby Abbey was the first abbey to be built in Yorkshire, in 1069 and is where Henry I was born. Bolton Abbey is set upon the banks of the River Wharfe, and Rievaulx Abbey is one of the most impressive abbeys in Britain set in stunning moorland.

Regency mansions and Jacobean palaces tell a story from a different time in Yorkshire. Many of these incredible examples of architecture have been lived in by the same families for hundreds of years, and are filled with great works of art and antiques, all set in acres of landscaped gardens from the likes of Capability Brown. Just a few of the houses that put Yorkshire firmly on the map include Harewood House near Leeds with its rich collection of Chippendale furniture and over 100 acres of gardens, Temple Newsam – a Jacobean mansion set in 1500 acres of parkland, and Newby Hall in Ripon which has one of the finest Adam interiors in Britain, along with a contemporary sculpture park.

**Industrial Revolution**

Yorkshire was at the forefront of the Industrial Revolution, and the use of coal and iron from Yorkshire gave rise to important industries. These industries gave Yorkshire men the reputation they have today of being hard working, 'grafters'.

Many a Yorkshire man has made his living from coal mining. This was dangerous and backbreaking work but whole communities in Yorkshire earned their crust down the mines, with several generations of families working down the same 'pit'. The coal that

they mined was vital fuel for the railways, factories and people's homes and the Yorkshire coalfields provided one of the major sources of power behind the global industrial revolution in the 18th and 19th centuries.

Sheffield is world famous for its steel production, with Bessemer steel replacing structural iron from the 1860's. Harry Brearly from Brown Firth Steelworks developed stainless steel and this was one of the most important inventions to come out of Sheffield. The Don Valley became one of the principal steel making centres in the UK and by 1919 Hadfields were the largest employer in Sheffield with 15,000 workers.

Another important Yorkshire industry was textiles. Many of the mills survive today as arts centres. Probably the most well-known is Salts Mill in Saltaire near Bradford. This was a vast worsted woollen mill owned by Sir Titus Salt. He built a model village around the mill for his workers which included homes, bathhouses, a hospital and churches. It is believed he wanted to create an environment where his workforce could live healthy and virtuous lives, away from the pollution of the centre of Bradford.

**Yorkshire Coast**

The Yorkshire Coast has been a thriving visitor destination for centuries. With rolling hills, moors and golden beaches, the coast offers stunning scenery, entertainment and relaxation.

Scarborough is known as Britain's first seaside resort, welcoming visitors for over 360 years! The beaches at Scarborough have won awards for being not only beautiful but clean and safe. This is a very popular destination with families, as the sea front is full of attractions, and has a vibrant town centre. There is also Scarborough Castle stood on the rocky headland which offers incredible views over the surrounding landscape.

Whitby has a completely different feel to Scarborough. Dominated by the cliff-top ruins of the 13th century Whitby Abbey, this is a traditional town with old cobbled streets and a sandy beach. Whitby is divided into the more modern part and the old town by the River Esk. The old town is a shopper's paradise. Independent shops selling local crafts, maritime memorabilia and the famous Whitby Jet jewellery make for relaxed and interesting browsing.

Robin Hood's Bay is another beautiful destination in Yorkshire. This is Yorkshire's coastline at its most elemental with brooding cliffs, miles of breath-taking scenery and tumbling fishing cottages that spill right down to the sea. Robin Hood's Bay was allegedly the busiest smuggling community on the Yorkshire Coast in the 18th century, and it is easy to see why with its natural isolation and marshy moorland.

There are many other popular seaside towns and hidden gems along Yorkshire's coastline. Come rain or shine, the coast makes for a fantastic day out.

**The Yorkshire Dales**

The Yorkshire Dales National Park was established in 1954 and covers an area of 680 square miles. With outstanding scenery, a rich cultural heritage and a range of wildlife habitats the National Park is indeed a special place. The south of the park is one of Britain's best examples of classic limestone scenery with extensive cave systems and crags. The park also boasts spectacular waterfalls such as Aysgarth Falls, and Hardraw Force with its 90ft single drop.

This is one of the most important areas in the UK for its diverse wildlife heritage. From wading birds to sheep, the park is home to many nationally scarce or rare species of wildlife and is home to plants and animals that have specially adapted to the conditions here.

The Yorkshire Dales has supported many generations of livestock farmers despite its harsh, challenging conditions. The network of drystone walls, traditional stone-built field barns and herb rich meadows mean that the area is acknowledged as of international importance. The communities who have lived here for centuries remain closely knit and their way of life is shaped by the physical environment and remoteness.

The National Park is an area popular with tourists as somewhere to enjoy walks and investigate the unique landscape. This has been the case for hundreds of years – a tour guide was said to have charged tourists one shilling to visit Weathercote Cave near Ingleton in 1781!

There are 1458km of footpaths and 625km of bridleways to explore in the Yorkshire Dales National Park, as well as 100,000 hectares of open access land.

**Yorkshire Food**

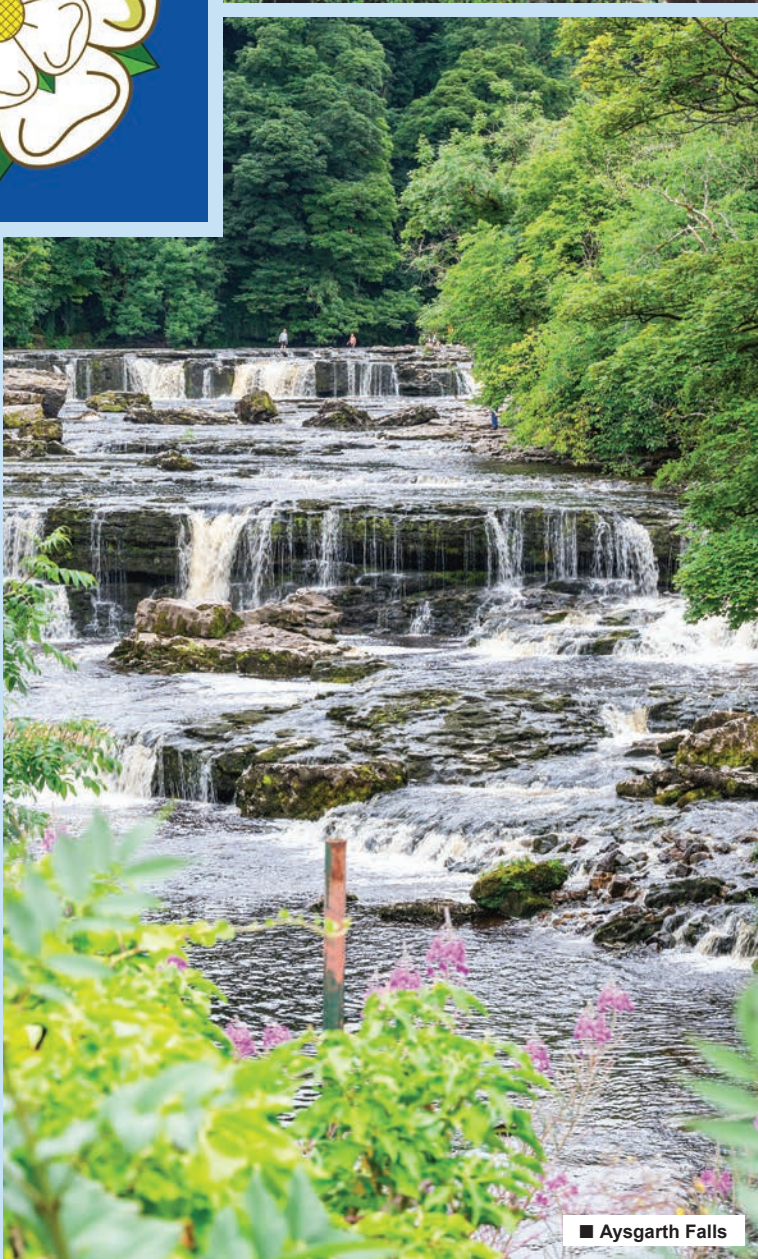
Yorkshire folk like a good meal and we can certainly show the rest of the country a thing or two about 'proper' food!

A roast beef dinner wouldn't be the same without our world famous Yorkshire Pudding. Nobody knows the real origins of the most successful thing to come out of Yorkshire, as far as I know, we have not found any cave paintings or Roman remains of a pudding pan as yet!



# shire & Of It!

■ Scarborough. Image © Yorkshire.com



■ Aysgarth Falls



The first recorded recipe for Yorkshire Puddings appeared in 1737 in the book *The Whole Duty of a Woman*, listed as a Dripping Pudding. It was a straight forward recipe stating “make a good batter as for pancakes, put in a hot toss-pan over the fire with a bit of butter to fry the bottom a little then put the pan and butter under a shoulder of mutton, instead of a dripping pan, keeping frequently shaking it by the handle and it will be light and savoury, and fit to take up when your mutton is enough; then turn it in a dish and serve it hot.” The 18th century equivalent of Delia Smith made it the nation’s favourite dish in 1747. Hannah Glasse spread the word of the Yorkshire pudding in her book *The Art of Cookery Made Plain* saying “It is an exceeding good pudding, the gravy of the meat eats well with it.” Mrs Beeton published a recipe in 1866 that was declared to be rubbish – mainly as she didn’t stress the need for a very hot oven. Yorkshire folk blamed this on her southern roots!

The main purpose of the Yorkshire Pudding originally, was to fill people up before a main meal, with parents telling their kids “them that eat most pudding gets most meat”.

Yorkshire Wensleydale cheese is another firm favourite of the region and was first made by Cistercian monks in the 12th century.



The recipe was perfected over time and was made by local farmer’s wives then, in 1897 the first creamery was opened in the area and production began on a large scale. Many cheese producers across the country have tried to replicate the creamy, crumbly taste and texture, and sell Wensleydale cheese. However, Yorkshire Wensleydale cheese has now been given Protected Geographical Indication (PGI) status. This means that to be classified as a Yorkshire Wensleydale cheese it must be produced within a certain geographical area. The producers of this Yorkshire cheese believe the unique flavour and quality is down to the fact that they use milk from local cows who have fed from the natural herbs, grasses and wild flowers that only the Dales can offer. The cheese has a slight honey taste and works extremely well with fruit.

Yorkshire also has the Rhubarb Triangle, a 9 square mile triangle between Wakefield, Morley and Rothwell. As a native of Siberia, rhubarb thrives in the wet, cold winters of Yorkshire and in 2010 Yorkshire Forced Rhubarb was awarded Protected Designation of Origin (PDO) status. In the early 20th century to 1939, the triangle was much larger covering an area of about 30 square miles at its peak as the industry expanded. At one time, West Yorkshire produced 90% of the world’s winter forced rhubarb. Wakefield holds an annual Rhubarb Festival every February to celebrate the continuing industry, with a farmer’s market, cookery demonstrations and tours of the forcing sheds. Rhubarb is a versatile fruit and can be used for everything from jams and compotes to pies and crumbles.

Other favourites from Yorkshire include Yorkshire Dales ice-cream, parkin, Yorkshire tea loaf and ginger beer. Don’t forget of course if you head to the coast the obligatory fish and chips are probably the best in the world too!

Let’s face it, we could rattle on forever and fill a book or two about our fabulous county of Yorkshire.

Yorkshire Day is celebrated on 1st August when the county comes together to celebrate everything Yorkshire and indulge in large quantities of Yorkshire pride. For the 5 million of us lucky enough to live in Yorkshire though, it is Yorkshire Day every day!

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# MUSIC - WHAT'S ON



## York Minster's Summer Organ Recitals

Thomas Trotter

York Minster's popular organ recitals return this summer with seven internationally renowned musicians taking centre stage in one of the world's most magnificent cathedrals.

The summer recitals take place on Thursday evenings from 18 July to 29 August, beginning at 7pm. The first six performances will include well known and much loved classic compositions, as well as exciting contemporary pieces that showcase the drama and poetry of York Minster's impressive Grand Organ.

Acclaimed soloists Thomas Trotter, one of Britain's most widely admired musicians and recipient of The Queen's Medal for Music; Katelyn Emerson, American virtuoso and scholar; Naji Hakim, prolific organist, composer and improviser celebrated for his spontaneous and creative use of religious programmes; and Gordon Stewart, a performer, teacher and conductor who was recently awarded a British Empire Medal for services to music, will be welcomed as guest soloists to the cathedral. They will be joined by York Minster's own talented musicians – Robert Sharpe, Director of Music, and Benjamin Morris, Assistant Director of Music, experienced soloists performing in the UK and abroad – for six nights of spectacular organ music.

The final performance will see star soloist Roger Sayer perform Hans Zimmer's epic Oscar-nominated *Interstellar* suite alongside intergalactic favourites from *A Space Odyssey* and Holst's *The Planets*. This live performance by Sayer, who featured on the film's official soundtrack as the organ soloist, will bring Christopher Nolan's dystopian masterpiece to life. Get ready for an out-of-this-world musical experience, suitable for all the family. Find out more at [www.yorkminster.org/whats-on/event/interstellar](http://www.yorkminster.org/whats-on/event/interstellar).

Tickets for the recitals are available now priced at £15, with a combined season ticket price of £75 for all seven recitals. A concession ticket for under-27s priced at £7.50 is also available. Tickets can be booked at [www.yorkminster.org](http://www.yorkminster.org) or by calling our Box Office on 01904 557200.

Each ticket includes a free, souvenir programme filled with stunning full-colour photographs of York Minster's Grand Organ and programme notes written by the talented David Gammie. Programmes will be available to collect inside the building on the night of each performance.

Please note, no cash payments can be made inside York Minster.

Ticket information;

<https://tickets.yorkminster.org/webstore/shop/viewItems.aspx?CG=ympsor&C=summer>

## Scarborough Spa Welcome Yorkshire Heroes Bad Boy Chiller Crew To The Grand Hall

Bradford's BBCC are MCs Kane, GK and Clive who'll be performing on the Grand Hall stage this summer on Friday 26th July 2024. Deeply influenced by the 'bassline house' clubbing heritage they grew up around in the North of England as well as emergent UK and US rap. The boys' have created something of their new sound, lacing pacey 4x4 bassquakes with a frantic lyrical fire that veers from infectious ear-worm hooks to wry observational punchlines. Think *The Streets* meet T2's 'Heartbroken'. Embracing the term 'charva' as a way-of-life, together they channel the nuances and absurdities of northern street life into hugely addictive tunes.

The crew made BRIT Awards history this year, arriving at the esteemed red carpet via horse and carriage in true BBCC style, and the boy's performed live at the show to a star-studded audience, having been gleefully nominated for Group Of The Year. The crew's debut album "Disrespectful" was met with widespread acclaim when it was released, peaking at #2 on the Official Album Charts, second only to Ed Sheeran in an epic and well fought chart battle. "BMW" also breached the UK Top 10, going onto be one of the best-selling singles of 2022.

The crew made standout appearances at some of the biggest festivals, including but not limited to Primavera Sound, Glastonbury and Parklife. More recent singles include "Spaceship", "When It Rains It Pours", "Jurgen Kropper" (feat. Local) & "George Best" (feat. Tom Zanetti) marked the beginnings of a fresh new chapter for the boys, keep your eyes peeled for more.

The Crew then stormed into their biggest headline tour to date, performing sold-out shows at a multitude of venues across the country. Grip tightly to the handlebars as we enter the next cycle of BBCC's ascendancy!

Tickets on sale now via the Scarborough Spa website or on the following Ticketmaster link: [www.ticketmaster.co.uk/event/3500603EA25E2ECB](http://www.ticketmaster.co.uk/event/3500603EA25E2ECB) Platinum Lounge upgrades also available to purchase at checkout or call the Spa Box Office on 01723 376774.

## Frankly, The Smiths At The Fulford Arms, York

Frankly, The Smiths are a Scottish tribute act to The Smiths and they will be at Fulford Arms, York on Sun 4th August. The band formed in 2017, and since then have been performing all over Scotland on a regular basis, namely at the famous Ironworks in Inverness and The 02 Academy in Glasgow. The four piece delve deep into the indie legend's back catalogue, performing lengthy shows which please both the casual and devoted fan. The band have gained a dedicated following, all of whom believe that this is the only tribute act to see for the ultimate Smiths experience.

Tickets available from [www.ticketweb.uk](http://www.ticketweb.uk)

## Supreme Queen Featuring Scott Maley Returns To Bridlington – Royal Hall

Now one of the most recognisable tribute bands in the world, SUPREME QUEEN continue to take things to a whole different level, with their homage to the halcyon days of one of the planet's greatest ever rock bands returns to Bridlington – Royal Hall on 26th July.

Since their formation in the nineties, SUPREME QUEEN have played to hundreds of thousands of Queen fans across the world, headlining at major events including St. Tropez's International Queen Convention, where they played to 10,000 people.

Scott Maley's incredible vocal and visual resemblance to Freddie Mercury, fronting this remarkable band of musicians has seen SUPREME QUEEN become one of the most respected bands of their genre anywhere on earth.

Closely following the ethos of the original band, they have always strived to create the Original Queen Live Experience.

Now we enter a new era for SUPREME QUEEN. As musically brilliant as ever, the new presentation benefits from stunning production values, plus sound and lighting effects designed to transport the audience to the halcyon days of their heroes.



Simply, a stage show designed to provide the most memorable of evenings for Queen's millions of fans worldwide.

Tickets available from [www.supremequeen.co.uk](http://www.supremequeen.co.uk)

## WIN TICKETS

THE YORKSHIRE REPORTER HAS  
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To enter simply send 'SUPREME QUEEN' along with your contact details including tel number to

[competitions@yorkshirereporter.co.uk](mailto:competitions@yorkshirereporter.co.uk)

Terms & Conditions – Entries must be in by the 18th July 2024. The winner will be contacted by phone or email and may be required for a photoshoot of them receiving their prize. Yorkshire Reporter's decision is final and no cash alternative will be offered.



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# ENTERTAINMENT

## WHAT'S ON TV & STREAMING

### 08 July - **The Great, Season 3** - Channel 4

A satirical, comedic drama about the rise of Catherine the Great from outsider to the longest-reigning female ruler in Russia's history.

### 10 July - **Abbott Elementary, Season 3b** - Disney+

Workplace comedy set in a Philadelphia public school.

### 10 July - **Reginald the Vampire, Season 2** - Sky Sci-Fi



■ Reginald the Vampire

Adaptation of Johnny B. Truant's Fat Vampire novels starring Jacob Batalon (Spider-Man: No Way Home).

### 11 July - **So Help Me Todd, Season 2** - Alibi

A talented but directionless P.I. joins his talented lawyer mother at her firm.

### 11 July - **Vikings: Valhalla, Season 3 (Final)** - Netflix

A new original series from Vikings creator Michael Hirst that continues the storytelling of his beloved epic saga.



■ The Jetty

### 12 July - **SisterS, Season 1** - UKTV Play

Witty, dark comedy written by and stars Emmy nominee Canadian actor Sarah Goldberg (Barry) and her real-life best friend, the Dublin actor Susan Stanley.

### 15 July - **The Jetty, Season 1** - BBC One

Jenna Coleman stars as rookie detective Ember Manning in The Jetty, a new thriller from writer Cat Jones.

### 16 July - **Whitstable Pearl, Season 2** - U

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

### 17 July - **Mr Bigstuff, Season 1** - Sky Max



■ Mr Bigstuff

From Ryan Sampson ('Brassic', 'Plebs'), the series sees estranged brothers Glen (Sampson) and Lee (Danny Dyer) try to patch up a sibling rivalry that may well be beyond repair. Or beyond Spare.

### 17 July - **Will Trent, Season 2** - Disney+

Karin Slaughter's New York Times bestselling "Will Trent" series.

### 18 July - **Quantum Leap, Season 2 (Part 1)** - Paramount+

A part-reboot, part-continuation of the beloved sci-fi series, with Raymond Lee in the lead role.

### 18 July - **Cobra Kai, Season 6a (Final)** - Netflix

Show based on the classic 'The Karate Kid' movies starring original actors Ralph Macchio and William Zabka.

### 19 July - **Those About To Die, Season 1** - Prime Video



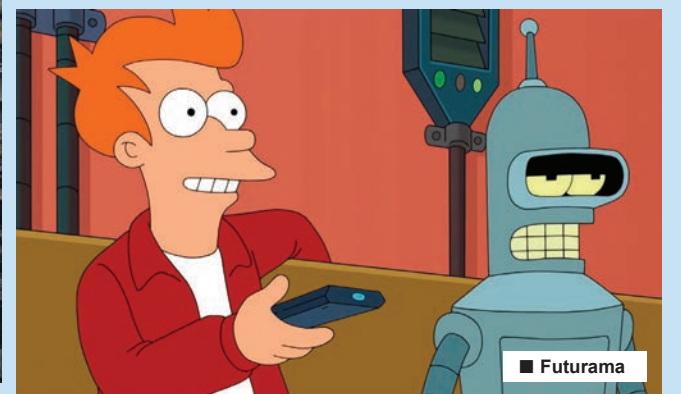
■ Those About To Die

Drama about the corrupt world of chariot racing and gladiatorial fights in ancient Rome starring Sir Anthony Hopkins, Iwan Rheon and Sara Martins.

### 24 July - **Time Bandits, Season 1** - Apple TV+

The first-ever television adaptation of the beloved cult classic movie.

### 29 July - **Futurama, Season 12** - Disney+



■ Futurama

Matt Groening's other animated show after The Simpsons.

### 29 July - **Signora Volpe, Season 2** - Acorn TV

Emilia Fox stars as a British spy in Italy, alongside Jamie Bamber and Tara Fitzgerald.

## AT THE MOVIES



■ Despicable Me 4

### 05 July - **MaXXXine** - R

In 1980s Hollywood, adult film star and aspiring actress Maxine Minx finally gets her big break. But as a mysterious killer stalks the starlets of Hollywood.

Stars: Charley Rowan McCain, Simon Prast & Mia Goth

### 12 July - **Despicable Me 4** - U

Gru, Lucy, Margo, Edith, and Agnes welcome a new member to the family, Gru Jr., who is intent on tormenting his dad. Gru faces a new nemesis in Maxime Le Mal and his girlfriend Valentina, and the family is forced to go on the run.

Stars: Steve Carell, Kristen Wiig, Pierre Coffin & Joey King



■ Fly Me To The Moon

### 12 July - **Fly Me To The Moon** - 12A

Marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, Jones is directed to stage a fake moon landing as back-up.

Stars: Scarlett Johansson, Channing Tatum & Woody Harrelson

### 12 July - **Longlegs** - 15

In pursuit of a serial killer, an FBI agent uncovers a series of occult clues that she must solve to end his terrifying killing spree.

Stars: Maika Monroe, Nicolas Cage & Blair Underwood



■ Deadpool & Wolverine

### 17 July - **Twisters** - PG-13

A retired tornado-chaser and meteorologist is persuaded to return to Oklahoma to work with a new team and new technologies.

Stars: Daisy Edgar-Jones, Glen Powell & Anthony Ramos

### 26 July - **Deadpool & Wolverine** - R

Wolverine is recovering from his injuries when he crosses paths with the loudmouth Deadpool. They team up to defeat a common enemy.

Stars: Ryan Reynolds, Hugh Jackman & Emma Corrin

# Diary Of A Pawnbroker

## MAKE THIS SUMMER SPECIAL!

*Is Now The Time To Invest In A Rolex?*

Summer holidays are here, the weather is unpredictable as usual and Wimbledon is in full swing. Foreign holidays are back on the cards, and our Foreign Exchange departments are rushed off their feet selling Euro's, Dollars and Lira.

However customers are also buying and selling gold almost as much as currency. Those wishing to raise a few pounds are cashing in on the back of the strong gold price and getting a lot more than they bargained for when selling their old unwanted jewellery, chains and rings.

Lending is also at a record high and with the increase in prices across the country and higher mortgage rates there is certainly a demand for cash right now and Christopher Brown Jewellers offer competitive lending rates on gold and watches

### Cash In Your Gold.....



The price of scrap gold remains at near record highs and we are paying top prices for resalable jewellery and even scrap or broken gold. You would be surprised how much even the smallest amount could be worth. The yellow metal has had a huge resurgence in popularity and the younger generations are now 'layering up' their gold chains and rings. Fashions change over time however there is now a much greater demand for those wanting to wear yellow gold as opposed to white gold and we have even introduced a new gold-plated silver range to help those looking for a bit of summer bling that won't break the bank. For those looking for good value then second hand is the way to go and you will save upto 50% on your jewellery purchase when you choose pre-owned.



In the last 2 years, pre-owned Rolex prices have levelled off and even fallen back on some sports models but most experts agree that they have now stabilised and even begun to gently climb again. This is partially perhaps due to demand falling off from Russian oligarchs and partially perhaps due to the post-Brexit decision to scrap duty-free shopping for long-haul visitors to the UK. Either way the post Covid boom is definitely over and now could be the right time to grab a bargain.



All our pre-owned luxury watches come with a 2-year warranty and have had a full service with Rolex qualified engineers and comprehensive refurbishment. However, buying a watch is a bit like buying a second-hand car. You need to use a supplier you can

trust and be able to call back to them if ever there is a problem. At Christopher Brown Jewellers, you can be assured you are buying a genuine watch that has been properly checked out and expertly serviced. With so many fakes out there you should take no risks from the internet or retailers you don't trust.

However, like an expensive car, a luxury watch needs a regular servicing to ensure it remains in perfect working order for generations to come.

### Rolex Servicing



A Rolex service for a date-just will cost from as little as £620 at Christopher Brown Jewellers which comes with a 2 year warranty and includes a full refurbishment including strap and case polish to make your watch look like new. Sports models will cost more with prices up to £950 for chronographs. This may seem a lot of money to spend but there is a lot more work involved than you might imagine.

A Rolex Submariner with a 3235 movement contains 201 separate parts with a further 55 parts in the case and strap. When a Rolex is serviced, every single part is dismantled, cleaned in a specialised ultrasonic cleaner, lubricated and reassembled. The watch is then recalibrated, pressure tested and put on a timegrapher to check its accuracy is within the accepted limits for a Rolex of + 4 and -7 seconds per day.

We service all luxury brands including Rolex, Cartier, Omega, Tag and Breitling. Call in to your nearest Christopher Brown Jewellers to get a free evaluation and quotation for your luxury watch service. Not everybody is interested in watches. Diamond jewellery sales are really picking up so with Wimbledon in full swing why not treat yourself or your loved one to a dazzling tennis bracelet?

A diamond line bracelet is a very universal piece of jewellery that can be worn all year round with prices to fit all budgets. I can't think of a better way of treating yourself to something that will look stunning to wear and last for many generations to come.

### Looking For An Exciting Career In The Jewellery Industry?



Do you have 3 or more years of experience in the retail jewellery industry and have what it takes to become a Retail Jewellery Manager?

Christopher Brown Jewellers are recruiting now for full and part-time roles. We want people with flair and potential to become a part of our ambitious and expanding family business. With full and part-time positions available, you will be given the opportunity to develop your product knowledge and learn new skills that will take you to the next level. If you have a passion for jewellery then we want you to join our team.

Please email applications with CV to: [careers@brownandgold.co.uk](mailto:careers@brownandgold.co.uk) or contact our Head Office for further details visit [www.christopherbrownjewellers.co.uk](http://www.christopherbrownjewellers.co.uk)

*Chris Brown*

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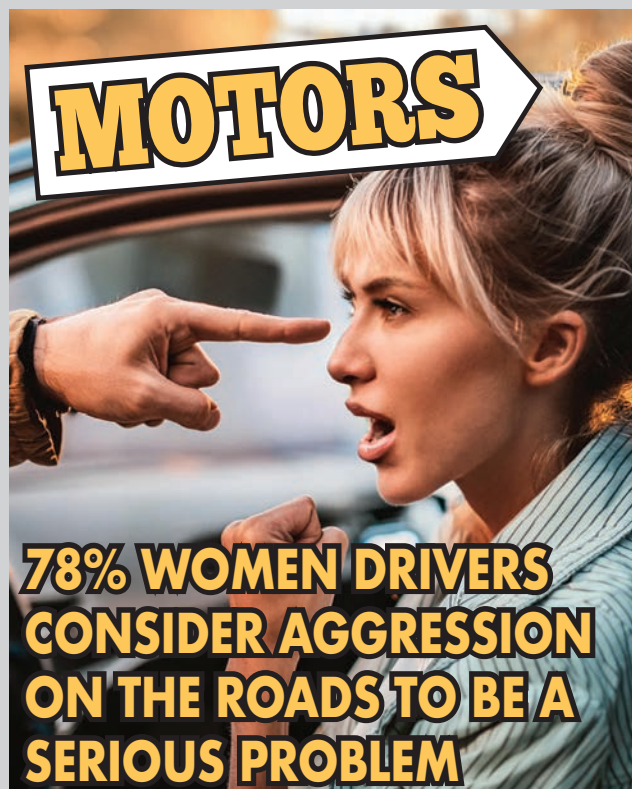
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## 78% WOMEN DRIVERS CONSIDER AGGRESSION ON THE ROADS TO BE A SERIOUS PROBLEM

A survey led by Czech online magazine Zena v aute.cz for women drivers contacted 1,485 female drivers worldwide in an online questionnaire. It revealed that 78% of women drivers consider aggression on the roads to be a serious problem and 69% respondents think that aggressive behaviour on the roads has been increasing.

The survey was carried out during May 2024 in 20 countries around the world (Australia, Austria, Belgium, Columbia, Czech Republic, Denmark, Estonia, Finland, France, Germany, India, Italy, New Zealand, Pakistan, Poland, Serbia, Spain, Switzerland, UK, and USA). The expert advisor of the survey was Platforma Vize0.

"Through a questionnaire we analyzed how women-drivers feel, what they fear, how they behave behind the wheel, and on roads. The results of the survey are remarkable," says Sabina Kvášová, Jury of the Czech Republic and editor-in-chief of the magazine Zena v aute.cz, conductor of the survey.

### Concerns While Driving

What are women drivers afraid of when driving? According to the study, there are three main topics about which women drivers have concerns: aggressive drivers (22%), accidents (20%) and driving in reduced visibility (20%), followed by skidding (13%) and collision with animals (9%). About 16% of those interviewed think there is nothing to worry about.

It is interesting to look at answers that vary from country to country. For example, aggressive drivers as a main concern while driving was mostly stated by respondents from USA (82%), Spain (31%) and Poland (38%). Accidents as a main fear was represented in answers from Italy (51%), Poland (35%) and Germany (31%). Driving in reduced visibility is a subject of concern mainly for women drivers from UK (52%), Germany (50%) and Poland (20%).

The survey revealed that 78% of women drivers consider aggression on the roads as a serious problem and 69% respondents think that aggressive behaviour on the roads has been increasing.

A survey organizer and member of the WWCOTY jury, Sabina Kvasova stated that the majority of women drivers worldwide sporadically encounter (55%) aggressive behaviour on the roads. Only 25% of respondents encounter aggressive behaviour every day, 20% several times a week.

### What Women Drivers Propose

When asked what measures should be taken against aggressors, women drivers worldwide support mainly strict penalties (45%), specialised psychological therapy programme (27%), training of future drivers (20%) and prevention campaigns (6%).

Looking at specific countries, strict penalties against aggressive drivers are supported by women drivers profoundly in Denmark and Serbia (97%), followed by USA (54%) and Italy (50%). Obligation to undergo a specialised psychological therapy programme for drivers and subsequent psychological assessment of a driver's mental abilities have a strong support in Denmark a Serbia (97%), USA (54%) and in Poland as well as in Columbia (50%). Future drivers must be made aware of the risks associated with aggressiveness on the roads during their training – as a proposed measure is backed in the UK (43%), Italy (42%), Spain (30%). Prevention campaigns on the dangers of aggression were mainly stated in the answers of respondents from USA (45%), Poland (37%) and Germany (24%).

Women influence more than 80% of car purchases in advanced countries. This number will continue or grow in the coming years.



## Volkswagen Group UK Partners With OVO To Power EV Customers' Energy Needs

Volkswagen Group UK has partnered with energy experts OVO to offer customers preferential rates and bonuses, making it simpler and more cost-effective to switch to an electric vehicle. Those purchasing vehicles from any of the Volkswagen Group brands - Audi, CUPRA, SEAT, Škoda, Volkswagen Passenger Cars and Volkswagen Commercial Vehicles – can take advantage of OVO's market-leading 'Charge Anytime' add-on, as well as a number of other benefits. These include OVO's intelligent grid technology, powered by Kaluza, which unlocks a charging rate nearly four times cheaper than the national average.

Earlier this year, Volkswagen Group announced it had renewed its home charging and wallbox partnership with Ohme. The addition of OVO to the ecosystem means Volkswagen Group and its retailers can also support customers with an energy recommendation, helping to complete the 'package' of EV ownership.

Under the partnership with OVO, Volkswagen Group customers can charge for just 7p/kWh at home at any time of the day or night. The Charge Anytime add-on powered by Kaluza's smart software, has enabled customers to save over £10 million since its launch in 2022. It works by automatically enabling charging when carbon emissions and prices are lower.

In addition, when Volkswagen Group customers sign up to OVO, they will receive 10,000 free miles, followed by 1,000 free miles on their contract anniversary for three further years. Diesel and petrol car drivers could also bank thousands of EV miles to power their future electric car through OVO Beyond - the UK's first 'Energy Savings Account' helping to reward

customers planning to make the switch. They can 'bank' an extra 50 miles on top of the 100 EV miles per month for up to 24 months if they then go on to buy a new Volkswagen Group electric vehicle.

Commenting on the partnership, Electric Vehicle Lead for Volkswagen Group UK, Kate Jeffreys, said: "Following a thorough tender process, we were delighted to join forces with OVO to offer Volkswagen Group customers a solution for clean, affordable and simple energy. On top of our Ohme partnership for home charging, we believe the agreement with OVO breaks down more barriers for customers who are looking to make the switch to an electric vehicle. Buying, owning and driving an electric vehicle is simple and easy – and fun! We hope this latest addition to our holistic offering will be another attractive piece of the jigsaw for consumers."

OVO's Chief Commercial Officer, Mat Moakes said: "OVO is committed to helping customers transition to an electric vehicle. Together with Volkswagen Group we are rewarding customers for making the switch to an EV. We look forward to extending our market leading Charge Anytime to more customers than ever before and helping consumers on their EV journey, all while cutting costs and carbon."

Globally in 2023, the Volkswagen Group sold more than 771,000 electric vehicles, over a third more than in 2022. In the UK, it was responsible for one in every five battery electric passenger cars sold.

For more information, please visit the relevant vehicle brand or [www.ovoenergy.com](http://www.ovoenergy.com).

## NISSAN TOWNSTAR CREW VAN: COMPACT VAN - BIG FLEXIBILITY

Introducing the all-new Townstar Crew Van, an exceptionally comfortable and flexible light commercial vehicle, expertly crafted for businesses and is available to order. Based on the popular van L2 Townstar, the new model maximises space, and is the perfect partner for businesses of all sizes that need their vans to offer that little bit extra. Whether tasked with transporting small or hefty loads, the new Townstar Crew Van effortlessly accommodates customers' diverse needs.

With the addition of this new variant of Townstar, Nissan is reinforcing its LCV portfolio to help customers better navigate the sector with a product range that provides efficient mobility solutions for their businesses. The line-up includes the all-new Interstar in the H-van segment and the established, mid-sized Primastar.

The new Townstar Crew Van gives businesses the ultimate adaptability, with the ability to quickly and easily adjust configurations to make the most of the ample space and address the constantly evolving requirements of customers. With effortless ease, users can fold the second-row seats up or down using one hand, transforming the van into a secure and comfortable five-seater in seconds.

With the second row in place, passengers can enjoy a comfortable ride, with individual three-point seatbelts and head restraints, plus hinged opening windows for a breath of fresh air. Additionally, with an integrated bulkhead, passengers are protected from any shifting loads in the cargo area, ensuring their ride is as smooth – and safe – as possible.

When more space is needed, customers can simply fold the second-row seats away to quickly enhance the overall capacity by 1m<sup>3</sup> and instantly creating space for 3.1m<sup>3</sup> of loading space – and this much-needed flexibility doesn't sacrifice on performance. Built to address the varied needs of businesses, and to help loaders avoid playing cargo Tetris, the Townstar Crew Van features one of the widest opening doors in its category (831mm), allowing easy access to the interior.



For those in need of hauling crucial extra loads, the Crew Van also has a payload of up to 730kg for the petrol version (673kg for the EV) and is equipped with an impressive towing capacity of 1,500kg with a braked trailer – combining comfort and flexibility with total capability.

The all-new Crew Van comes with Nissan's standard warranty of 5 years or 100,000 miles, and 8 years/ 100,000 miles for the EV battery warranty, ensuring peace-of-mind for every journey.

The all-new Townstar Crew Van is now available to purchase at a starting price of £26,125. For more information visit;

[www.nissan.co.uk/vehicles/new-vehicles/townstar](http://www.nissan.co.uk/vehicles/new-vehicles/townstar)

## ISUZU UK DEALER FUELS THE THRILL OF 2024 WORLD SLEDDOG DRYLAND WORLD CHAMPIONSHIP



FJ Chalke & Vale Motors Isuzu proudly announces its sponsorship of local resident and esteemed customer John Binding, member of The Alaskan Malamute Working Association (AMWA), as he competes in the World Sleddog Dryland World Championship in November 2024.

The Alaskan Malamute Working Association, host of the WSA Dryland World Championship 2024, anticipates participants from over 20 countries, bringing together hundreds of sled dogs for an unparalleled display of canine athleticism and teamwork.

In early June, Ross Fowler, Business Manager at FJ Chalke & Vale Motors Isuzu, and Jordan, Sales Specialist, joined John for a dry run training session at Henstridge Airfield in Somerset. Accompanied by the impressive Isuzu D-Max Arctic Trucks AT35, the team witnessed the power and intelligence of the sled dogs firsthand.

Ross Fowler commented: "The dogs were incredibly intelligent and powerful. Their size can be quite intimidating, but they are beautiful creatures with nothing to fear. It was truly a fun and eye-opening experience."

John Binding, a longtime member of the AMWA and owner of five Alaskan Malamutes, explained how the dry sled run works: "We use a three-wheeled

cart called a rig, which the team of harnessed dogs is connected to via a gang line and pulls from the front. The only control over them is through voice commands. For one-dog teams, purpose-built scooters and mountain bikes can also be used, which the dogs pull from the front."

Binding highlighted the dogs' enthusiasm for their work: "The dogs genuinely enjoy working in harness. They get very excited and can be noisy, eager to go. Stopping them can be fun. It's all about knowing your dogs and their capabilities. You work as a team, competitor, and dog alike."

The Isuzu Arctic Trucks AT35 builds upon the formidable D-Max V-Cross, sporting 35-inch tyres and elevated Bilstein suspension. With a pedigree of extreme capability, the AT35 does not compromise on comfort and luxury features including dual zone climate control, premium leather upholstery, 8-way electrically adjustable driver's seat, and a 9-inch infotainment screen with Apple CarPlay and Android Auto.

Together, both the Malamute and the AT35 symbolise unmatched strength and resilience, representing a commitment to conquering extremes, be it through the raw power of nature or the refined capability of human engineering.



## From Hypercars To Hyperbikes: McLaren Launches Debut Electric Mountain Bike Range

Renowned for game-changing supercars and hypercars such as the McLaren P1TM, luxury supercar maker McLaren Automotive is ushering in the era of the electric hyperbikes with its debut range of electric bikes unveiled today.

Taking inspiration from the company's award-winning supercars, the new limited-edition four-bike range extends McLaren's extreme performance-focused design and technology into the electric two-wheeled world for the first time.

Designed by the same teams responsible for supercars like the electrified lightweight McLaren Artura hybrid supercar, the first-ever McLaren e-bikes embrace signature McLaren attributes such as carbon-fibre construction and next-generation electrification to deliver an authentically McLaren high-performance experience.

The e-bikes' powerful motor enhances their high power-to-weight ratio, a pivotal attribute mirrored in the development of every McLaren supercar. Designed with torque figures that surpass the standard of other premium e-bikes, the McLaren e-bikes have been engineered for class-leading performance.

Further reinforcing the link to supercars, the McLaren design team devised an innovative digital display whose graphics mimic those of the cars' driver displays. Ensuring maximum rider engagement and user-friendliness,

telemetry information including speed, battery life and range is shown on a full colour integrated LCD panel on the handlebars.

In total, four models complete the range, the Extreme 600W and Extreme 250W feature SRAM wireless XX Eagle Transmission 12-speed drivetrain and the Sport 600W and Sport 250W feature mechanical SRAM GX Eagle 12-speed drivetrain.

### McLaren Sport

The ideal, all-purpose mountain bike that is just as at home off the beaten track as on aggressive single track, with integrated componentry and minimalist frame design for pure McLaren style.

As with McLaren cars, there is a choice of power modes, selectable via the digital display on the integrated cockpit.

### McLaren Extreme

The Extreme is a full-suspension electric mountain bike designed for maximum off-road performance, control, and comfort. All five power modes are as per the McLaren Sport. The Sport and Extreme models are both shod with Pirelli tyres.

Availability of McLaren e-bikes is limited. Customers can secure one by visiting [www.mclarenbikes.com](http://www.mclarenbikes.com)



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## What's On @ Squires Cafe In July

**Fri 19th - Sat 20th Polish Rock Festival**

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# WAGGING TALES!



## Human Heat-Health Alerts Could Help Prevent Heatstroke In Dogs

New research from the Royal Veterinary College (RVC) which investigated heatstroke in UK dogs has found a strong correlation between the occurrence of these episodes in dogs and heatwaves in the UK. Researchers therefore suggest that heat-health alerts designed for humans should also be used as a tool for owners to protect their dogs from heat-related illnesses.

Heatstroke is a largely preventable but often fatal condition for dogs, occurring when a dog's core body temperature increases to the point where it can no longer manage to reduce the temperature to a safe level by natural mechanisms such as panting or moving to a cooler area. The resulting hyperthermia can lead to systemic inflammation, organ dysfunction and eventually death if not treated urgently and effectively. With climate change now causing some of the hottest years on record, there is growing concern about the rising risk of heat-related deaths in both humans and animals.

The new study, led by Sian Beard, a Masters in Research student at the RVC and part of the VetCompass Programme, set out to explore the factors associated with incidents of heat-related illnesses in dogs. The research, supported by Dogs Trust, analysed 167,751 anonymised UK emergency care veterinary records from 2022 and investigated the 384 cases of heatstroke identified in dogs.

The findings show that 59.64% of the overall annual heatstroke cases occurred during just 40 days that comprised the five heatwave periods of 2022. The most commonly cited reasons for triggering heat-related illnesses were exercise (51.46% of cases), hot environment (31.02% of cases) and hot vehicles (12.41%).

The researchers concluded that the current system of heat-health alerts reported by the UK Health Security Agency was also hugely predictive of heatstroke in dogs, with five times as many cases of heatstroke per day during the five heat periods of 2022, compared with other summer days that did not have heat-health alerts issued. The study highlights that extra caution should be employed by dog owners during UK heat-health alerts and they should avoid exposing their dogs to known heatstroke triggers such as exercise or car travel on these days.

Other research findings from the study included:

- 26.56% of the dogs with heatstroke died.
- Nearly half (48.7%) of the dogs with heatstroke were dog breeds with flat faces. Flat-faced dog breeds were four times more likely to develop heatstroke than normal-faced dogs.
- The seven breeds at significantly increased risk of heatstroke were Newfoundland, Chow Chow, English Bulldog, French Bulldog, Pug, Pomeranian and Staffordshire Bull Terrier.
- Dogs aged 4 to 6 and 8 to 10 years had a significantly greater risk of heat-related illnesses compared to dogs under 2 years old.
- Male dogs had a significantly greater risk of heat-related illnesses compared to female dogs.

Sian Beard, MRes student at the RVC, said:

"As heatwaves increase in frequency and severity due to climate change, we need to prevent our dogs from suffering heatstroke. Heatstroke is often

a preventable condition, and we urge all dog owners, particularly those who own a flat-faced or double-coated dog breed, to be vigilant. We recommend avoiding known triggers such as exercise with pets over the summer period, especially during heat-health alerts."

Paula Boyden, Veterinary Director at Dogs Trust, said:

"Dogs Trust is delighted to have supported this research which gives clear indicators of risk factor for heatstroke in dogs. Using heat-health alerts is an innovative way to help dog owners keep their dogs safe and avoid this life-threatening condition."

Owners can help prevent heat stroke in their dogs by ensuring they have access to a cool shaded area; restricting exercise in hot weather; packing a water bottle on walks; never leaving them in a hot car or hot room; ensuring drinking water is always available; and making sure their pet is regularly groomed if this is advised for their breed. Owners can also support their dog by learning how to recognise early signs of overheating (including excessive panting, reluctance to move, drooling, red gums or tongue, and vomiting or diarrhoea) so they can take action to limit disease severity and progression.

Additionally, the RVC advises "cool first, transport second" as the immediate first aid response for dogs which do develop heatstroke. Owners worried their dog has overheated should:

- Take their dog somewhere cool, ideally a well-ventilated area (or use a fan)



- Offer them small sips of water (do not force them to drink)
- Pour water of any temperature that is cooler than the dog over them (avoiding the head) and combine with air movement from a breeze, fan, or air conditioning.
- Once these steps have been started, call the vets who will be able to advise further. Even if the pet seems to be okay, it's important to have them checked (unless told otherwise), as the more serious signs of heatstroke may not be immediately apparent.

## Hay Fever In Pets: Five Ways To Help A Pet Struggling With Seasonal Allergies

With the weather warming up, most of us would rather spend time outdoors - but as temperatures climb, so too is the pollen count which can dampen the summer mood - both for people and their pets.

PDSA vets, together with PDSA Pet Insurance, are reminding pet owners that furry family members can suffer from pollen allergies too and the symptoms to look out for as the weather heats up.

PDSA Vet Nurse, Gemma Renwick, comments: "Just like humans, pets can also suffer from pollen allergies, such as hay fever. As the summer months tend to bring with them a rise in the pollen count, it's important to recognise common symptoms of hay fever or allergies in your pets. Moving from spring to summer, we see a rise in the grass pollens as well as tree pollens, so you may find your pet affected differently as the seasons go on.

"Whilst hayfever in humans often looks like a runny nose, watery eyes, or shortness of breath, these symptoms are much less common in pets. Signs your pet may have hayfever or allergies to things like pollen are more likely to include; licking or biting their paws, lots of scratching and red or sore looking skin - especially around their ears, eyes, between their pads on their feet, or on their tummy.

"Your pet may also appear tired or lethargic, or constantly shake their head and rub their ears or muzzle. If you notice any of these signs, make an appointment with your vet to rule out other health issues and get their advice about treating for allergies.

"It can be difficult to find out exactly what is causing your pet's allergy. However, if it's worse in summer and improves in winter, pollen may be part of the problem. Here are five ways that you can help your pet if they are struggling with hayfever:

### Clean Bedding

"Make sure your pet's bedding is washed and hoovered weekly as this will help remove any pollen that has built up from their trips outside during the week.

### Flea Control

"Make sure your pet's flea control is kept up to date, as regardless of the cause of their allergies, irritating fleas will only make them itchier. Although it may be tempting to create a home remedy when your pet is in pain, never give them medication without a prescription. This can be dangerous in the wrong doses, or for certain species.

### Check The Weather

"When it comes to hayfever, prevention is often better than cure, so limit your dog's exposure to pollen in the first place. If you're planning to venture outside, first check the pollen forecast for the day and plan your walks before dawn or early in the evening as the pollen count may be lower at these times.

### Keep Them On A Lead

"While we know dogs love to play in the grass, this can lead to their fur becoming covered in pollen, causing hours of misery later in the day. Keeping your pup on a lead near grass and wiping their fur with a damp cloth, particularly their paws and muzzle, after every walk will help remove any tiny traces of pollen. Also consider an alternative location for your daily walks, such as a beach if nearby, or a less rural environment, as these locations are more likely to have a lower pollen count.

### Medication

"Your vet may recommend medication to help your pet feel more comfortable during the summer months. There are lots of different treatment options available, including tablets and medicated shampoos. Also consider adding an animal skin supplement or oil to your pet's food - not just during the summer months. These supplements can help strengthen the skin's barrier, soothe itchiness, and calm sensitive skin."

For more expert PDSA advice on how to protect your pets from pollen, visit: [www.pdsa.org.uk/what-we-do/blog/summer-allergies-how-to-protect-your-pets-from-pollen](http://www.pdsa.org.uk/what-we-do/blog/summer-allergies-how-to-protect-your-pets-from-pollen)

The charity's insurance partner, PDSA Pet Insurance, offers a range of policies to cover cats and dogs for accidents and illness, as well as providing access to a 24/7 veterinary helpline. Every policy sold raises funds for the charity's life-saving veterinary work.

To find out more visit [www.pdsa.org.uk/pdsa-petinsurance](http://www.pdsa.org.uk/pdsa-petinsurance)



## PDSA Vets Warn Fishers To Dispose Of Equipment After Fish Hook Fiasco Leaves Dog Impaled

Vets from PDSA, the UK's leading vet charity, are asking fishers to dispose of equipment carefully after a dog needed emergency surgery when he got a large fish hook impaled through his mouth.

Two-year-old crossbreed, Bryn, was out on a routine walk with his owner Paul (60) earlier this year when things took a sudden turn. Paul's wife, Susan (57), explained: "Paul had taken Bryn to the woods for some exercise. Bryn had run ahead. A few moments later, he came back to Paul with this horrific hook stuck through the corner of his mouth. Paul didn't know for sure what happened, but he didn't stop to investigate."

Paul knew Bryn needed urgent care, so he rushed him back to the car and contacted Sheffield PDSA Pet Hospital straight away. He also called Susan to let her know what had happened and the couple, who are both retired, got to PDSA as quickly as they could.

Susan continued: "I went to meet my husband at the Pet Hospital, I was horrified when I saw the size of the hook in Bryn's mouth. But then Paul told me there was a large part of it inside his mouth too that I couldn't see at first glance. I felt sick, worrying about what would happen next and if Bryn would be okay."

At PDSA the vet team carefully examined Bryn's mouth to understand the injuries the hooks had caused. Bryn is just one of 249 emergency cases that PDSA treats every 24 hours across its Pet Hospitals, and every second counts to get them the critical care they need.

Sophie Widdowson, a Vet Surgeon at the Pet Hospital, said: "Three prongs of a hook were embedded inside and outside Bryn's mouth, so we knew we would have to anaesthetise him. While Bryn was under general anaesthetic, we needed to use large bolt cutters and a surgical blade to safely remove the double-barbed hook. We then closed the wound with stitches so it could heal properly in the coming weeks.



"Luckily, Bryn's surgery went well, and he was able to go home later that day with pain relief medication."

For Susan and Paul, Bryn's safe return to the family home signalled the end of a frightening ordeal. Susan added: "We have used PDSA before; they are a godsend. I'm very grateful that they were there to help Bryn during a scary time. Without them, I would have gotten into debt to afford the cost of Bryn's treatment."

PDSA, which provides free and low-cost vet care for pets of owners who are struggling financially, is seeing increasing demand for its charitable veterinary services. Relying solely on generous public donations, PDSA needs support now more than ever – visit [www.pdsa.org.uk/24hours](http://www.pdsa.org.uk/24hours) to see how you can help.

"I can't praise PDSA enough for their speed and efficiency. They saw Bryn straight away and treated him very quickly. The vet we spoke to was very gentle, always making sure that Bryn was comfortable and calm. He was very polite, friendly, and reassuring, which was also a great comfort to us.

"In less than four hours, Bryn was home and already on the road to a full recovery. It was a five-star service from the whole PDSA team."

As the vet charity for pets in need, every single day pets come through PDSA's doors in desperate need of care and attention. It costs PDSA around £200,000 to run its charitable veterinary services for 24 hours, and although no day in one of their 49 Pet Hospitals is ever the same, there is one common theme – demand on their services is increasing. Their vital vet care provides a lifeline when owners have nowhere else to turn, keeping much-loved pets together with their owners.

## Do You Know An Inspirational Early Career Vet? Nominations Open For Bva's Young Vet Of The Year 2024

The British Veterinary Association (BVA) has begun the search for this year's Young Vet of the Year and is calling on the public and veterinary professionals to nominate exceptional candidates who have made a big impact since starting out.

The prestigious award, sponsored by Zoetis, celebrates vets in the early stages of their career who have shown outstanding care, dedication or success. They may have delivered exceptional care to a patient; made a positive contribution to their community or wider veterinary profession; or shown their dedication to a cause. Whatever the achievement, large or small, BVA wants to hear about the difference these vets have made.

This year, as well as inviting veterinary professionals to nominate their early career colleagues, BVA is particularly encouraging animal owners and vet clients to shout out about the amazing young and early career vets they have encountered and the positive experiences they have had. BVA is also accepting self-nominations, from early career vets keen to demonstrate their ambition and dedication to the profession.

British Veterinary Association President Anna Judson said: "Our profession's young vets may only be at the start of their careers, but so many have already made positive contributions to the profession as well as their communities. It has been a difficult time for vet teams, with workforce shortages and the Competition and Markets Authority investigation, but despite the intense pressures, young vets continue to work incredibly hard to

give animals and their owners or keepers exceptional care and compassion. This award is a fantastic opportunity to spotlight that dedication and success."

Oya Canbas, General Manager of Zoetis UK, said "At Zoetis, we are proud to support the Young Vet of the Year award, which recognises the remarkable dedication and achievements of young veterinarians. These individuals play a crucial role in advancing animal health and welfare, often going above and beyond to provide exceptional care and make a positive impact in their communities. We are excited to celebrate their contributions and look forward to seeing the inspiring stories of this year's nominees."

This highly respected award is the only one of its kind in terms of cross-community reach and is open to all those registered with the RCVS and in the first eight years of their careers. Applications can be from members of the public and those working within any veterinary sphere, including clinical practice, research, education or veterinary politics. The award is also open for self-entry and nominations.

The winner will be announced on Thursday 14 November 2024 at the BVA Awards Ceremony, held during London Vet Show, where they will receive a prize package which includes £1,000, a year of free BVA membership and mentoring/engagement opportunity with Zoetis.

The deadline for entries is 9am on Monday 2 September 2024. To find out more or submit an entry, visit [www.bva.co.uk/YVOTY](http://www.bva.co.uk/YVOTY)

## The Kennel Club Launches New Online Puppy Packs



The Kennel Club is delighted to announce the launch of a new online Puppy Pack for breeders and owners. The pack, which can be accessed by breeders via their Kennel Club online account, is designed to support both breeders and owners in ensuring the best start in life for puppies going to their new home.

The new downloadable packs will offer personalised information about puppies, collated from the breeder's account following details they have added when registering the puppy with The Kennel Club. Information will include the date of birth, description of the dog including colour, markings and any health results for the puppy, as well as for the sire and dam of the puppy registered. Breeders are encouraged to complete all the additional information on the puppy's first six weeks including socialisation, feeding and vaccinations.

Packs will be customised according to breed and will include any specific health tests the breeder has undertaken for the puppy, inbreeding calculators, as well as breed-specific advice on feeding and grooming, and recommendations to contact breed clubs for specialised information or advice. Health data is vital in The Kennel Club's work to track progress and make meaningful changes to breed health. It's Breed Health and Conservation Plans are bespoke to each breed and provide breeders with guidance about how to ensure the future health of pedigree breeds.

The puppy's microchip number and any activated pet insurance policy number and policy start date will also be included within the documentation, with an offering of five weeks free insurance with Kennel Club Pet Insurance provided by Agria for breeders to be able to offer their new puppy owner, giving them, and the new owner reassurance in those early days that they are covered instantly.

Helen Fox, The Kennel Club's Chief Commercial Officer, commented: "We have carried out extensive research to find ways for us to help make the puppy buying journey easier.

"Using our findings, we devised an online puppy pack which has been shared with those new to breeding, as well as those who are more established, for input. We are now pleased to launch this new enhanced free of charge feature to Kennel Club litter registration and be able to have a new online facility available to all, which we hope will be of benefit to anyone having a litter of puppies, as well as new owners.

"The new online puppy packs will make the administration process easier for breeders, so they can focus on their puppies, knowing that the new owner will have all the information they need when they leave with their new puppy, helping to give the dog the best start in life."

The new online puppy pack is easy to download and personalise by breeders who will be able to print and provide to the new owners.

Further information can be found at [www.thekennelclub.org.uk](http://www.thekennelclub.org.uk)



HEALTH

## Hot Weather First Aid Advice

First aid and health response charity St John Ambulance has issued simple – potentially life-saving – advice for staying safe and cool in hot weather.

James McNulty-Ackroyd, Head of Clinical Delivery at St John Ambulance, said: "During hot weather there are a number of things that people can do to ensure that they stay safe and well. The techniques we are highlighting will hopefully enable people to understand the risks of high temperatures and know how to mitigate them. I would also recommend that people in older age groups and anyone with a young child be particularly mindful as the heat can affect the elderly and the very young more severely than others. I hope everyone enjoys the sunshine but also keeps in mind these first aid tips."

### Hot Weather First Aid Advice:

#### Heat Exhaustion

Long periods in the sun can take its toll after a while and can lead to heat exhaustion. Heat exhaustion is caused by a loss of salt and water from the body, usually through excessive sweating. It develops slowly and usually happens to people who aren't used to hot, humid weather. If you're at an outdoor event and it's very hot, it's easy to suffer from heat exhaustion.

#### How To Spot Heat Exhaustion:

There are six key things that you may lead you to suspect that someone has heat exhaustion:

- Headache.
- Dizziness.
- Loss of appetite and feeling sick.
- Sweating with pale clammy skin.
- Cramps in the arms, legs and stomach.
- Fast, weakening pulse and breathing.

#### How To Treat Heat Exhaustion:

Help them to lie down in a cool place and raise their legs.

Give them lots of water to drink or isotonic sports drinks.

Check their breathing, pulse and responsiveness.

Suggest they get medical advice. Call 999/112 if you are concerned.

**As of 25 June, there have been a further 19 cases associated with the recent outbreak of STEC O145 since the last update the previous week, bringing the total number of confirmed cases to 275 in the UK. All currently confirmed cases had symptom onset dates before 4 June. Although case reporting rates are declining, it is expected to see more cases linked to this outbreak as further samples are referred to UKHSA from NHS laboratories and whole genome sequencing is conducted.**

Confirmed case totals:

- 182 in England
- 58 in Scotland
- 31 in Wales
- 4 in Northern Ireland (evidence suggests that they acquired their infection in England)

Based on information from 249 cases to date, 49% were admitted to hospital.

#### Heat Stroke

Heat stroke is even more serious than heat exhaustion, and can be life-threatening.

#### How To Spot Heat Stroke:

These are the five key things to look out for:

- Confusion or loss of consciousness.
- Body temperature above 40°C (104°F).
- Headache, dizziness and discomfort.
- Hot flushed and dry skin.
- A full bounding pulse.

#### How To Treat Heat Stroke:

- Move them to a cool place and remove their outer clothing.
- Call 999/112.
- Sit the individual down and wrap them in a cool, wet sheet. If there isn't a sheet available fan them or sponge them down with cold water to keep them cool. If available, use cold packs placed in the armpits and around the neck.
- Once their temperature seems to have gone back to normal, replace the wet sheet with a dry sheet.
- While waiting for help to arrive, keep checking their temperature, as well as their breathing, pulse and level of response.
- If they start getting hot again, repeat the cooling process to lower their temperature.

#### Sunburn

Whether you're out in the park, or relaxing on the beach, it's important to avoid too much exposure to the sun by covering up with clothing, staying in the shade and applying high factor sunscreen. Most sunburn is mild, but in severe cases the skin can become damaged, turn lobster red and blister. It is also possible to develop heat exhaustion.

#### What To Look For:

- Reddened skin.
- Pain in the area of the burn.
- There may be blistering.

## E. Coli (STEC) Update

Through surveillance, UKHSA has identified 2 individuals in England who died within 28 days of infection with the STEC outbreak strain. Based on the information available from health service clinicians one of these deaths is likely linked to their STEC infection. Both individuals had underlying medical conditions. The deaths occurred in May.

Amy Douglas, Incident Director at UKHSA, said:

"We're pleased that fewer cases have been reported, however we still expect to see a few more cases linked to this outbreak as further samples are referred to us for testing."

Symptoms of infections with STEC include severe and sometimes bloody diarrhoea, stomach cramps, vomiting and fever. While diarrhoea and vomiting can have a range of causes, there are simple steps you can take to reduce your risk and the risk of infecting others.

Washing your hands with soap and warm water and using disinfectants to clean surfaces will help stop any further spread of infection. If you are unwell, you should not prepare food for others while unwell and avoid

#### How To Treat Sunburn:

- Cover the skin with light clothing and move them out of the sun.
- Give them cold water to sip.
- Cool the skin with cool water for 10 minutes.
- After-sun creams may help to soothe mild sunburn.
- If there are blisters, advise that they see a healthcare professional.
- Treat any symptoms of heat exhaustion or heatstroke and get medical help.

#### Dehydration

Dehydration happens when someone loses more fluid than they take in, especially if it's really hot outside, so make sure you're sipping lots of water at regular intervals.

#### How To Spot Dehydration:

There are four key things to look for if someone is suffering from dehydration:

- They may complain of headaches and light headedness.
- Dry mouth, eyes and lips.
- Pass only small amounts of dark urine.
- Have muscle cramps.

#### How To Treat Dehydration:

- Help them to sit down and give them plenty of water to drink.
- Giving them an oral rehydration solution to drink will help replace salt and other minerals which they've lost – you can buy this in sachets from any pharmacy.
- If they have any painful cramps, encourage them to rest, help them stretch and massage their muscles that hurt.
- Keep checking how they're feeling – if they still feel unwell once they're rehydrated then encourage them to see a healthcare professional straight away.

If left untreated, someone with dehydration can develop heat exhaustion, which is more serious, so it's important to make sure they rehydrate themselves as soon as possible.

#### Fainting

Fainting is when someone briefly becomes unresponsive, often causing them to fall to the ground. It happens because for a moment, there is not enough blood flowing to the brain.

People often faint as a reaction to pain, exhaustion, hunger, or emotional stress. It is also common for people to faint after they have been standing or sitting still for a long period of time, especially if they're feeling hot.

#### What To Look For:

- There may be a brief loss of response, often causing them to fall to the ground.
- They may have a slow pulse.
- They may have pale, cold skin and sweating.

#### How To Treat Someone Who Has Fainted:

- Advise them to lie down.
- If possible, elevate their legs slightly using a stool, cushions or pillows. Make sure they get plenty of fresh air and ask other people to stand back.
- Reassure them and help them to sit up slowly, when they feel better.
- If they stay unresponsive, open their airway, check their breathing and prepare to treat someone who is unresponsive.
- If the casualty fully recovers, they should be encouraged to seek medical advice. If they do not get better, call 999/112 as many faints require an assessment by a healthcare professional.

For more information about St John Ambulance and to access a large resource of free first aid advice and videos, please visit [www.sja.org.uk](http://www.sja.org.uk).

visiting people in hospitals or care homes to avoid passing on the infection in these settings. Do not return to work, school or nursery until 48 hours after your symptoms have stopped. If you are concerned about your symptoms, follow NHS.UK guidance on when to seek help and the steps you can take to avoid further spread to family and friends.

Darren Whitby, Head of Incidents at the FSA said:

"Last month, we confirmed that several sandwich manufacturers had taken precautionary action to withdraw and recall various sandwiches, wraps, subs and rolls after food chain and epidemiological links enabled us to narrow down a wide range of foods to a type of lettuce used in sandwich products as the likely cause of the outbreak.

"This remains a complex investigation and we continue to work with the relevant businesses and the local authorities to ensure necessary steps are being taken to protect consumers. Although we are confident in the likely source of the outbreak being linked to lettuce, work continues to confirm this and identify the root cause of the outbreak with the growers, suppliers and manufacturers so that actions can be taken to prevent a re-occurrence."





## Expert Tips; Handling Medical Emergencies And Potentially Avoiding Hefty Costs When Travelling Abroad

While we'd always like our travels to go as smoothly as possible, we sometimes encounter medical issues that can seem scary, daunting, and impossible to overcome efficiently.

To help with this, Steve Bater, Money Saving Expert at [www.nhsdiscountoffers.co.uk](http://www.nhsdiscountoffers.co.uk) suggest six tips to handle medical emergencies abroad and potentially avoid hefty medical expenses.

### 1. Pack A First Aid Kit Before Flying

Preparation is key when it comes to handling illness while travelling. Either because of an existing condition or just to be ready for anything, the first thing recommended is to pack a first aid kit, which can include essentials like pain relievers, antihistamines, antiseptics, and any regular medications you may require.

If you're travelling to a country, you've never been to or know little about, research how its healthcare system works in advance and familiarise yourself with the local healthcare facilities. Make sure to take all steps necessary to enter the country safely, such as getting vaccinations if suggested, and keep digital copies of important health documents.

Finally, while many are tempted to skip travel insurance when booking a vacation, remember that it is indispensable, especially if embarking on a long trip. Moreover, ensure it covers a wide range of medical scenarios so you can fly with confidence.

### 2. Get Medical Insurance (And A GHIC)

When travelling outside the UK, encountering a medical emergency can be daunting. Depending on the severity of the problem, the first thing to do is either find the nearest medical facility or hospital or contact your travel insurance provider to understand your coverage and seek advice.

Always carry your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) if travelling within Europe. These provide access to necessary state healthcare at a reduced cost or sometimes for free. In non-EU countries, having comprehensive travel insurance is essential to avoid exorbitant medical bills.

For example, getting treatment for a broken arm in the US might cost up to \$4,000 without surgery, which might add an extra \$10,000 to the mix.

### 3. Read About Medical Systems Abroad

Healthcare systems vary widely worldwide, especially in popular holiday destinations like the EU and the US. In the EU, presenting your EHIC or GHIC can help you receive medical treatment at a lower cost.

However, travel insurance is essential in the US as it operates a primarily private healthcare system where treatments can be very expensive. Familiarise yourself with the healthcare protocols of your destination before travelling. For instance, in countries like Spain or France, public

healthcare is generally of high quality, whereas in the US, you'll need to locate a suitable healthcare provider and understand the insurance claims process to avoid hefty out-of-pocket expenses.

### 4. What To Do If You Need To Go To An A&E Department

If an emergency lands you in an A&E department while abroad, staying calm is vital. Ensure you have your travel insurance details handy and other important documents such as your passport or ID card. Inform the hospital staff about your travel insurance to facilitate the billing process, and remember that you can use a translation app if a language barrier presents itself.

Always keep a record of all treatments and expenses incurred for insurance claims. Depending on the country, you may need to pay upfront and seek reimbursement later.

### 5. How To Bring Medication Back To The UK

Once you've sorted all the bureaucratic steps of insurance, reimbursements and hospital papers and it is finally time to go back home, there are specific steps to follow if you need to bring prescriptions through the UK border.

Obtain a copy of your prescription and ensure it is in English or translated appropriately.

Keep the medication in its original packaging with clear labelling.

If you can, carry a letter from the prescribing doctor detailing the medication and its necessity.

Declare your medication at customs to avoid any issues.

Remember that some medications may have restrictions, so check the UK government's guidelines on importing medicines before you travel.

### 6. Beware Of Illegal Medications

While most basic drugs are easy to travel with, international travel with certain medications can be legally complex.

You must take this into account when flying from and to the UK, as some countries have strict regulations against drugs commonly prescribed in the UK and vice versa. For example, medications containing pseudoephedrine, which is found in over-the-counter medicines like Sudafed and Vicks, are banned in Japan.

Moreover, drugs containing codeine, tramadol, or certain psychotropics may be prohibited or restricted in some countries, such as Egypt, Greece and the UAE where the above are controlled substances.

After checking your destination's regulations and finding that you need to pack a controlled medication, consult with your GP to obtain a letter explaining the medication's necessity. You can also contact your destination country's embassy for clarification to avoid confiscation or legal issues.

## Healthy Heart Tip: Hydration And Heart Health

*Heart Research UK Healthy Heart Tip, written by the Health Promotion and Education Team at Heart Research UK*

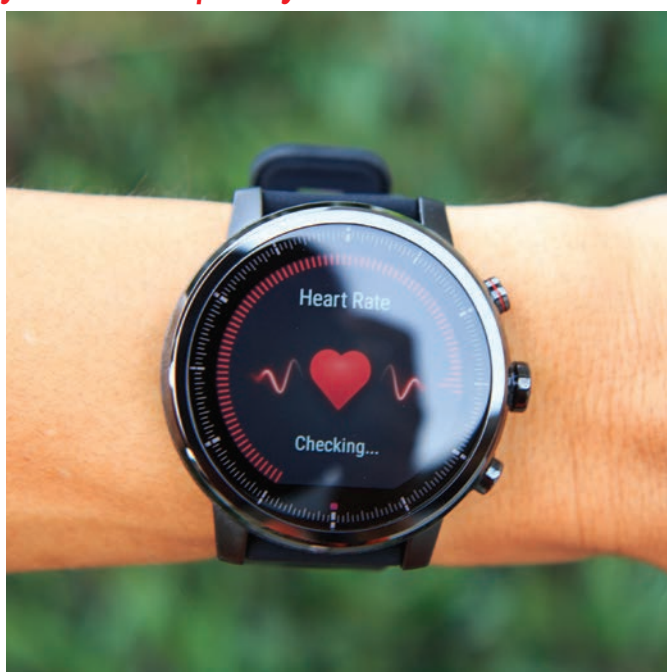
Hydration is an essential part of nutrition and can benefit or impact your heart's ability to work effectively. Studies have found that having adequate hydration is associated with reduced long-term risks for heart diseases. Did you know that over 66% of the UK population doesn't drink enough water? We are sharing some information on the importance of hydration and your cardiovascular system.



### Importance Of Being Hydrated

Water makes up over half (60%) of your body weight and fluids are critical for good health and heart health. Hydration is when you drink more fluids than your body loses.

Being hydrated helps your heart pump blood more easily through the blood vessels and to your muscles. This means that your muscles, including your heart, don't have to work as hard to achieve the same results.



### Risks Of Being Dehydrated

Dehydration occurs when the body loses more water than it takes in. Fluids can be lost through sweat, urination, vomiting or diarrhoea. When these are not replaced your body may feel tired, you might feel thirsty, have a dry mouth, have dark-coloured urine and suffer from headaches.

Being dehydrated means that your heart needs to beat faster to pump your blood around the body. This is because your blood reduces in volume and thickens which will impact your circulation, as well as increase your heart rate and blood pressure. This increases your risk of heart diseases.



### Sources Of Hydration

On average an adult needs six to eight glasses or 1.5 to 2 litres of fluid a day. If it is a hot temperature or you carry out physical activity, you'll need more. Drinking water is the best way to remain hydrated however, other non-alcoholic drinks such as milk, juice and herbal teas can also hydrate you. Food such as fruits and vegetables can also help to hydrate you, with around 20% of your body's water intake per day coming from foods like these.



## New Research Study Launched In Harrogate District To Help Improve The Health Of Local Children And Families

**New research study launched in Harrogate district to help improve the health of local children and families**

Pregnant women in the Harrogate district are being invited to join an important research programme which aims to find out what influences the health and wellbeing of families.

Harrogate and District NHS Foundation Trust (HDFT) has become the latest NHS Trust to join Born and Bred in (BaBi) – a network of local birth cohort studies that work together to link existing data across health, education, and social care to create a picture of families' lives over time. The data will highlight any inequalities in our region and help to shape local services, creating a healthier and happier environment for families.

After gaining the consent of mothers to be, routine health data recorded by the health services they access themselves or for their child, is joined together anonymously. This allows health researchers to consider data from a larger number of participants, helping them to spot patterns and create a bigger picture of the challenges faced within our district. It will give valuable

insights into what works well and what can be made better, helping to improve local services for the future.

The BaBi concept began in Bradford, where it is part of the world-leading Born in Bradford research programme. The network now consists of 11 trusts (Bradford, Leeds, Wakefield, Doncaster, East London, Nottingham, Warwick, Tameside, Hull, York & Scarborough, and Harrogate).

Women will be invited to take part in the study during pregnancy by their midwife. If they wish to participate, health researchers then link together routinely collected data from parent and child, such as such as blood pressure measurements during ante-natal appointments, or the details of baby's height and weight recorded by health visitors, to see how health, care and services could be improved.

Research may identify relationships between things that happen in pregnancy and a child's future health, or highlight if childhood conditions such as asthma, are more prevalent in one particular area of the district.

One of the first local mums to sign up to be part of the BaBi Harrogate

study was Georgina Fogarty, whose son, Freddie, was the first BaBi Harrogate baby. Georgina said: "Babi Harrogate is a great research project, providing helpful data that will help us to learn more about the health and care of mothers and babies living in the district."

Georgina and baby Freddie's midwife, Susan Wallace, said: "This exciting project will contribute to improving the health, care and wellbeing of families across Harrogate district. Last year, over 1,700 babies were born in the Harrogate district, so there are a lot of mothers who could participate. It's really easy to sign up and only takes two minutes to go through the form with your midwife during one of your routine appointments."

"Our population is constantly growing, and there are lots of new houses being built across the area. By doing this work now, we're helping everyone in the long run."

"By the time the babies in this research have their own children, we will be seeing the positive effects of this study."

Leanne Likaj, Associate Director of Midwifery at HDFT said: "We are delighted to launch the BaBi research project in Harrogate following on from its success in other maternity units across the region."

"We are passionate about babies having the best start in life and collecting BaBi data will be a great help."

"Lots of organisations, such as the NHS, regularly collect data about the services they provide to mothers and their children. As a child grows, education organisations keep information to help them to provide services for children in schools. All of this information is collected electronically and stored separately on different systems. BaBi helps to bring that data together to enable research and service planning. This is a really exciting development and we are looking forward to seeing the impact of joining this information together to improve the health of children and families in the future."

"Anyone who is currently receiving care from our Harrogate maternity service and is interested in taking part should speak to their midwife about how to enrol."

Michelle Platten, Research and Innovation Manager at HDFT said: "Since BaBi's launch in Bradford in 2019, the findings of the research have led to a number of local and international changes and improvements. For example, as a result of the research on the link between air pollution and ill-health, Bradford Council has cleaned up the buses that pollute the air the most. This research can lead to positive change for everyone and we look forward to seeing the benefits it will bring to our community."

"If you are currently pregnant, you can speak to your midwife at your next appointment to become a participant in this exciting project."

More information about BaBi Harrogate is available on the BaBi Network website: [www.babinetwork.co.uk/babi-sites/babi-harrogate](http://www.babinetwork.co.uk/babi-sites/babi-harrogate)

## New State-Of-The-Art Medical Centre Opens In North Yorkshire

**A brand-new, state-of-the-art medical centre has opened in North Yorkshire, ready to serve the needs of its growing community.**

The newly refurbished and extended Sherburn Group Practice in Sherburn-in-Elmet celebrated its grand opening, with a special ceremony hosted by ITN Calendar news presenter Christine Talbot. One of the surgery's longest-serving former doctors, Dr Andrew Peel, made a heartfelt speech while senior partner, Dr Catriona Osman, officially cut the ribbon.

The much-loved practice on Beech Grove will serve almost 12,000 patients and, as housing development continues in the area, this number is expected to rise. Having first opened in 1976 serving just 4,000 patients in and around Sherburn-in-Elmet, the expanded practice already employs 45 people and is gearing up to hire more receptionists, administrators, doctors and nurses in the near future to keep pace with growing patient numbers.

The new £2.6 million healthcare facility boasts 19 consultation rooms, waiting areas across three floors and lift access. It also has urgent care, phlebotomy services, retinal screening and ultrasound scanning facilities available. The expansion will also see the medical centre's primary care network staff, comprising social prescribers, pharmacists, mental health practitioners, health coaches, paramedics, and physiotherapists, now able to offer additional services face-to-face.

But Sherburn Group Practice is not just providing healthcare, it's shaping the future of it. As a renowned teaching facility, the centre has trained countless healthcare professionals, from doctors and nurses to dispensers and health care assistants and the enlarged practice will provide greater scope to train even more students from Hull York Medical School.

Constructed with not just the community in mind but the environment too, the new building also includes a heat source pump and a ventilation system that allows the practice to self-regulate its temperature.

Lloyds Banking Group helped fund the scheme with an £850,000 loan, while the NHS contributed £1 million and Selby District Council provided an additional £750,000. On top of this, the medical centre had extra help from the Community Infrastructure Levy (CIL).

A second phase involving the re-opening of the Old Hungate Hospital building on the corner of Finkle Hill and Kirkgate will be completed in August this year and will accommodate further services, including sexual health, physiotherapy, and facilities for district nurses.

Sherburn Group Practice Partner and GP, Dr Charlotte Anderson said:



"As our community has grown over the years, we reached a point where we simply needed more space to widen our services. We consistently want to provide the very highest standards of frontline medical care that our patients deserve, and by doubling the number of clinical rooms we have available, we have much more room and capacity to do just this."

"We want to thank the NHS, Selby District and our financial backers from Lloyds Bank for helping to make this happen, as well as our staff and loyal patients for their continued support."

Stuart Harper, healthcare relationship director for the North East and Yorkshire, Lloyds Bank, said: "It's incredibly fulfilling to have played a part in bringing this new medical centre to life. With the increasing demand for healthcare, particularly as our population ages and health

needs become more complex, the significance of this facility extends far beyond its walls."

"For residents both in Sherburn-in-Elmet and the wider surrounding area, having access to this enhanced service right on their doorstep will mean vital care and support when they need it most, just a stone's throw away."

"This achievement marks a significant milestone, but it's just the beginning. We remain committed to supporting the practice as it continues to evolve and serve the ever-changing needs of local communities."

# Harrogate And District NHS Foundation Trust Is Feeling Very Happy!



Picture shows the HaPPI team collecting their award at the HSJ Digital Awards 2024 ceremony. Centre stage, holding the award, is Mr David Duffy, HaPPI innovator and Orthopaedic Consultant at HDFT

Harrogate and District NHS Foundation Trust (HDFT) is proud to announce that their Harrogate Post Procedure Patient Innovation (HaPPI) project had won the ‘Supporting Elective Recovery through Digital’ category at the HSJ Digital Awards 2024, recognising excellence in digitising, connecting, and transforming health and care.

HaPPI was developed out of a desire to transform day case surgery for patients through personalised post surgery video reports. Historically, patients who had a day procedure, were given information from their surgeon on the outcome of the procedure, along with advice and information in the recovery room. Coming round from anaesthesia, means that 40 – 80% of medical information is forgotten immediately and half of the information that is remembered is incorrect (Journal of the Royal Society of Medicine, May 2023). Following discharge, patients frequently called the ward or other support services for further information, or asked for a return appointment to clarify their route through recovery.

By providing personalised videos, recorded by the patients’ surgeon, whilst the patient is still in post-procedure recovery, the HaPPI project has transformed patient communication. HaPPI gives patients the information they need at a time of their choice, as they can watch the videos as many times as they want, and helps reduce the demand on services at the hospital, meaning that clinical time can be repurposed.

The ‘Supporting Elective Recovery through Digital’ award recognises teams who are developing and leveraging digital to reduce the elective backlog. This includes digital projects, solutions and services that are driving tangible improvements in patient waiting times, experience, and outcomes, and that display solid evidence of co-production with clinical colleagues. The judges felt that the HaPPI pathway fully met this criteria and the Trust is delighted that the project has been recognised through this award.

The HSJ Digital Awards are fast becoming an opportunity to recognise and applaud the power of digital products, projects and services to transform care delivery, enhance efficiency, and improve patient outcomes.

There were 343 entries within 23 categories and winners were announced during a ceremony held at Manchester Central. The highly competitive judging process strives to ensure that the most effective digital innovations can be ‘celebrated, scaled and spread’, and provide both a short and long-term springboard for adoption and roll out of successful initiatives.

The expert assessment panel comprised a diverse

range of highly regarded figures across the NHS and the wider healthcare sector stemming from clinical, leadership and digital roles.

“We are so proud to be selected the winners of this HSJ Digital award and to showcase this innovation implemented at HDFT, and the positive impact HaPPI’s digital personalised videos pathway has had on communication and patient care. We are looking forward to increasing this offering at HDFT and across the region, and embedding lasting cultural change in how we communicate with patients after day surgery,” said Mr David Duffy, innovator of HaPPI and Consultant in Orthopaedics at Harrogate District Hospital.

Categories cover many aspects of the health and social care sector, demonstrating how digital initiatives can help to improve ‘hard to tackle’ issues such as reducing inequalities; improving mental health through digital services; assisting with the ongoing move to net zero and enhancing workforce engagement, productivity, and wellbeing.

HSJ editor Alastair McLellan adds: “Following such a successful launch last year, it really is great to be back, recognising and celebrating the achievements of so many digital innovators within our health and social care sector. It’s amazing to see that the level of interest and engagement in these relatively new awards is continuing to grow – which demonstrates the commitment and enthusiasm from so many experts and leaders working in this field.

“Digital services and tech innovation remains firmly at the heart of the ongoing evolution of the NHS and I hope that this specific awards programme will help to focus the minds of decision makers and the wider workforce on the real value of digital within organisations, potentially aiding future investment.”

Alastair McLellan adds “Once again, the quality of entries in the 2024 HSJ Digital Awards was outstanding, presenting our panel of judges with some tough choices and deliberation! It therefore gives me great pleasure to congratulate HDFT’s HaPPI project team as winners in the category of Supporting Elective Recovery through Digital at the 2024 HSJ Digital Awards.

“Well done HDFT for the part you’re playing in helping to ‘switch up’ the conversation around the current digital agenda and for taking the opportunity to benchmark your own successes against the country’s leading NHS and digital health sector organisations and projects.”

The winners were selected following a rigorous two-stage judging process by a group of 93 judges ahead of the HSJ Digital Awards 2024 ceremony.

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# QUIZTIME

## WELCOME TO OUR QUIZ PAGE

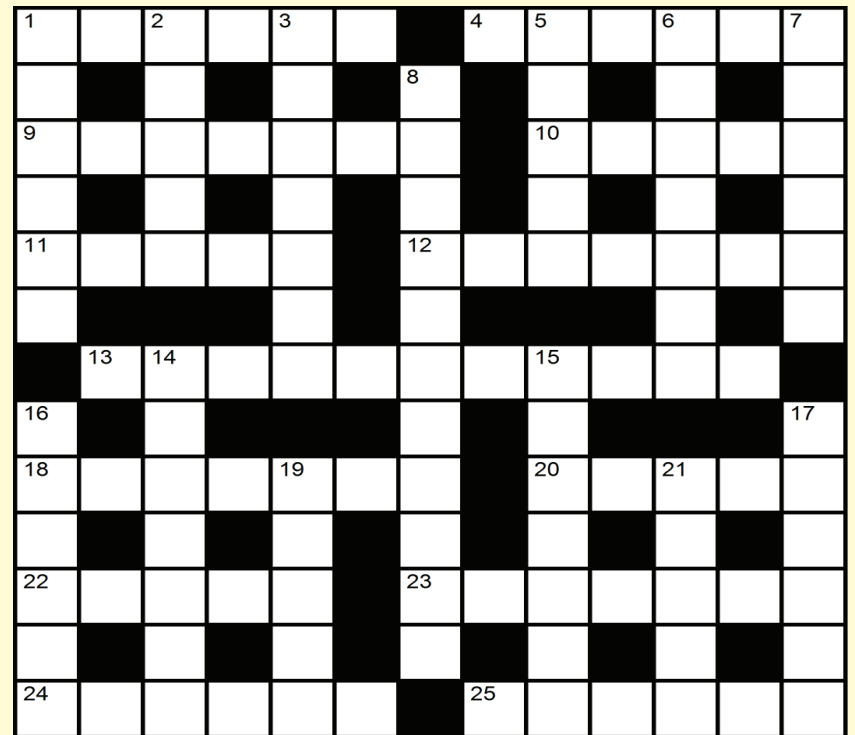
Every month we give you new and hopefully challenging puzzles for your enjoyment.

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

### Wordsearch

J B R E I X A H Q R E Z F O D I Y H	S T B A Q H E R A W E D N A N L O P N B G D P O Z B F S U F E D O N D F O T E K O F O F S O O R H D S U Y H P O U G D U J C Z X C F C K C F L W K O Y I L L V I S E L G Z L M J L H J F Y M F W Z M C M T V P A Q R K C V H H O T B E I M M Q E O J O R X K	U N S H I N E V I S Y G A Y V A A U S N Y O N S S L N A K Q M H I O A L I E K F U T M D R B K D N X A E K E J G P K J X O I C A W E V N B G K Z B T K L J L A W X C E T Q B I E V O T E R X K G B U V F E A A H W R D I L S W O A R Z Y B K C G T S S F U L S A I Y S B R V H S U M M E R L A E V L D D A W E D N A N L O P N B G D P O Z B F S U F E D O N D F O T E K O F O F S O O R H D S U Y H P O U G D U J C Z X C F C K C F L W K O Y I L L V I S E L G Z L M J L H J F Y M F W Z M C M T V P A Q R K C V H H O T B E I M M Q E O J O R X K	AWARDS BARBEQUE BEACHES FOOTBALL FRIENDS FUN GOODBYE HOLIDAYS ICE CREAM JULY RELAXING SCHOOLS OUT SIX WEEKS SUMMER SUNSHINE
--	--	--	---

### Crossword



#### Clues:

- |   |  |
|---|--|
| <p><b>Across</b></p> <ul style="list-style-type: none"> <li>1 Medicine man</li> <li>4 Kingdom</li> <li>9 Alfresco (4,3)</li> <li>10 Mine passage</li> <li>11 Decorative moulding</li> <li>12 Whenever</li> <li>13 Featuring many well-known actors (4,7)</li> <li>18 Heart chamber</li> <li>20 Fictitious story</li> <li>22 Treasure _ _</li> <li>23 Reach</li> <li>24 Somewhat</li> <li>25 Jumble</li> </ul> | <p><b>Down</b></p> <ul style="list-style-type: none"> <li>1 Liverpudlian</li> <li>2 Amphitheatre</li> <li>3 Rookie</li> <li>5 Overly sentimental</li> <li>6 Picture</li> <li>7 Take your pick</li> <li>8 Ease shyness between strangers (5,3,3)</li> <li>14 Dismiss (4,3)</li> <li>15 Protection</li> <li>16 Suffering saint</li> <li>17 Bully</li> <li>19 Mediterranean island</li> <li>21 Blow your own trumpet</li> </ul> |
|---|--|

#### HOW MUCH INFO HAVE YOU RETAINED?

Can you answer these questions about articles in this edition?

- |   |  |
|---|--|
| 1 - How high can the Giant Hogweed plant grow?                              | 4 - Roughly how much does it cost the PDSA to run its charitable veterinary services for 24 hours? |
| 2 - How many separate parts are in a Rolex Submariner with a 3235 movement? | 4 - Without surgery, how much does getting treatment for a broken arm in the US cost?              |
| 3 - When is the World Sleddog Dryland World Championship?                   |  |

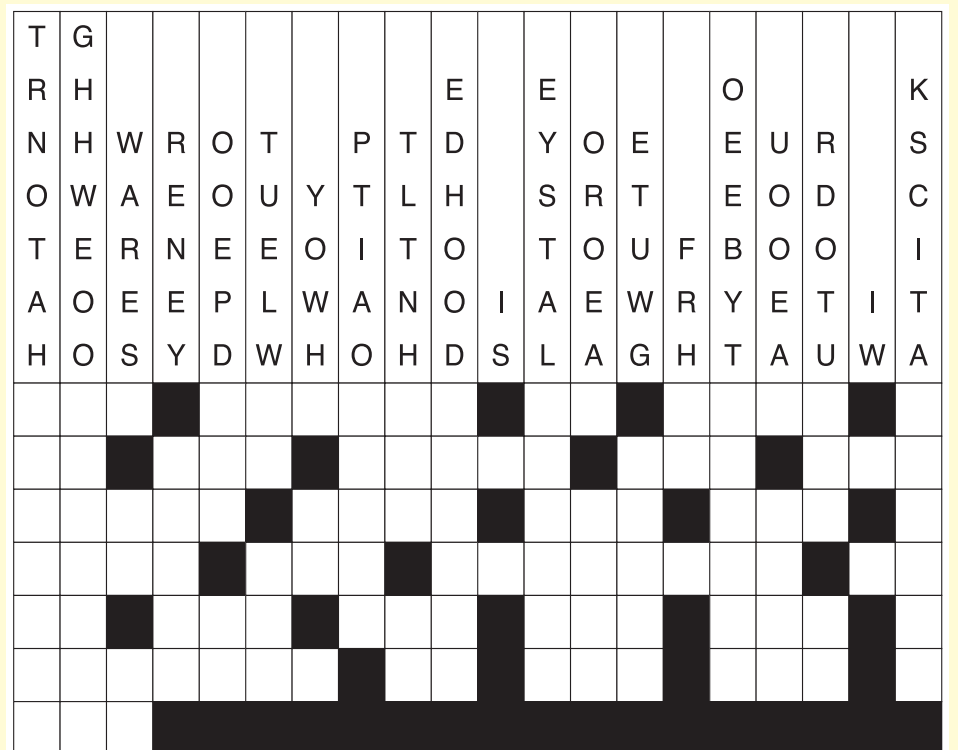


WIN A PAIR OF CAR FLAGS FROM THE GREAT YORKSHIRE SHOP - P29



### Drop Quotes

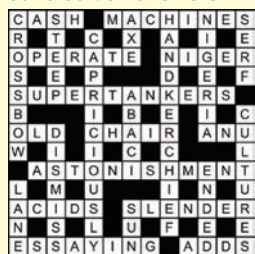
Drop Quotes are similar to cryptograms, in that the goal is for the solver to uncover a hidden quote. A black-and-white crossword-style grid is set up for each quote, with a number of letters "hovering" above each column. Your task is to "drop" each of those letters into the appropriate square in each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



### Sudoku

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

#### June edition answers

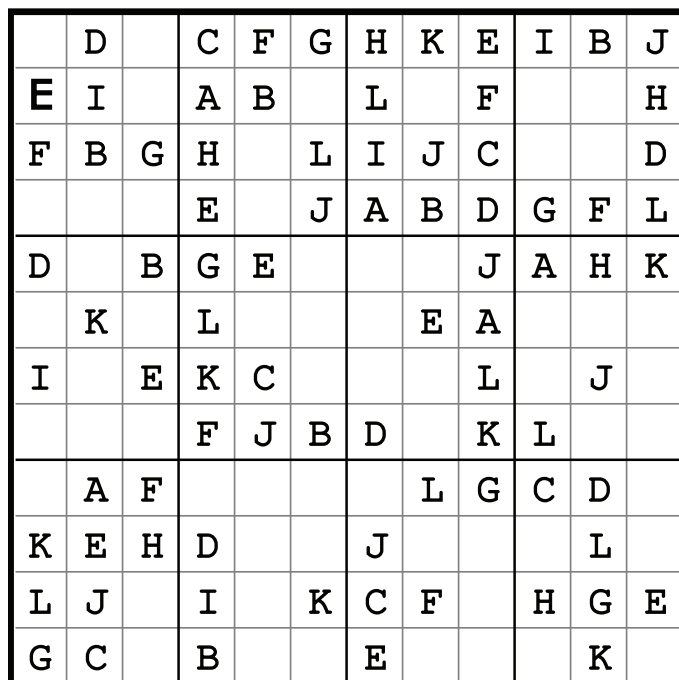


How Much Info Have You Retained answers;

- 1. £300,000 2. £360,000
- 3. Fleetwood Bac 4. 16 million

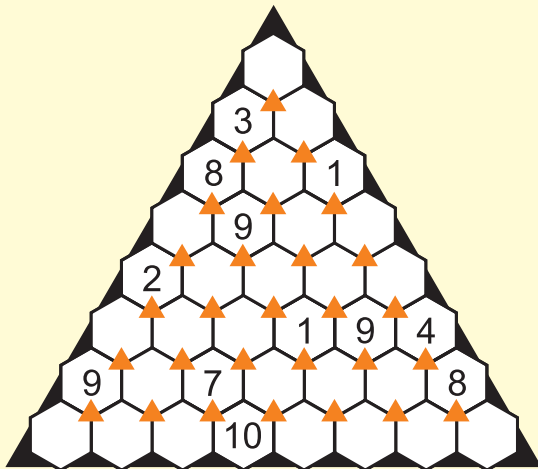
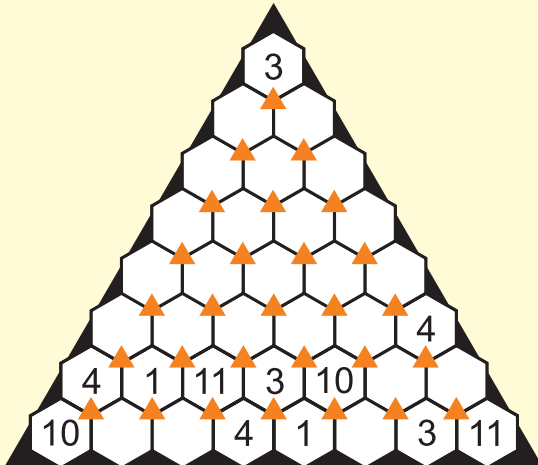
Drop Quote Answer;

Great research universities must insist on independence from government and on the exercise of academic freedom



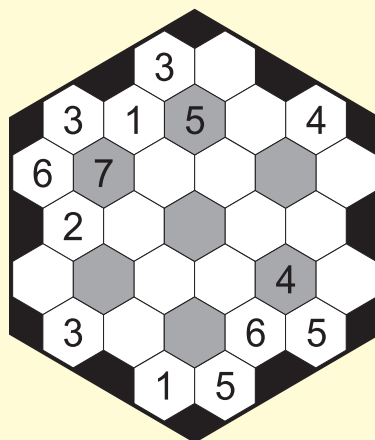
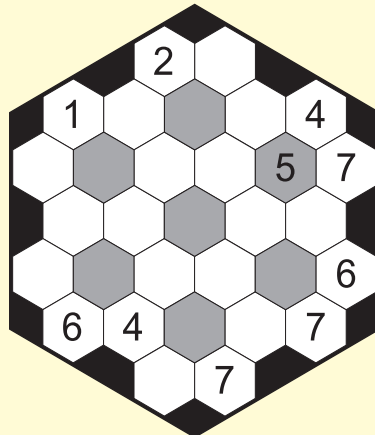
## Subaddo 3D

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



## Rosetta

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



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

Simply send your answers, along with your contact details including tel number to [competitions@yorkshirereporter.co.uk](mailto:competitions@yorkshirereporter.co.uk)

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### JUNE EDITION COMPETITION WINNERS

The Great Yorkshire Shop competition - *Yvonne Murphy*  
Great Yorkshire Show tickets - *Anthony Saynor & Sarah Crossley*  
Fleetwood Bac tickets - *Rebecca Hampson*

*Congratulations!*

## Clueless Crossword

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

20	13	18		23	25	18		26	13	5		22	8	8
13	23	12		13	24	22		12	1	22		13	3	12
25	18	20		7	12	3		9	22	1		18	12	13
24	22	18	12		13	20	6			19	20	6	12	3
			13	23	23	22	5			13	3	16		
	6	22	20	12			17	22	23	18	25	11	1	
17	13	18	18	12		22	11	19	20			12	3	13
22	19	18		3	12	14		20	22	11		26	12	24
22	11	12			17	12	12	18		25	24	12	13	20
	18	3	12	12	25	11	1			15	13	3	18	
			12	13	18		1	13	26	16	5			
9	22	25	23	20			20	25	3		20	26	13	5
12	11	24		25	23	23		24	12	26		25	3	12
13	23	23		12	5	12		12	13	3		11	12	26
24	5	12		20	12	18		20	16	5		1	13	20

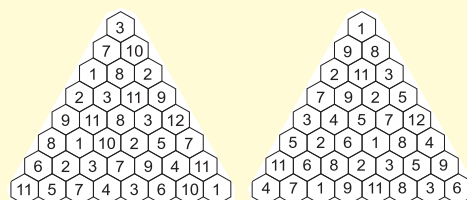
### SOLUTION GRID

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

### GIVEAWAYS

#13 = A	<b>A</b>	B	C	D	E	F	G
#5 = Y	H	I	J	K	L	M	N
#3 = R	O	P	<b>R</b>	S	T	U	V
	W	X	<b>Y</b>	Z			

### June edition answers





# Monthly Horoscopes By Russell Grant

## ARIES March 21st - April 20th

You have a lot to contemplate on the 5th when the New Moon will bring an unexpected and unusual offer your way. It will be necessary to discuss some options with your family before you go any further. It is important to show you care for someone through deeds on the 11th and not just words. People need to see that you do mean what you say. Be patient with a youngster on the 18th. They won't be asking for a lot. They're just in need of some helpful advice. The Full Moon on the 21st warns you not to set your sights too high especially if you already have a number of irons in the fire. Neither should you make promises you can't keep. A white lie could lead to an argument on the 23rd when you catch someone tripping over their words. Be certain that you speak the truth in all dealings.

## TAURUS April 21st - May 21st

The New Moon on the 5th gives your confidence a boost as you make a firm decision to do something to make your life more fulfilling. A meeting or conference you hadn't been looking forward to will go better than expected on the 10th. A senior colleague will invite you to make more use of a creative skill in your work. Add some colour to your surroundings on the 11th and this will keep your spirits bright. You will see some dramatic changes in your social world on the 15th. A friendship you once enjoyed no longer feels as meaningful. New bonds are being formed with people outside your social circle. Brace yourself for delays and setbacks if you are travelling on the 21st. The Full Moon can create havoc with travel plans. Your schedule is less packed on the 25th giving you more time to spend with the family.

## GEMINI May 22nd - June 21st

With the New Moon on the 5th a show of enterprise and initiative will have impressive financial implications. Don't be reluctant to join in conversations about the future on the 8th. People are hoping to make firm arrangements and the more thorough the planning stage, the more likely it is that everything will go well. Get up to date with existing bills on the 18th and be sensible when handling financial resources. If life lacks excitement and you want a challenge, the Full Moon on the 21st will remind you that there are better possibilities you need to explore. You won't seem to have a lot of energy on the 23rd and though it will take a lot of effort, you will slowly make headway in jobs that matter. Share hobbies, interests and activities with friends on the 30th to get the most out of the day.

## CANCER June 22nd - July 23rd

The New Moon on the 5th will give you a feeling that your future prospects don't actually look too bad. This will also bring a more relaxed frame of mind. Allow imaginative ideas to flow on the 11th and you will come up with ways to improve your home or workplace or both, through adding some personal touches. You will enjoy any chance you get to team up with an old friend or partner on the 15th. Are you single? This might be the opening you need to suggest rekindling an old relationship. The Full Moon on the 21st will bring new joint responsibilities. You may not be keen on all tasks you agree to do but you will do the best job you can. You always do what you can to make life easier for your family and loved ones. Think of yourself for a change and splash out on a few luxuries on the 30th.

## LEO July 24th - August 23rd

The New Moon on the 5th brings conditions that allow you to go ahead with matters that concern your personal life. You will already have put a lot of thought into what you want to do. The 8th brings the start of a journey that will have lasting consequences. Be sure to take advantage of an unexpected opportunity to study an exciting subject. Out of the options ahead of you now, choose the ones that make life meaningful for you. Things will get worse before they get better under the Full Moon on the 21st. Conditions gradually improve but be prepared for arguments and misunderstandings. You're worrying about things that may never happen on the 23rd. Instead of preying on negatives, consider the positive possibilities of all situations. It will feel as if you have no energy whatsoever on the 30th. Push through this as getting out with friends will be an excellent tonic.

## VIRGO August 24th - Sept 23rd

If it's a while since you had some fun, the New Moon on the 5th will bring some great opportunities to improve your social world. Keep an eye on what is happening in the workplace on the 8th as you won't want to miss out on a chance to get involved in an interesting assignment. You are not imagining things that aren't there on the 12th. Someone will be saying one thing but meaning another. Trust your intuition. An issue that caused problems in the past will be brought up again on the 15th. Misunderstandings can be ironed out with the help of the Full Moon on the 21st but the only way this is going to happen is for everyone to be willing to talk. You would rather be out having some fun on the 30th but you are needed at home and domestic commitments cannot be ignored.

## LIBRA Sept 24th - Oct 23rd

Your happy and enthusiastic outlook on the 5th will attract like-minded people your way. Set goals together under the New Moon and you will achieve something special. In order to realise a personal ambition on the 10th, be prepared to push yourself harder. Be sure senior colleagues know of your desire to move up the ladder of success. Someone will return an item you never expected to see again on the 18th. Even so you will be careful about what you lend out in the future. A lot of energy will be invested in family and domestic concerns on the 21st when the Full Moon pushes you to bring an ongoing project to an end. A friend will provide the inspiration for some unusual plans on the 23rd. You will be excited about this idea even if your partner raises a few objections.

## SCORPIO Oct 24th - Nov 22nd

Plans that were being kept on hold until the time was right to return to them will be re-considered and the New Moon on the 5th will be a perfect time to bring these back out into the open. If a lack of qualifications is holding you back, the 10th will bring a chance for you to get some advanced training. A partner will take your suggestions to make some changes seriously on the 15th when ultimately you both want the same thing. You will soon get over any disappointments caused by the Full Moon on the 21st when things may go slightly wrong but if you keep calm, you will resolve problems very quickly. The 23rd is another day when you should take care not to let emotions get the better of you. It's important to keep a cool head, both in business and romance.

## SAGITTARIUS Nov 23rd - Dec 21st

If you have been hoping to launch a special project, the New Moon on the 5th brings the moment you have been waiting for. You have your work cut out on the 10th but you aren't alone. Someone you hardly know will offer to help and you will be impressed by their efficiency. This could be the start of a long and happy friendship. Your attempts to do too much too quickly will create health problems on the 15th. It will be important to slow down. Recharging your batteries on the 20th does not mean you are being lazy. Occasionally it does you good to stop and smell the flowers. Stay focused on the 21st when with the Full Moon, it would be all too easy to make unrealistic plans and projections. A change of scenery will be enjoyed on the 30th and this will also be a great way to reduce stress.

## CAPRICORN Dec 22nd - Jan 20th

If you and a partner feel as if you are growing out of touch with each other, the New Moon on the 5th urges you to do something about it. Take this opportunity to mend relationship problems while you still have time. Someone close has a proposal to put to you on the 10th. Once you've heard this, you won't hesitate in your response as this will be like a dream come true. Nothing will seem to go right on the 15th which makes you feel slightly isolated and misunderstood. Don't listen to anyone who accuses you of setting impossible goals for yourself. A problem that crops up on the 18th will have a simple solution. You know what you are capable of and the Full Moon on the 21st will bring pleasing results for your effort. Jobs that you usually find difficult will be handled with ease on the 30th.

## AQUARIUS Jan 21st - Feb 19th

Work becomes a pleasure on the 5th when you take up a creative challenge. The New Moon creates an atmosphere of support and encouragement. An award or bonus will be offered on the 7th which will embarrass you slightly but you have earned this so don't turn it down. As well as the joy you get from a group situation on the 12th you have it within you to make a friend's day so you won't just be thinking of yourself. An invitation to a glamorous event on the 20th will give you a chance to meet some new and influential faces. Play your cards right and someone will make you an offer you will not want to refuse. Emotions will be up and down like a see-saw on the 21st when the Full Moon brings a degree of confusion and chaos. This is not a good day to make important decisions.

## PISCES Feb 20th - March 20th

On the 5th, the New Moon pours love and compassion into your closest relationships. Your family and loved ones are more understanding than ever. This will give you the courage to share your more adventurous hopes and dreams with them. You will be thinking about trying some form of alternative therapy on the 10th to help ease an allergy that aggravates you now and again. Events on the 13th will be amusing and bordering on the comical. A career success on the 18th will pave the way to you realising some even bigger dreams. If you've been overspending, take a close look at your budget on the 20th to work out how you stand financially. Be direct and speak your mind and business negotiations will be successful on the 21st. The Full Moon encourages openness and honesty in all communications. Take it easy on the 30th when a health problem is brought to your attention.



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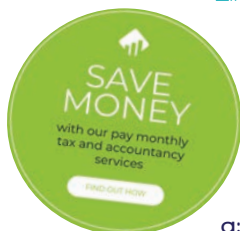
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