

THE ORIGINAL GUIDE TO LEEDS • FOR PEOPLE WHO ARE PASSIONATE ABOUT OUR CITY

FREE

City Dweller

Leeds Guide

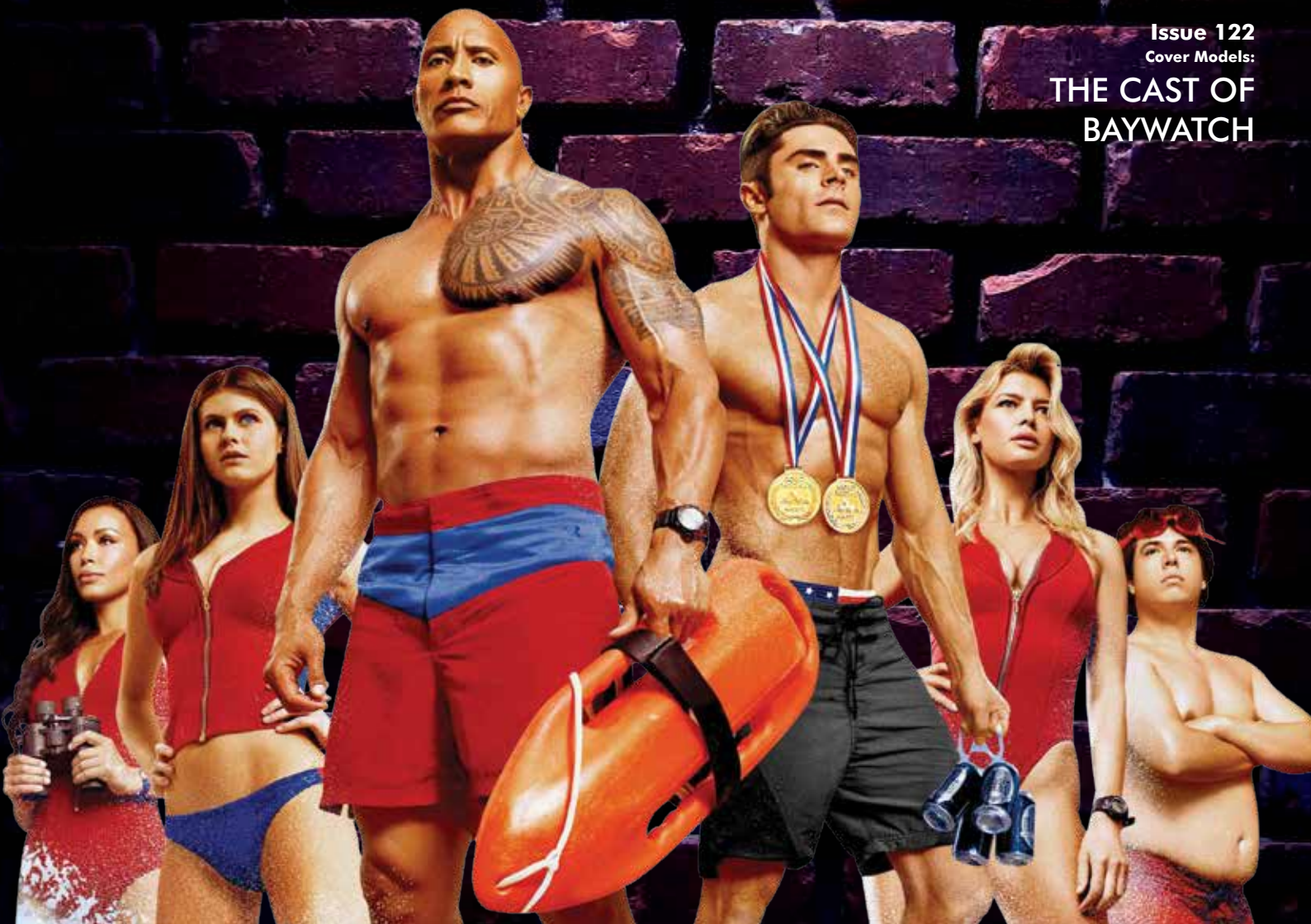
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FEATURING • TRIBUTES TO LEEDS' NIGHT TIME ECONOMY • EXPERT PROPERTY ADVICE • WHAT'S ON IN LEEDS

Issue 122

Cover Models:

THE CAST OF
BAYWATCH



GOK WAN



NIGHTS OUT



ANTHONY JOSHUA

INTERVIEWS • FASHION GURU GOK WAN • LEEDS LEGEND DAVE BEER • AND MANY MORE



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CELEBRATING LEEDS' NIGHT TIME ECONOMY

WHILE MANY CITIES IGNORE THEIR NIGHT TIME ECONOMY, LEEDS CELEBRATES IT

While many cities seem to find their bars, clubs and music venues facing closure, Leeds is booming.

Some cities don't always embrace the culture that a brilliant nightlife brings, but you can't say the same about Leeds. Whether it's the Council teaming up with Leeds club night Back to Basics to stage a huge gig at Millennium Square or the people of the city constantly getting behind

new concepts coming to the city, we're a city that's very proud of our nightlife.

But why wouldn't we be? Why do so many students from all over the country want to come to the city? Why do so many people stay in our fantastic hotels for a weekend in the city? A huge reason is our fantastic nightlife.

This month, we're celebrating Leeds' night

time economy. We've looked at some of the reasons it's thriving, with reviews of some of the best venues in the city, including Everyman Cinema, Malmaison, Roxy Lanes and more, and previews of some incredible events coming up, such as Made in Leeds Festival and the Leeds Waterfront Festival.

But we've also met the characters of the city and

some of the people that have paved the way for Leeds' night time economy to flourish. We've spoke to Leeds clubbing legend Dave Beer, the founder of Back to Basics, Maureen Prest, one of the women behind the success of the famous Batley Variety Club.


Enjoy the issue and get planning your next night out in the city. After all, you'll be helping the economy!

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CITY DWELLER MAGAZINE'S COCKTAIL OF THE MONTH WITH PARKSIDE TAVERN'S PALOMA RAWCLIFFE

Our newest Cocktail Of The Month is courtesy of Parkside Tavern's Paloma Rawcliffe!

Parkside Tavern is a fantastic venue for anything from sitting in the sun to a game of pool, but they've also got a fantastic cocktail menu too! Offering two cocktails for £12 at all times, there's no excuse

for not checking it out! We met up with Paloma Rawcliffe to find out more about working at Parkside Tavern and about her chosen cocktail!

How long have you been working at Parkside Tavern?

I've been here since March

but before that I was at Roxy Ballroom. They trained me really well so I know what I'm doing, I've learnt a lot about spirits in my time here!

What's the best thing about Parkside Tavern?

The sunshine, definitely! The main attraction here is definitely the outside area and when the sun is shining, we get everyone in. The staff are all great too, it's a lovely place to work. We've also got a huge selection, from cask ales to spirits with some lovely cocktails as well!

The man who created our cocktail menu likes to specifically handpick the cocktails so they're exactly

what we want. Our menu is quite a gin heavy menu so it's perfect for here in the summer, but we've also got lots of classics. But we could also create cocktails and mocktails on demand, just talk us through what you're after and we'll go from there.

So why did you specifically choose this cocktail?

It's a delicious summer-y drink that you can enjoy on our terrace. It's got a very refreshing taste and just a subtle taste of ginger.

You can find Parkside Tavern at St John's House on Merrion Street, LS2 8JE. You can find out more on www.parksidetavern.co.uk



PEAR AND GINGER COLLINS

WHAT'S IN IT:

Fifty Pounds Gin
Xante Pear Liqueur
Pear Puree
Lemon Juice
Sugar Syrup
Ginger Ale
Mint
Cucumber

THE TASTE:

Refreshing, fruity and fizzy, with a slight kick of ginger at the end. It's ideal for sitting in Parkside Tavern's huge beer garden and unwinding in the sun.



THE NEW MENU AT MALMAISON

MODEL, CITY PROFESSIONAL AND MAN ABOUT TOWN ADAM ULLAH HEADS TO MALMAISON HOTEL LEEDS TO CHECK OUT THEIR NEW MENU



Malmaison is one of my favourite places to go and eat in Leeds, so when they launched their new A La Carte menu last week I thought I would go down and check it out.

I have been several times now so I know all the staff really well, they are always really friendly and chatty and it's nice to keep going back to a place to dine knowing you will get looked after.

Me and my mate Dale went

down there on Wednesday night, it was a red hot day so when we arrived we had a few drinks at the bar to cool down before sitting down to eat. Luckily for us it is fully air conditioned in the bar and restaurant so we were soon chilled and ready to be seated.

Oliver, the Food and Beverage Manager, showed us to our table and gave us both menus to look at. We both had a read through the menu and wanted to order everything, we were

spoilt for choice. Our waiter for the night was Kaine, he asked us if we needed any help with the menu and talked us through what he recommended.

Dale decided to have the Seared Cornish Scallops, served with chorizo, spinach puree, samphire & vierge dressing. After the waiter's recommendation, I went for the Pepper Seared Rump Beef Carpaccio, served with cauliflower and roast garlic cream, tempura florets, black truffle





dressing, parmesan and dressed leaves. This isn't something I would usually go for or ever had before but I thought I would give it a go.

When the food came I was very impressed, as always the presentation was spot on. It looked too good to eat, but we were both really hungry so soon tucked in. I can't believe I have never tried carpaccio before I absolutely loved it. It was so tasty and full of flavour. I did try one of Dale's scallops and they tasted amazing and cooked to perfection.

For the main course, my mate decided to go for Fish of the Day which was Salmon served with seasonal vegetables, new potatoes, and a side of hollandaise sauce. I asked our waiter Kaine what was new on the menu as I wanted to try something different. I was torn between two but in the end I decided to go for the Yorkshire Dale Lamb Cutlets which is a pan fried cutlet & braised lamb neck, light vegetable broth and a jus vinaigrette. Lamb is my favourite meat but I have only ever had lamb shank and never tried lamb cutlets so thought I'd give it a go.

After a short wait the main courses arrived and both were picture perfect. I couldn't wait to tuck in. After the first mouthful I knew I had made the right choice, perfectly cooked and seasoned full of flavour, it was a really tasty dish. Both were very reasonable sized portions, so much so that when we had finished our main courses we were asked if we wanted dessert but we had to have a breather as we were stuffed from the starter and main.

We waited for about half an hour for our food to settle and deliberated over the dessert menu. Dale was still stuffed so he just got Blackcurrant Sorbet, at that point Oliver came to ask if everything was ok and he asked what I was going for. I asked for his recommendation and he said go for the Passion Fruit Tart, which is a new addition on the menu. I love passion fruit so went with that.

The desserts came shortly after and looked amazing. The Passion Fruit Tart came with blackberries, blackcurrant sorbet and passion fruit curd. It wasn't over facing and was just enough to finish off with. Really sweet and refreshing and it went perfectly with

the blackcurrant sorbet, I really enjoyed it.

Our waiter Kaine really looked after us, he was very polite and chatty and we all had a laugh together while sinking quite a few gin and tonics (obviously just us two not the waiter!).

The new menu, which was launched in May has your standard classics on there along with some classics with a twist and some completely new dishes for you to try.

Also to go with that, they have launched a seasonal fixed price menu for spring, which includes great dishes such as Pan Fried River Trout, and this changes every quarter. For the spring fixed price menu you can enjoy any 2 courses for £19.95 or if you're feeling really hungry, you can go for 3 courses which is only £24.95 which I think is an amazing price.

If you are staying over night at the hotel, depending on your room rate, residents can have 2 or 3 course meal from the pre fix menu or the A La Carte menu and just pay the difference which is a great offer and value for money. As the sun has finally decided to come out so we have may get some

warm weather, Malmaison have a great cocktail menu with a selection of refreshing cocktails to choose from and they are on offer for two for £10, Sunday to Thursday for spring classics or twists before 7.30pm.

As always I really enjoyed my night; the food was amazing, service was spot on and it didn't disappoint. I would definitely recommend going to dine here or even just for a few cheeky cocktails. If you have been before I would certainly make sure you do go back and sample the new menu.

*I'll be back,
Adam*

FACT BOX

Address:
1 Swinegate,
Leeds,
LS1 4AG

Website:
www.malmaison.com/locations/leeds

Twitter
@TheLeedsMal

Telephone:
0113 426 0047

Bar Times - Non Residents:
11am - 11pm



SUMMER STREET PARTIES AT THE NEW CONSERVATORY

THE UNDERGROUND BAR AND RESTAURANT HAVE EXTENDED THEIR OUTSIDE SPACE, AND YOU WON'T WANT TO MISS THEIR SUMMER STREET PARTIES

You'll already know Leeds bar The New Conservatory as one of the most reputable underground bars in Leeds with one of the friendliest teams you'll find at any venue in the city.

Known for it's intimate vibe, welcoming atmosphere and delicious food menu, you'll definitely never be disappointed with a trip to The New Conservatory.

But you may not yet have heard about their soon to

be famous summer parties. After they extended their outside area down Albion Place, it's now become one of the prime spots for sitting in the sun in Leeds and their summer parties just add to that.

If, like the team at City Dweller Magazine, your idea of a perfect day in the city is sitting back and basking in the sunshine with a couple of cold drinks while great music plays in the background then this is exactly what you're looking for.

Next time the sun is out in Leeds, you'll find a great selection of music, from live DJs over the weekend to classic summer tunes being played through the week, and so much more waiting for you.

But it's not just their fantastic outside terrace and the sounds of the summer that will transport you to sunnier climates, it's also their superb range of food and drinks.

With their happy hour from 5pm till 10pm

offering 2 drinks for £5 everyday and a bottle of wine or a jug of sangria for £9.95, it really is the perfect place to sit back and bask in the sunshine with a few cold drinks.

So next time the sun comes out in the city centre, you know exactly where to go.

We'll see you there!

Want to know more? Get in touch with them today using the details in the fact box below.



FACT BOX

a: The Albions
Albion Place
LS1 6JL

t: 0113 246 1853
w: thenewconservatory.co.uk
fb: TheNewConservatoryBar
t: @NewConLeeds
IG: @thenewconservatory

Opening times:
Restaurant:
Mon - Sat 12pm - 9pm
Sun 12pm - 6pm
Bar: Open late daily



HOST YOUR EVENT WITH EVERYMAN CINEMA!

WE'VE DELVED INTO THE DEPTHS OF HOW FAR THEIR EVENTS TEAM WILL GO TO MAKE YOUR EVENT THE BEST EVER

Right in the heart of Trinity Leeds sits Everyman Cinema, a company leading the way in their industry and once you've visited them once you'll never enjoy the average cinema experience again.

This boutique cinema offers only the best to their customers by combining a luxury cinema experience with an impeccable team that will happily cater to all of your needs. But what you might not realise is that you can hire sections of Everyman Cinema for anything from a business presentation to a birthday party with a difference.

Everyman Leeds is home to five bespoke screens, ranging from 32 right up to 230 seats, a screening room, bar and outdoor terrace, all of which are available for you to hire!

Their state-of-the-art venue offers a truly unique event experience, combining luxurious sofa seating, great bars and in-chair waiter service and the very best technical

facilities, you really can't go wrong!

Whether you're seeking the perfect space for a press launch, corporate reception, stag or hen party, film club or business presentation, their events team have the ability to adapt the event to suit all of your requirements.

If you're looking to hire a venue for a professional event you really can't get any more 'wow' than Everyman Cinema! Their view across the city centre is second to none and if that isn't enough to dazzle your fellow professionals then their luxurious bar area offering a huge range of drinks and delicious food will definitely do the trick!

Alternatively, throw your child a party that will entertain you and your friends just as much as the little ones, with an adjoining lounge and private bar. Better yet, make it fancy dress and make the film come alive in the theatre!

If all of that isn't enough for you, they also offer brilliant food options with their stunning breakfast packages starting from £5, lunch packages from just £10 and contemporary break out spaces available, all just adding to what's already set to be a fantastic event with a great ambience from the very start.

There's no event that the team can't make into an exceptional occasion for you so contact them today directly at Events.Leeds@everymancinema.com to get the planning of your event started!

FACT BOX

Address

Trinity Leeds,
Albion Street,
LS1 5AY

Website

everymancinema.com

Phone

0871 906 9060

Opening Times:

10am - Late



ROXY LANES

CITY DWELLER CHARLOTTE FAGAN AND HER OTHER HALF KRISTIAN PURDY HEAD TO ROXY LANES ON A MONDAY NIGHT TO START THE WEEK ON THE BEST POSSIBLE NOTE

After another amazing weekend a lot of people end up in the same situation... dreading Mondays. But there's no reason to! For us, there was something different about this one as we had been invited to go to Roxy Lanes.

Roxy is famous in Leeds for its ball games, ping pong, beer pong, mini golf and pool. Then they bring to town; bowling!

After a long day in the office, this is just what we needed. Upon arrival we were greeted by smiling faces and the sound of laughter and the atmosphere kicked the Monday blues right out of us.

We got settled in by the bar and had a look through their extensive cocktail menu. After a few welcoming drinks at the bar the competitive side in both of us came out. We couldn't have put our bowling shoes on quick enough!

The bowling lanes were occupied and you could

feel the competitive tension oozing out of everyone. Our lanes were all set up for us but we couldn't start as Kris was toying with having the barriers up or down. After he got over the fact he may get beaten by a girl, we finally started! The staff were on hand for everything we needed especially when Kris's balls kept getting stuck in the gutter!

After one game, sadly I was down 1-0. I blame it on the cocktails. The next game it was head to head, music at the Lanes was bouncing and we just had a real good chuckle. I almost beat my handsome man but he managed to bowl three strikes in a row!!! The cocktails definitely had a part to play in this as he stumbled down the lane to bowl.

After two games of bowling we took off our bowling shoes and decided to sit and try the food as everyone in the bar area seemed to be eating...

We were seated and given

mouth-watering American style food menus. We chose to have 3 starters comprising of giant onion rings, garlic dough balls and smoked humus pittas.

They arrived in a timely manner. All fresh and oversized. (Man portions!)

We were pretty full up after the starters and almost forgot that we had also ordered mains. To follow was a pulled pork, chicken, beef burger with fries and a Diavolo pizza. Both were again filling, we compared the food quality and portion size to that from 'Man vs Food' and obviously Kris was loving this as he's a sucker for what he calls "a proper feed".

Before getting ready to leave after a shed load of fun, we had one last drink at the bar to enjoy the music and atmosphere of the bar area. We thanked the staff there for their efforts and left joking with the guys about putting Kris in a wheel barrow to get him out.

The atmosphere was infectious and opens its doors to everyone, families, birthday parties or just a little mid-week fun! Whether it's for a game of bowling or a meal and a few drinks it's worth a visit.

We had a fantastic night and cannot wait to get back for more fun and frolics.

*See you there,
Charlotte & Kris x*

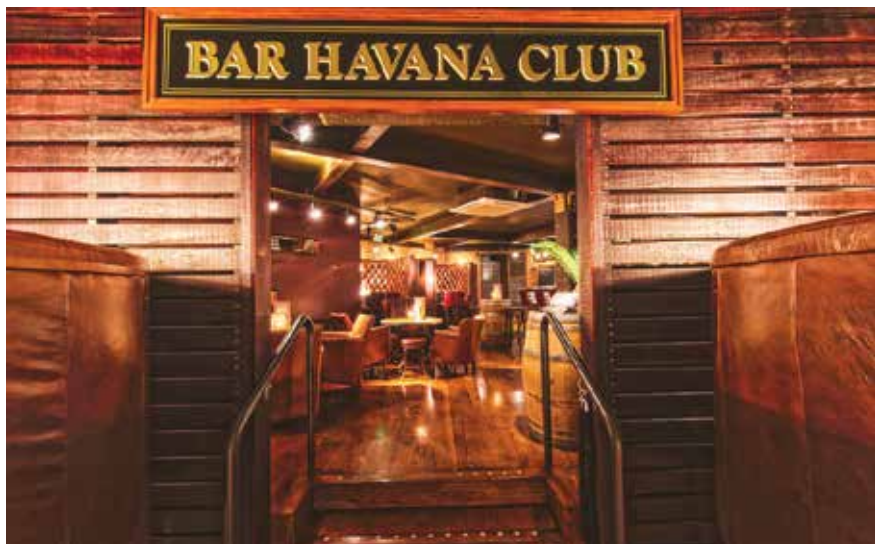
FACT BOX

Address
1st Floor Podium
Bond Street,
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LS1 5BQ

Website
roxylanes.co.uk

Telephone
0113 467 2300

Opening Times
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Sat: 12pm - 12am
Sun: 12pm - 10pm



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AT REVOLUCIÓN DE CUBA THEY ARE DITCHING THE BORING NORMS TO MAKE SURE EVERY PRIVATE EVENT IS UNFORGETTABLE

With a reputation for hosting unbelievable parties and one of the friendliest teams in the city, you'll probably have guessed that the guys at Revolución de Cuba know how to throw an event.

But you might not know about their Havana Bar, tucked away upstairs, or about their incredible Friday night booth packages, which offer 25% off pre booked welcome drinks. How about their superb offers for lunch buffets or even their incredible Delegate Packages that are perfect for corporate events and team building activities?

While we can't deny that the City Dweller Magazine team love

nothing more than heading to Revolución de Cuba for a night out, we also appreciate their day time deals equally as much! Their lunch buffet, which includes everything from Paella de Cuba to Pork and Chorizo Quesadillas, is just £10 per person for groups of 10 or more from Monday to Friday and it's perfect for a lovely business lunch or for a networking event.

If you're wanting to go all out, their Delegate Package is just £14.95 per person and includes their lunch buffet, tea, coffees, soft drinks, fruit and pastries too! You'll also get free AV (audiovisual equipment) hire if you're looking for a venue for a conference or to wow a client.

Looking for something a bit heavier? Or maybe you just fancy going out with a large group after you've finished work, then book ahead and get 25% off pre booked welcome drinks, beer buckets, wine and cocktail wristbands! You can also get huge sharer 'Maximo Cocktails' which start from £70. Perfect for drinks after work later in the week.

Most of the bar is available to hire but we can't recommend anything more than their Havana Bar upstairs! With the capacity to accommodate up to 90 people, the bar combines an authentic Cuban feel with an intimate atmosphere to create the perfect vibe for any private event.

So what are you waiting for? Get in touch with Revolución de Cuba using the details in the fact box below and get your next private event booked today!

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Address:

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LS1 6DT

t: 0113 350 6556

w: www.revoluciondecuba.com/bar/leeds/

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Sun 10am - 2am



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THE TIPSY TRUFFLES SLEEKSTER £22.50

The partnership of premium spirits and mellow chocolate is a match made in heaven. Hotel Chocolat have raised the bar with our tipsy truffles to bring you fine rums, warming whiskies, fruity liqueurs and refreshing cocktails.

RARE & VINTAGE: THE CURATED COLLECTION £50

If you're after a bit of luxury to gift this year then this is the gift for you! Unlace the black ribbon, release the magnetic clasp and reveal a library of 20 of Hotel Chocolat's finest chocolate bars: 10 milks and 10 darks crafted from some of the most highly prized cocoa on the planet. Perfect for someone who loves the finer things!



THE OLD FOSSIL - MILK £7.50

You don't have to be a palaeontologist to enjoy the beautiful curves of an iconic fossilised ammonite shell this Father's Day. We've preserved ours in velvety-smooth 40% milk chocolate so you can treat the precious fossils in your life. A perfect gift for June 18th. Also available in their signature 70% dark chocolate.



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BE AT ONE IS NOW TWO

SUMMER ON BOAR LANE IS SET TO BE A SIZZLER, WITH THE ARRIVAL OF A NEW COCKTAIL BAR FROM ONE OF THE UK'S BEST LOVED BRANDS, BE AT ONE

Less than two years since Be At One made its Northern debut just off Millennium Square, the party in Leeds expands with the newest opening.

Boar Lane has seen an almighty revival since Trinity Leeds opened back in 2013, and Be At One is set to raise the bar even higher with its unique take on the art of cocktail making. With over 150 concoctions on its ever-evolving menu, revellers are in store for a treat no matter what their tipples of choice is.

Quality in quantity

Classics such as the Singapore Sling and the Espresso Martini sit alongside ingenious

creations such as the summery Mango and Orange Fizz and the party starting Jager Mega Drive. And for anyone sculpting the perfect beach bod, then the ground-breaking Virtuous range come loaded with flavour, but with waistline friendly natural sugars and a lower ABV.

The Almond Mocha is one such cocktail, blending Kahlua with almond butter, raw chocolate powder and palm sugar syrup to create a drink that's packed with flavour despite being much more guilt free than a regular cocktail. Teetotalers and designated drivers are also well served, with alcohol free options such as the delicious

Passionate Pomme being anything but an afterthought.

Worst kept secret

The secret to the success story of Be At One isn't actually a secret, rather testament to years of hard work, dedication and a passion for premium cocktails. Each team member is hired full time, and backed by £5k worth of investment to ensure they know the extensive menu off by heart, and trained in the style of free pouring American bartending.

Friendly competition is also widely encouraged, with 2010 seeing the introduction of the now legendary Be At One

Bartender Challenge. Here, the brands finest get the chance to show their peers just what their made of, and are put through their paces to become crowned champion.

Co-founder, Steve Locke, had this to say about the latest chapter in the brands story:

"Millennium Square was our first site in the North, it was an obvious choice for us because of Leeds' thriving independent cocktail scene and the City's unpretentious attitude to fun. We were welcomed by the cocktail drinking fraternity and have enjoyed a fantastic two years here. When the opportunity arose to take another site on Boar Lane we jumped at it. The site is half a mile away between the train station and Trinity Leeds and allows us to introduce the party to a different part of town."

Make sure you join the party this summer because as from the 26th May, Be At One became two when the newest bar landed!



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All food items on the menu are half price, every Tuesday*

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WHEN GOK'S BRUNCH CLUB CAME TO LEEDS

CITY DWELLER MAGAZINE COLUMNIST AND FASHION ENTREPRENEUR, SIAN GABBIDON, RECENTLY CAUGHT UP WITH STYLIST TO THE STARS GOK WAN WHEN HE BROUGHT FASHION, FIZZ AND ALL THINGS FABULOUS WHEN HIS FASHION BRUNCH CLUB CAME TO THE CITY!

As hundreds of his fans arrived at the ticket only event - backstage saw wardrobe runners, catwalk models and brands fresh out of Leeds excitedly preparing for the show. Kicking off at 11am with prosecco on arrival, the day was filled with fashion transformations, a masterclass from Gok himself and 2 part catwalk show - all topped off with a tasty two course brunch menu!

Showcasing her latest SS17 collection 'The Island Girl' on the catwalk, fashion brand owner Sian Gabbidon (Sian Marie Fashion) caught up with Auntie Gok to get the lowdown after the show...

I LOVED the show, and it was obvious the audience did too! What was your favourite part and why?

Thanks gorgeous! I loved being there and getting one on one time with my fabulous Leeds ladies over brunch and a glass of fizz. Safe to say they know how to have

a good time! Without doubt it's always the looks on our guests' faces when they see their local fashion come down the runway in our two fashion shows. They're always surprised to see how much great local talent they can find on their own doorsteps!

From your body shape masterclass where you had discussed the different shapes: pear, rectangle, apple and hourglass - which is your absolute fave to dress?

Anyone who's seen my TV shows will know it's my top-heavy girls but I love them all! A substantial bust should be accentuated and celebrated. It all comes down to investing in properly-fitting and supportive lingerie and - most importantly - finding their true waist!

What do you love most about the women of Leeds?

Leeds ladies are fearless! They know fashion and they know how to wear it. I loved getting the chance to get up-close and personal with my gals, not to mention letting them

in on some of my best-kept fashion secrets!

It's been amazing to be a part of the show! What was it about Sian Marie that made you reach out to us?

I'm committed to championing independent fashion talent around the country through the Fashion Brunch Club. We cherry-pick the very best local independent fashion in each area we visit. Sian Marie's stunning swimwear is a perfect example of someone starting up on their own and following their fashion instincts. Their cuts and colours are bold, beautiful and really on-trend, especially for those ladies who love their curves and aren't afraid to show them off this summer.

In your opinion, what are the key fashion trends to look out for this Summer?

Colour is back in a big way. Fashion houses and the high street are going big on bold prints, colour blocking and bright patterns. Also, I mentioned that all-important

waist for ladies, and there's definitely more focus on accentuating the body's natural curves.

WHEN WILL WE SEE YOU BACK ON OUR TV'S? We miss you! Can we look out for a 'How To Look Good Naked' comeback?

I'm never far from your TV screens, but I'm really enjoying getting out there around the country and meeting everyone face to face. If your readers liked How To Look Good Naked and my other TV shows then they should definitely get themselves down to one of my Fashion Brunch Clubs for a chance to see it all live! I guarantee they'll have a laugh... and maybe get naked too! X

To find out more about Gok's Fashion Brunch club visit gokfashion.com, and to check out the SS17 Island Girl Collection visit www.sianmarie.co.uk.

Stay stylish!
Sian x



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GOING OUT GLAM

NO MATTER WHAT YOU'RE DOING THIS SUMMER, WE HAVE A LOOK THAT WILL SIZZLE!

Get an evening look update with this stunning white midi dress. A small cut out detail accentuates the neckline as an asymmetric ruffle billows down the left side of the body.

Dress - £49
Topshop



Go glam with this chain mail top. Pair with a black leather-look jacket, skinny jeans and pointed heels to finish the look ready for a top night out.

Jacket - £29.99
Top - £19.99
Jeans - £12.99
New Look



Nippy at the waist and crossed at the back you'll be making us excuses just to wear this cross back dress by Warehouse! In a vibrant green hue, it'll make your outfit pop against some of this season's pastels.

Add a pair of this season's must-have metallic sandals for a cool clash of colours that work beautifully together!

Dress - £50
Warehouse



Bring metallic designs into your going out wardrobe this season with this dress from Mango. Wear with simple accessories to complete the look.

Dress - £59.99
Mango





Chic and sexy, 'Nou' is just gorgeous from House of Celeb Boutique with perfect neutral tones. Made from a silky jersey, 'Nou' drapes beautifully over your curves. The low back highlights a great booty and the dress is finishes off with the striking neck detail. Team yours with simple heels in nude or gold.

Dress - £149
House of Celeb
Boutique



Bring the glam to any formal occasion you attend this summer with this jumpsuit from River Island. Wear with some statement heels to add an element of drama and you're set to wow any crowd.

Jumpsuit - £55
River Island



Get BBQ ready with this simple fun playsuit. With thin straps and a tie under the bust to show off your curves it's perfect for those summer days out in the sun.

Playsuit - £19.99
H&M

Complete the look...



Ilia Crystal-Embellished
Headband - £85
Deepa Gurnani



Gold Plated Square Frame
Sunglasses - £680
Elie Saab

Each of these are available at Harvey Nichols Leeds.



Big Dial Rose Gold
Plated Watch - £85
Olivia Burton

SUMMER OCCASIONS

WHATEVER THE OCCASION IS THIS SUMMER, GET READY WITH SOME OF OUR FAVE LOOKS!

Add sophistication into your everyday wardrobe in this grandad collar shirt. Pair with shorts and trainers for a casual dressed up look.

Shirt - £19.99
Shorts - £14.99
New Look



This versatile shirt is a must have for this summer. The design gives you the convenience of a button-down, without its relaxed look. The shirt's rich cotton has been treated with a Royal Finish, giving it a subtle sheen and extra softness - perfect for a hot summer event!

Shirt - £40
Trousers - £40
Jack and Jones



Bring a good ol' British vibe to any event this summer! This classic striped shirt when paired with a pair of pastel trousers creates an effortlessly cool look.

Shirt - £30
Trousers - £25
Topman

Fine lines and cool colours rule the show in this tailored jacket, expertly cut from grey checked fabric.

The result is an on-trend and universally flattering style. The skinny fit suits a modern gentleman seeking a clean silhouette, with crisp shoulders and narrow lapels.

Wear a bold orange or green tie to set off the minimalist monochrome, and add a pocket square in the same colour for that extra dash of panache.

Jacket - £99
Trousers - £60
Moss Bros





A slim fit and fine weave characterise the simple look of this BOSS short-sleeved shirt. A characteristic Kent collar complements the design, with pure cotton and shaping darts guaranteeing perfect comfort. This men's shirt is just made to complement your summery wardrobe.

Shirt - £70
Jeans - £120
Hugo Boss



For a stand out look this summer, opt for this suit by River Island.

This timeless design makes this perfect for those special summer occasions. Pair with brown leather accessories for a polished look.

Jacket - £110
Trousers - £40
Shoes - £45
River Island



Made from Italian yarns, Next's Signature pieces feature traditional tailoring methods to create stunning suits. For the dressy events of the summer opt for this linen suit for formality and an effortlessly cool look.

Jacket - £100
Shirt - £35
Trousers - £50
Next

Complete the look...



Tonal Brown Braided Leather
 Wrap Bracelet - £100
 Paul Smith



Classic 11 Aviator-Style
 Sunglasses - £262
 Saint Laurent



The Classic Rose Gold
 Tone Watch - £80
 UNKNOWN

Each of these are available at Harvey Nichols Leeds.



TRAINING OR EXERCISING? THE DIFFERENCE

CITY DWELLER MAGAZINE HAVE TEAMED UP WITH JAMES AND JOE FROM SUSTAIN NUTRITION. THIS MONTH WE'RE DISCOVERING HOW TO TRAIN IN A WAY THAT WE CAN MEASURE

Are you training or exercising? Believe it or not there is a huge difference.

Many people will think it's the same thing but there are actually a few subtle differences.

If you are going to the gym or working out without a structured plan or recording anything then I'm afraid you are just exercising, if you are following a structured plan for a specific outcome and tracking your progress then and only then are you are training!

If you go into a session with no idea what you are doing or even if you have a plan that has no real crossover to what you did last time then it's not really possible to track if you are progressing.

Using HIIT for example, now doing a hard HIIT session is fantastic but if you do different exercises each time or different time splits how can you track if you are improving? Doing HIIT on a treadmill or a rower gives you specific info that you can track, be that distance or speed.

I know that if the last time I was doing 30sec sprints on the rower I was hitting 100m and

now I'm hitting 110m then there is an improvement. Same with the treadmill, if I was doing 30sec hill sprints at 15kph and now I am doing 40sec at 15kph then that is a measurable improvement.

Now I don't want you to think that I am bad mouthing any kind of body weight HIIT session because I am certainly not! I'm talking about optimal training here as I'm sure that is what most people want - optimal results.

You can't get much better examples of structured training than with athletes, you can't imagine Jessica Ennis wandering into the gym and thinking 'right what should I do today then?' She will have her training plan set out and tracked to every rep, set, weight and time completed and recorded and logged to track progress.

'What gets measured gets managed!'

If you don't track your weights lifted and the reps achieved or repeat the same training plan then how can you know if you are progressing?

For example if you can squat 60kg for 10 reps but the next week you do 70kg for 8 reps

then 80kg for 6 reps and finally 90kg for 4 reps have you actually got stronger or is your strength the same?

As a massive contradiction then training should be varied but needs to have enough repetition to track progress, changing a plan every 4-8 weeks or once strength gains have ceased is always a good option but constantly switching your workout for 'muscle confusion' is just silly.

If you can track that you are adding more weight to the bar, doing more reps, moving faster or further then you know you are making progress.

This is one issue with classes like spin, body pump, circuits etc. It's fine to go in and work really hard for 45mins but there is no real way of tracking your own progress by using these solely.

Attending a class leaves you in the hands of the programming of the instructor, you may be able to select the weights you use but the exercises, rep scheme and even tempo will be dictated to you.

Again, a superior option to doing nothing and certainly can deliver results however with no real control over the class it's impossible for you to adjust. For example if my fat loss has stalled and I would like to increase my calorie output it's easier for me to either add more volume to my weight training routine or some extra sets to my HIIT, in a class situation this could be near impossible as I am following someone else's structure.

So, to sum up get a plan and do it!

Even if it's a bad plan do it and see if it works BUT give it more than a week to see if it does work!

Log everything and try to progress each session, more weight, more reps, faster, further. Anything else and you are just getting sweaty.

Is it wrong to be strong?

*Until next time
Take care & comb your hair
James & Joe*

www.sustainnutrition.co.uk

Keep up with the guys on their Facebook Page: fb.com/sustainnutrition/ or on Instagram: [Sustain_Nutri](https://www.instagram.com/sustain_nutri)



MEET THE DUTY MANAGER AT NUFFIELD FITNESS & WELLBEING

DAVID BUTLER FROM NUFFIELD FITNESS & WELLBEING GYM IN THE LIGHT TAKES US ON A JOURNEY THROUGH MATT TWEEDY'S SUCCESS AT NUFFIELD



This month I've decided to chat to a colleague here at the club, Matt Tweedy.

Matt has worked for the company for 2 years and in that time he's had quite a journey!

Matt was at University in Preston and started working at the Preston club back in 2015, he worked in the clubs café area. He proved an instant hit with the clients and became one of the most popular members of the

team. Matt's people skills are second to none and he was in his element dealing with the club's members.

In 2016 when he finished at the University of Central Lancashire, Matt moved to Leeds and transferred clubs to come and work with us, this time on reception. From the start it was clear we had a superstar on our hands. Matt quickly adapted to Leeds life after the quieter life in Preston.

Instantly popular with both staff and members alike Matt has been a huge asset to the club. He has quickly progressed from reception and is currently a Duty Manager at the Leeds club.

Customer service is at the heart of everything Matt does, this is where he gets most of his job satisfaction from. It's Matt's job to ensure the smooth running of the whole club whilst he

is on shift, quite a task but one he does with relish. As well as working here Matt also works out at the club, this gives him an even greater connection to the members. He trains five times a week and it's a combination of cardio and weights.

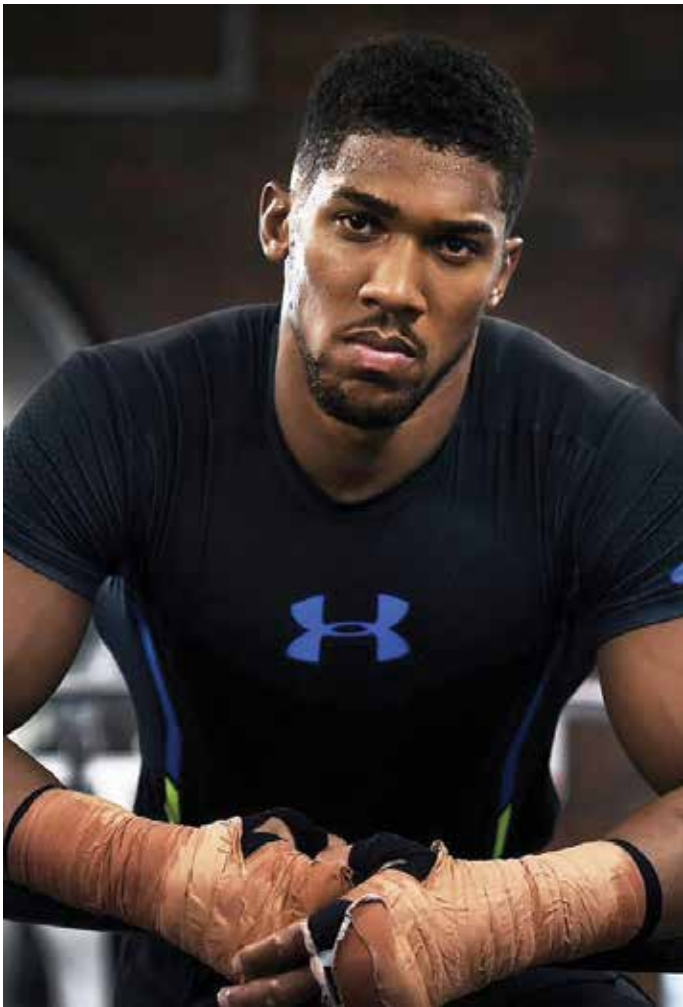
Matt commented: "I've always been interested in keeping fit, even when I was younger I played a lot of sports and I've always been active. During my time at University I completed placements with the Lancashire fire and rescue service, this is when I first got involved in training in a gym environment. I think if you work in the fitness industry, then you should be an advocate for it. I also like to train in our gym because it makes it a lot easier to see things from a member's perspective, which I believe to be really important. Seeing

how they train gets you closer to the member experience too. You spend a lot of time at work so it's good to be doing something you enjoy and that is also rewarding. Seeing people achieve their personal fitness goals and sometimes physically changing before your eyes is amazing to witness."

Don't forget to follow us on Facebook at Nuffield Health Leeds Fitness and Wellbeing Gym for all our latest and updated news.

*See you soon,
David*

You can find out more about what we offer on 0113 2337 500 or by going to our website: www.nuffieldhealth.com/gyms/leeds! You can also find us at The Light, LS1 8TL.



ANTHONY JOSHUA COMES TO LEEDS

**THE HEAVYWEIGHT BOXING SENSATION IS THE LATEST
STAR TO ARRIVE IN THE CITY**

Anthony Joshua arrives in Leeds as part of 'An Evening with Anthony Joshua' at Elland Road. The star studded evening sees meet and greet opportunities, a charity auction, a comedian and more for those in attendance.

While Elland Road frequently hosts evenings with huge celebrities, and Leeds regularly sees stars come to the city, there's few people in the limelight quite like Anthony Joshua at the moment.

His 11th round knock out of the legendary Wladimir Klitschko was watched by

millions around the world, including by over a million people in the US and over 10 million in Germany.

In front of a post-war record crowd of 90,000 in attendance, Joshua won by TKO in a high drama war that saw both men giving their all. They fought a close and cautious first four rounds. In the fifth, Joshua came out roaring and barraged Klitschko to the canvas.

An angry Klitschko rose up and dominated Joshua for the remainder of the round, battering him and scoring his own knockdown in round six.

The next few rounds were again cautious, both men wary of each other, until a reinvigorated Joshua attacked Klitschko in round 11, sending him to the canvas. Klitschko again rose but Joshua knocked him down for a second time in the round, then sent a barrage of punches while Klitschko was against the ropes that made the referee stop the fight.

The fight was instantly considered an all time classic. The rematch, rumoured to be in October, would be even bigger.

Joshua put himself on the global stage at the 2012

London Olympics where he won a Gold Medal and was subsequently awarded with a MBE.

Coming from humble beginnings, Joshua has won over the British public with his positive and dedication to boxing.

Anthony Joshua visiting the city is just another prime example of the calibre of stars that Leeds attracts on a regular basis. With some experts predicting that he could be the first ever billionaire boxer, we may soon be looking back at his visit as a truly memorable night for Leeds.



ADVICE TO HELP YOU GET THE BEST OUT OF YOUR WORK OUT

Make the most of the nice weather

With the snow and rain slowly giving way to sunshine and hotter days, try and get yourself outside exercising as much as you can instead of being stuck on a treadmill in the gym. Running, bike riding, swimming or even walking can be great way of exercising whilst summer is here. It's a great way to get some sun on your back and your daily dose of vitamin D!

Activate your core muscles

You don't need a six pack to have great core muscles. Crunches and sit ups are it's not a great way to activate your core muscles. Your core is what keeps your posture in check and helps you down the line with back problems. Exercises such as plank, roll outs, leg lowers are a great way of activating your core and getting them as strong as you can be.

Wind down after your workout

If your gym has a sauna and steam room, that's a great way to recover after a long hard session in the gym. Try go into the sauna and steam room after you have trained. This will help your muscles recover and will help your muscles

become more flexible and durable. After you have gone in the sauna, try and take 10-15 minutes to stretch while your body is warm.

Stay dedicated to achieve your goals

Running a marathon is on most people's bucket list. Running a marathon is not the same as going for a weekly jog around your block. You have to dedicate and train your body to put up with the stress of running a marathon. Try and gradually build your training up slowly instead of jumping right into it and trying to run 15 miles first up. Your body will help you in the long run!

Keep your heart rate up

Interval training is a great way of increasing your cardio and speed at the same time. Short sharp bursts of exercise can be a great way to elevate your heart rate and burn lots of calories in a short time. Try doing 30 seconds on with 15 seconds off. This will keep your heart rate elevated the whole session.

*Enjoy Keeping Fit,
John Lane*

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BEHIND THE SCENES AT ELLAND ROAD WITH DEBRA WARE

WE CAUGHT UP WITH LEEDS UNITED'S BUSINESS & COMMUNITY DIRECTOR DEBRA WARE TO FIND OUT WHAT IT'S REALLY LIKE TO WORK IN FOOTBALL

Having worked at Elland Road for eight years now, can you tell us about how you ended up working at Leeds United?

I'd worked in a lot of different fields, from being a Sales Manager at a carpet fitting company to working at BBC Television in London. I got into football when I had an interview at Chelsea Football Club for a new role for someone to set up the conference and events department there. To cut a long story short, I got the job and was there for fourteen years!

I was involved in everything from setting up the tours of the ground to the interior design of the new Millennium Suites at Chelsea. We were the first football club to get a wedding licence when the law changed, we used to do over 200 weddings a season and I'm still in touch with some of the brides now. The events department went from just starting out to being a multi million pound business and I got to experience every aspect of that side of the football club.

When Ken Bates sold the club to Roman Abramovich and bought Leeds, I chose not to follow Ken Bates because we didn't want to leave London. I turned down the

job at Leeds three times and he said he wouldn't ask me again, but he flew me out to Monaco on a Sunday and I ended up giving in my notice in the next day! I took two suitcases and my son and we moved to Leeds, and the rest is history.

The week I moved up here, I made contacts and they're still friends to this day. Leeds is so different to London, it's so friendly and it's one of the most sophisticated cities I've ever been to. Out of the likes of Manchester, Liverpool, Birmingham and Newcastle, I believe that Leeds has the most going for it. The community feel, even for a city, is fantastic.

When you left Chelsea and came to Leeds, what were the main differences you noticed?

At Chelsea, I found that I could go into one of the corporate areas and five minutes before kick off, I could talk to guests about events coming up and they'd be really interested. At Leeds United, I went in to one of the boxes about half an hour before kick off and said 'Hi, my name's Debra and we're putting on a boxing evening here soon...' and they turned round and went 'come and talk to me when it's not match day'. I learnt a lesson

very quickly that we take our football much more seriously in Leeds, and I absolutely love it. I learnt that up here these people live, breathe and arrange their life around Leeds United. I still can't believe the strength of this club and the power that it has over the city. But it should have a lot more power, and those days are going to come.

So much has happened, on and off the pitch, since you first started working at Leeds United eight years ago. What's your best memory?

One of my best memories was watching us go back up to the Championship against Bristol Rovers on the last day of the season. Another one was the first time I ever listened to 'Marching On Together' being sung.

Meeting some of the legends and getting to know them personally has been remarkable too, the likes of Norman Hunter, Peter Lorimer, Eddie Gray and Howard Wilkinson; they're all fantastic people.

You must have met so many incredible characters through football, including those you've just mentioned. Is there anyone else who stands out?

One of the best people I've ever met was Pelé, he came to the 1997 FA Cup and we all had a do at the Waldorf Astoria. We also did a boxing evening with Mike Tyson and he was a very, very nice man and that's all I can say about him!

I've also met heroes when we've done the army boxing evenings for charity. There's people who have have lost limbs fighting for this country that come up to present awards and there's not a dry eye in the house; those are the true inspirations.

Do you think you could try and sum up for us what it's really like working behind the scenes at a football club?

You might be stressed and you might be tired, but you will never be bored.

Also very few people do articles about women working behind the scenes in football. They call the women who are left at home 'football widows' but if I went out with someone who wasn't into football, they're the one who is left at home! Holidays and everything are always put aside because football comes first. There's so many women behind the scenes in football that keep the cogs turning.

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LOST AND FOUND

Vaughn Thomas from Sovereign Wealth Private Clients, is back with his column.

Tracking down misplaced pensions will make it easier to plan your retirement, but moving them into a single pot could leave you better off.

These days, most of us change jobs quite often. In fact, on average, people will work for at least six different companies over a lifetime, suggesting that the traditional idea of a 'job for life' is a thing of the past. (The Association of Accounting Technicians, November 2015)

Moving from employer to employer sometimes means moving from pension scheme to pension scheme. It's quite common for people to build up a collection of different pension pots, making it difficult to keep track.

A study by Aegon found that, of the 62% of people who have multiple pensions, more than a fifth (21%) have lost track of one or all of them. That equates to more than six million people who have misplaced some of their pension pots. Indeed, 39% of those with multiple pensions don't know the total value of their retirement savings. (Aegon, October 2016).

"Today people have diverse careers, often involving multiple jobs with different companies," says Kate Smith, Head of Pensions at Aegon. "As a result, a majority of people now have more than one pension, but it's a concern to find that 21% of these people have lost track of some of their savings."

"It's very hard to plan your retirement without a full view of your savings and it's important everyone has a clear idea of how much their pension is worth, and what their State Pension entitlement is likely to be," says Smith.

Tracking down a lost pension can be as simple as making

sure any old pension providers have a current address for you. You should write to the pension company, tell them your new address and ask for a statement. If you're trying to track down a lost workplace pension, you could try contacting the company you used to work for.

However, you may find that your old employer doesn't exist anymore, or you're trying to trace an old personal pension and you don't have any contact details. In this case, the Department for Work and Pensions (DWP) has a pension tracing service that can help you find a lost or forgotten pension that you built up many years ago.

Once you have found all your different pension pots, it might be a good idea to think about consolidating them. That simply means bringing all your separate pots together, so that all your pension savings are in one place. There can be benefits to consolidation, as many older-style pensions are unlikely to offer access to the new range of pension freedoms.

Consolidating your pension pots can make it easier to review how your investments are performing and give you a good idea of how much income you will have in retirement. However, it will not be suitable or even available to everyone and any decision to consolidate should not be taken lightly. It is possible that you would lose valuable and sometimes guaranteed benefits if you were to transfer out of some pension schemes. This is an extremely complex area and it is essential that professional advice is taken to understand fully the benefits and risks before considering a transfer.

*Regards
Vaughn!*

To receive a complimentary guide covering Wealth Management, Retirement Planning or Inheritance Tax Planning, contact Vaughn Thomas of Sovereign Wealth LLP on 0113 414 3590 or email Vaughn.thomas@sjpp.co.uk

Recruitment tips by Craig Burton from The Works Recruitment



THE 10 BEST WORDS TO USE ON YOUR CV

Are you struggling to get that dream job? Does your CV need a bit of TLC?

CV's must be up to date, relevant and interesting....you want to catch the eye of the recruiter not end up in the waste paper basket! Check out these 10 CV buzzwords to describe yourself and boost your chances of getting that all important job interview!

Creative. This can also mean artistic, productive or inspired. It shows the recruiter that you can use your imagination and come up with new ideas.

Experienced. This tells the reader that you've got what it takes. You know your stuff, you've got the medals. Only use this word if you can prove that you have been doing the role for a length of time!

Flexible. Interviewers love this word. It shows that you are reliable and willing to make it work. This is a really good trait to have so try to use it to show the interviewer that you are a great candidate to work with.

Hardworking. This can also mean dedicated, practical and accomplished. It's one of the best words to use on your CV we reckon. Who wouldn't want a hardworking individual in their business?!

Honest. This is a good word to use if you want to relate to the recruiter on a personal level and start to develop a good working relationship. Honesty is always the best policy as they say!

Imaginative. This can also mean creative, inventive, clever and ingenious. Do you have evidence of thinking outside the box or an idea that really

paid off at work? Shout it from the rooftops if you do!

Innovative. This means that you can bring new and fresh ideas to the table. It also means contemporary and cutting edge. It shows that you can be experimental and willing to try new and different things.

Motivated. A great word to use on your CV we believe. A motivated candidate is a productive one, and one that is going to deliver results. What's not to like about this word!

Organised. This is a good word to use if you want to show your interviewer that you have good time management skills or are good at prioritising your workload and meeting deadlines.

Reliable. Another great word to show your potential future boss that you will be an asset to their team. It shows that you are honest and hard-working. It also shows that you are determined and loyal.

It's really easy to just put these words on your CV for the sake of it, but words alone mean nothing. Don't just say them, mean them, and prove you can deliver them. Also make sure they are relevant to the role you are applying for! Relate to them in your interview, and through your cover letter, and give examples of when you have delivered them in your previous work experience. Now go out there and get that dream job!

*Thanks,
Craig*

Craig Burton is a seasoned specialist recruiter of over twenty five years with www.theworksrec.co.uk

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CARRYING OUT ALTERATIONS TO YOUR HOME

Edward Smith, from Levi Solicitors LLP, presents his legal column in City Dweller Magazine.

Altering or extending your property can have numerous benefits: from transforming it into your dream home, to increasing energy efficiency, or giving you extra space. Before you jump in to replacing your windows, converting your loft, or adding an extension, here are some things you may need to consider:

Permission.

If you own a leasehold property (e.g. a flat) you will typically need to obtain consent of your freeholder or management company to make any sizeable alterations to your property. Whether you require permission for the works will usually be set out in your lease.

If you are renting a property, it is advisable to check with your landlord before carrying out any alterations or improvements.

Likewise, if your property is or is part of a listed building, you are likely to require listed building consent before making any alterations.

Neighbours.

If you are considering doing works near to your neighbour's property, there are specific procedures to follow, and you must give notice of the proposed works to your neighbours. This is known as a party wall notice. These procedures aim to ensure that disputes with neighbours are avoided. The types of work covered are:

- Building on or near the boundary of two properties;
- Work to an existing party wall or structure (e.g. the dividing wall between two terraced houses, or the floor partitions between flats);
- Excavation near to and below the foundation level of neighbouring buildings.

If you are considering doing works near your neighbour's property, we suggest you seek advice from a specialist party wall surveyor to make sure that all of the procedures are followed correctly. Failure

to comply with the correct procedures can lead to expensive court proceedings, potentially an injunction to stop you doing the work, or a claim for damages.

Even if you are not required to follow the specific procedures, it is usually advisable to let your neighbours know about the works you want to carry out.

Building regulations.

Some alterations to your home may require building regulations approval. These could include an extension to your property, replacing windows or doors, or putting in a new heating or air conditioning system.

Planning permission.

If you plan to build something new, build an extension or change the use of your property, you may require planning permission. Some smaller works will not require planning permission; these are known as 'permitted developments'.

It is important to note that some areas of Leeds and the surrounding areas are conservation areas. Conservation areas are set up to protect the appearance of areas of special historical or architectural interest. This doesn't mean that alterations cannot be made to buildings in these areas, but stronger planning controls may be in place.

Failure to obtain building regulations consent or planning permission, or failure to comply with the correct procedures or conditions of the permission could lead to prosecution in the Magistrates' Court and/or an enforcement order requiring you to alter or remove the work you have done.

Finally, make sure you choose your builder, architect or other professional carefully. Check that they are properly certified (where required) and insured.

If you require legal advice, call Levi Solicitors on 0113 2449931 or visit www.levisolicitors.co.uk

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GOOD THINGS ARE MEANT TO LAST

INTERIOR DESIGNER, PROPERTY GURU AND CITY DWELLER MAGAZINE COLUMNIST
CHRISTINE YORATH TELLS US HOW TO SEE THE BEAUTY IN OLDER FURNITURE



I write this piece after attending the opening of a dementia friendly café in South Leeds and it had me thinking about the old adage, 'out with the old and in with the new'.

As we become more aware of the occurrence of memory loss in old age and associated conditions we also become more knowledgeable about how to best look after people with such conditions and especially in specialist residential homes for people with Alzheimer's and Dementia it is now usual to see furnishings in a style of many years ago.

Don't worry! I am not suggesting that we all furnish our homes in a time warp but

maybe we should consider longevity of furnishings and not be so quick to discard some items, especially ones carrying happy memories.

Perhaps your nanna has a favourite old chair and passes it to you and you just can't see it in a modern city centre apartment or you have a very contemporary suburban home and an old family friend offers you a Bergere chair you loved as a child... don't say no! An old chair upholstered in moss green dralon velvet will look 100 times better once its recovered in a Designers Guild fabric by Christian Lacroix such as Talisman Arlequin and it will fit nicely in to any sort of scheme whether Traditional or Contemporary.

Many younger people are finding beauty in the furniture of the 1960's, a look which is fast becoming known as 'mid century' typically a brand called Ercol and also teak furniture. I am finding it hard to believe that the furniture which was what my contemporaries loved is now fetching more than its cost when I was first setting up home in the early '70's. I have to admit I never took

to Ercol or to teak preferring then a very modern and highly polished rosewood dining table. But to coin another well worn phrase; 'what goes around comes around'.

If you are a hoarder you will find it easy to hang on to older items, even if you're buying a replacement, so you end up with twice as much as you want. Sometimes there are pieces of sentimental value that evoke special memories and these are definitely items to treasure, and sometimes to bring up to date.

One of my clients had a selection of old fashioned looking paintings she wanted to keep for sentimental value. So we discarded the old wood and gilded frames and added a large mount in dark coffee and had them all framed in white and hung them in a cluster on a pale coffee coloured wall instead of dotted around a room. The pictures were saved for posterity and are now being able to be enjoyed in a new incarnation.

Another way to hang on to the past but to bring a new lease of life to furniture and

one of the easiest ways is to have a sprayed factory finish! I did a full apartment make over and my client had almost all new bespoke living room furniture but she really liked the function of an illuminated corner display cabinet she had had for some time. But all the new furniture is oak combined with a lacquered finish in a taupe colour and the old corner cabinet was modern knotty gold pine (one of my least liked timbers for living room furniture) so we had it sprayed to match the other items and it looked perfect.

The knack is to be brave, see the beauty in older furniture and see past the current upholstery and finish of the wood, don't be afraid to hang on to older items you like just because they aren't 'on trend' and accept graciously gifts of family heirlooms even if you have to rethink some aspect of them and look forward to enjoying your trips down memory lane!

For more advice go to www.christineyorath.com or get in touch by emailing christine@yorathgroup.com or ringing 07836 737300.

LOOKING FOR A WATERFRONT PROPERTY IN LEEDS?

AS THE WATERFRONT FESTIVAL COMES TO LEEDS, LOCAL PROPERTY EXPERTS MARTIN & CO ARE LOOKING AT THE BEST RIVERSIDE PROPERTIES IN THE CITY

Every year the Waterfront Festival lights up five miles of the textile heritage of Armley and Castleton Mills as well as Granary Wharf, Calls Landing and Brewery Wharf. Stretching to Leeds Dock and Thwaite Mills just out of the city.

The festival is an amazing way to get the community together and show off the waterside in all its glory as well as celebrate the history and culture of the waterways. Along 11 key sites, the festival provides a bit of something

for everyone's tastes including indoor and outdoor events, live performances, delicious food and carnival dancing.

Over 30,000 people attended the festival last year and everyone loved watching the Dragon Boat race. There will be no disappointment this year because the race is back and this year it is in partnership with Radio Aire.

You can even be part of a World Record attempt, there will be workshops held on the waterside to make your

own Paper Boat which will then take part in a boat race, hopefully, the largest.

The best way to get around the different sites is no doubt by walking along the towpaths of the canal and river. This way you can experience the wonderful festival stop by stop and learn the history of the waterways.

Although if walking doesn't take your fancy there will be free boat trips between the sites during the festival which will run every 10 minutes as

well as water taxis that run daily.

There are also some amazing apartments along the waterfront in Leeds city centre, imagine watching the Waterfront Festival unfold from your own apartment! The properties pictured and detailed on the map below are perfect if you're looking for somewhere on the waterfront.

If you're interested in moving into one of these, speak to Martin & Co today.



IF YOU'RE INTERESTED IN LIVING IN LEEDS, HAVE A CHAT WITH US TODAY:

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leedscity@martinco.com

0113 245 7174
www.leeds-city.martinco.com

Martin & Co Roundhay
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BREWERY WHARF Festival

SATURDAY 24TH JUNE

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RUNNING ORDER

12.00: ORACLE DJ'S

13.30: KARAOKE COMPETITION

15.00: LIVE MUSIC FROM
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17.00: DJ'S FROM 212
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SMART
INVESTMENT & MANAGEMENT

MEET LEEDS PROPERTY EXPERT JAMES SMART

CITY DWELLER MAGAZINE HAVE CAUGHT UP WITH THE MAN BEHIND LEEDS PROPERTY BUSINESS SMART INVESTMENT & MANAGEMENT

A lot of people are intimidated by the property business. What inspired you to get into it?

My father has always been a serial property investor and as a result, it has always been a passion of mine. I've always been interested in what is happening in the property market and the way prices fluctuate has always fascinated me. There's always going to be a market for property because everyone needs somewhere to live. I actually studied architecture at university because, to me, there's nothing better than a beautiful piece of architecture or building full of character.

I have been working in Leeds for just over six years now, within the property industry. I began my career in lettings to get to grips with the industry but I always aspired to have my own company. The inspiration behind starting Smart Investment & Management was to be able to give a great level of service and knowledgeable

honest advice to all clients whether they are experienced or new to property investment.

What exactly can Smart Investment & Management offer to our readers?

We offer a range of services, from someone wanting to buy their first home, to lettings, management and helping investors find perfect buy-to-let opportunities for themselves. I manage everything from open market sales to dealing with investors and working to acquire buildings for people. Basically, if someone tells me their criteria, I can source the best opportunities to meet their individual requirements. I am planning to specialise in the buy-to-let market, finding our investors the best investments possible.

At my previous company, we had people coming up to us and saying "Your service has been great but could you also manage the property for me?" but

it wasn't something we offered. So the inspiration for me doing lettings and management is to keep everything under one roof, it's essentially a one stop shop for property.

What do you think separates Smart Investment & Management from your competitors?

I would say it's the level of personal service. I always strive to give that high level of customer service and people often come back to me and say they're thinking about investing into property, they haven't even looked yet but they want to know what I can do for them first! I love that feeling of people coming to me and saying "you're the person I want to deal with".

Why do you think your company is so well suited to the people of Leeds?

Leeds is a thriving city, the developments and the growth of the city is phenomenal. I always strive to make sure my knowledge is up to speed with what's

happening in the area, the new developments and the changes in the city that will have an effect on the market in five years time. I can point out key areas for people who are planning to stay in Leeds long term so they don't have to worry whether something is a good investment as I can offer and offload my knowledge of the industry and city to them, guiding them from start to finish.

What would you say is the best part about your job?

Apart from the excitement of finalising a deal, the thing that gives me the most joy is clients coming up to after they've dealt with me and they say "James, I really appreciate everything you've done, this is working out for me."

It's the words 'we trust you' that are really important to me.

To contact James Smart and Smart Investment & Management for yourself, ring 0113 887 8158 or head to: www.smartim.co.uk



WANTING TO JET AWAY THIS SUMMER? HERE'S 10 QUICK WAYS TO CONQUER YOUR FEAR OF FLYING

BY CHRISTOPHER PAUL JONES, AKA THE BREAKTHROUGH EXPERT, WHO SPECIALISES IN HELPING PEOPLE LET GO OF THEIR FEARS, ANXIETIES AND EVEN THEIR PHOBIAS

Find the Cause of Your Fear

Most phobias have a trigger point when the mind first linked danger to flying. The best place to start is to explore its origins. What are some of the events that made your mind link fear to flying?

Challenge Your Beliefs

It's worth asking yourself what do I need to believe in order to feel afraid of flying? Then ask yourself how true is that belief, what you choose to focus on when you have the fear and what do you focus on when you don't?

Creating a New Stimulus Response (Anchoring)

There's an old saying that love and hate cannot exist in the same place. This is also true for feelings like fear and calm. By creating

a new trigger linked to positive feelings and emotions, and using this trigger whenever your phobia appears, you can dramatically reduce the impact your fear of flying is having on you.

Change the Image of Flying

Visual memory is just as active when you think about your phobia, as when you felt it for the first time. One way to change the impact of your mental images is to scramble them.

Change the Feelings

The thing that often gets over looked when people try to tackle a phobia, is the emotions that go with it. Consciously changing those feelings can will change the level of fear.

Change the Meaning of Flying

When the fear of flying starts, notice your internal voice and work out how to change it to lessen its impact?

Change the Perspective of Flying

Another tip is to imagine watching yourself on a plane ride and decide what you could learn that would help change the flight for the better? What could you teach yourself that would help you relax and make the journey more enjoyable?

Tap Away the Fear

A popular method to stay relaxed in the moment is known as tapping; TFT, EFT, or Meridian tapping. By tapping on a number of acupuncture points whilst thinking about your fear you can drastically reduce it.

Get in Touch with Both Parts of the Brain

Did you know that one side of the brain deals with logic and the other side deals with emotion? If you access both at the same time whilst focusing on your fear you will find the emotions reduce.

Take Control of your Emotions

I always find it useful to remind my clients that in order to feel afraid, they have to believe something. In order to reverse these feelings and feel good, they also have to be doing something with their internal thoughts, feelings and images. If you change your thoughts, feelings or images, you will feel different. If you change more than one thing, you should feel even better. Practise these tips and see how you get on.

MEET THE NEW CHIEF EXECUTIVE OF LEEDS BRADFORD AIRPORT: DAVID LAWS

Leeds Bradford Airport has appointed David Laws as its new Chief Executive in succession to John Parkin who is retiring, having substantially developed the airport during the last 10 years.

The airport now operates to over 70 destinations in 25 countries and has grown passenger numbers by 6% over the last 12 months to 3.7 million passengers.

LBA is a major contributor to the economic development of the region and new investment is underway to improve and expand the operations. John Parkin will continue as a non Executive Director.

David Laws was previously Chief Executive of Newcastle Airport for 10 years and has 39 years' experience in the airport sector. He began his career as a trainee Fireman at Newcastle Airport in April 1979 and went onto become Fire Officer, subsequently becoming the Airport's Safety advisor. David held a number of roles in airport operations, before becoming Commercial Director responsible for the development of the Airline and Retail business and then Chief Executive.

David Laws, Chief Executive of Leeds Bradford Airport, said: "My passion is for airport development and ensuring that the customer journey is a truly

great experience. I am excited about joining Leeds Bradford Airport to further improve, expand and develop the business and look forward to working with the team at Leeds Bradford Airport and all those involved from the

airlines, stakeholders and partners to develop the next phase of the airport's growth."

To know more about Leeds Bradford Airport, head to www.leedsbradfordairport.co.uk





NIDDERDALE LLAMAS

LOOKING FOR ADVENTURE? ALPACA BAG! CITY DWELLER MAGAZINE HAS TEAMED UP WITH THE GUYS AT WELCOME TO YORKSHIRE TO LOOK AT SOME GREAT YORKSHIRE DAYS OUT

As the nation holds its breath to see if 2017 will hold a Great British Summer, we've come up with the perfect way to spend those precious sunny moments in Yorkshire – amongst the stunning scenery of Nidderdale and its quirky residents.

The beautiful Nidderdale Valley is an Area of Outstanding Natural Beauty and boasts varied landscapes to enjoy, from heather moorlands to reservoirs to lush green pastures crisscrossed with dry stone walls.

Throughout the valley lie charming stone villages and remains of former mine workings as a reminder of the area's rich industrial heritage.

But if you're looking for a slightly different way to take in the picturesque scenes, why not let your guide be a four-legged furry one – with a trip to Nidderdale Llamas!

The centre offers llama and alpaca trekking throughout the year and the activity is a fantastic way to get to know the animals, whose funny and entertaining characters will keep you amused along the way.

Each animal has its own distinctive personality, and staff will match your character to one of their residents, before you lead your llama, or let the llama lead you, through the fields of Nidderdale.

There's Ike the Drama Llama, who, as his name suggests, is a bit of a diva; chilled-out Chester, whose long white eyebrows make him look like an old man; and snooty Morgan who turns his nose up anything less than simply the best.

You might be lucky enough to be matched with one of the centre's cheeky alpacas like cool, calm and confident Gary, or mischievous duo Little Ant and Little Dec.

We guarantee you won't be

able to resist falling in love with these adorable animals with their easy-going nature. You may even hear them talking to you with their gentle hum.

It's a more personalised experience than an open farm and there are a variety of treks available from 1.5 miles to 8 miles. And if the British summer does disappoint, the llamas and alpacas won't – as they're ready to trek rain or shine.

You'll be so entranced by this unique adventure you won't want to leave your new best friend behind.

For more information about Nidderdale Llamas visit:
www.nidderdalellamas.org





HOLIDAYS FOR SOLO TRAVELLERS

CITY DWELLER COLUMNIST AND SEASONED TRAVEL EXPERT, YASMIN MACIS, IS GETTING THE SOLO TRAVELLERS OUT EXPLORING THE WORLD AND HAVING THE ADVENTURE OF A LIFETIME



I read recently that over a third of people in the UK are classed as single, which must mean there are a lot of singletons out there looking for holidays. This gives them the perfect opportunity to set off on

the adventure of a lifetime. Fortunately, I have the contacts to come up with great deals, to match all those bargains I find for couples and families throughout the year.

First, I need to warn you that most hotels have a very limited number of single rooms or even none at all, so it's most important that you contact me early, so you get the best prices and widest possible choice. In some cases, you will be charged a premium for single occupancy, but I can still negotiate favourable rates to keep your costs as low as possible.

While some travellers are intrepid by nature and relish the challenge of heading

out to explore solo, others prefer the companionship and security of organised tours for single people. For the former, I can tailor-make the trip, organising flights from Leeds Bradford Airport, hotel accommodation and transfers, always aiming to beat the prices you'll find in brochures. I can also book excursions and even tickets to entertainment like plays and shows.

For those who prefer the camaraderie of a group, I have loads of exciting options for you. I get preferential rates with high-quality tour operators that specialise in holidays for singles. There are various types of trip available. For example, you could opt for an activity holiday – maybe trekking in Nepal or

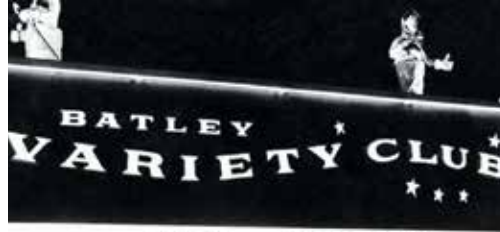
closer to home in Tuscany, the Swiss Alps or along the wild west coast of Ireland. Walking tours are a fabulous way to meet people and travellers often make friends for life or even find new partners.

For many single people, it's good to know that there are trips available that include accommodation and fun events like New Year's Eve galas, banquets and discos. They take place at great hotels across the UK and abroad. There will also be a friendly host on hand, to ensure the event is a night to remember!

*Bon Voyage!
Yasmin x*



**Don't keep me a secret, please feel free to share me!
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'KING OF CLUBS': THE STORY OF THE BATLEY VARIETY CLUB

WE SPOKE TO AUTHOR MAUREEN PREST ABOUT HER NEW BOOK WHICH FOCUSES ON THE GLAMOROUS WORLD OF THE BATLEY VARIETY CLUB AND ITS FOUNDER JAMES CORRIGAN

In 1967, James and Betty Corrigan took over a disused sewage site on Bradford Road in Batley with the vision of turning it into one of the most popular nighttime venues in the world.

What followed was a turbulent 11 years that saw the club become one of the most notable venues in the country with a huge selection of A List celebrities appearing there. At the peak of its success, it had over 300,000 members.

While the club closed officially in 1978 and the building is now home to a gym, the influence that the Batley Variety Club had on the city and Yorkshire's nighttime economy is still prominent to this day.

A new book, wrote by their Promotions Manager Maureen Prest, tells the inside story of James Corrigan and the Batley Variety Club. We met up with her to find out more.

Could you tell us about how you started working at the Batley Variety Club with the founder James Corrigan?

It opened with a constellation

of stars and it was obvious that these stars had to be big names to fill the place, because it was the biggest club in Western Europe! So he needed some help, and that's how I got the job of doing the promotions for it. About three months after it opened in 1967, I became the Promotions Manager and I stayed there until 1974. It was a fabulous time and you can't use any other word to describe how wonderful the whole thing was.

Could anybody understand why somebody wanted to build something like the Batley Variety Club on a sewage works? It was the 'Swinging 60s' but it had swung straight past Batley so it was the most unlikely place!

What was it that actually inspired you to write this story?

I left in 1974 but we always remained friends and I've stayed friends with the whole of the family. I was stuck with him through the good times, the bad times and all the inbetween really. It's a fabulous story. My book is rags to riches, but back to rags again with

a twist at the end! It's his life story and I've called it the 'King of Clubs'.

What really prompted me to write it was that there was lots of non stories around and I once said to him "you're going to be a legend in your own lunchtime" and we started laughing! He always wanted me to write his life story so we decided we ought to write a book. So years later, I've done it!

Do you find it incredible the effects that the Batley Variety Club had on Yorkshire and our nighttime economy?

Absolutely! In the late 60s, the industry heartland was here and it was just a bowl of smoke. People went to work in the mills at the crack of dawn and apart from two channels on the television, there was no entertainment! James Corrigan had this fabulous idea and had it not worked, he'd have gone broke; it was a big gamble.

The difficulty writing this book was describing the economic and social background of the time, it was so different to how it is now. I think everyone

benefitted from what he did; he did so much for the local area and he never realised how big it would go, it shot him to stardom and the effect on the area was unbelievable. All these people were working in horrible jobs but they scrubbed up, went for a glitzy night out and rubbed shoulders with the stars. It's the best piece of social engineering I've ever seen.

There was some incredible performers who performed at the Batley Variety Club, including the likes of Tom Jones, Roy Orbison, Louis Armstrong and more. Who was the most memorable for you?

Shirley Bassey was the Queen of the Batley Variety Club, no two ways about that one. But I just love Louis Armstrong, he was just a legend and he was so down to earth! When he performed, they came in from all over the world.

Thanks for speaking to us! 'King of Clubs', Maureen Prest's book about The Batley Variety Club and its founder James Corrigan, is available to buy on Amazon.



NAPOLEONS CASINO LEEDS SUPPORT MARTIN HOUSE'S ANNUAL DRAGON BOAT RACE

The team from Napoleons Casino Leeds were all aboard for this year's Dragon Boat Race at Roundhay Park all in aid of Martin House Children's Hospice and even bought home a trophy for the second year running!

The annual event took place on Sunday 21st May and raised money for Yorkshire charity Martin House.

Martin House provides family-led care for children and young people with life-limiting conditions. They support families from across West, North

and East Yorkshire, both at the hospice and in the community. The families that they support are at the heart of everything they do and they value each member as an individual with their own needs.

Along with many other businesses and teams, Napoleons once again entered a team who this year all dressed up as Superheroes. Unfortunately they didn't bring home any silverware for the Dragon Boat Race after competing in three races. They did however bring home the

trophy for the tug of war competition, which they were also sponsoring and held the current trophy for after winning last year.

General Manager at Napoleons, Sandy Kopec, commented:

"We are so pleased to have been able to support the Dragon Boat Race again this year at Roundhay Park. It was a great day out and we all really got into the spirit of it all and enjoyed raising funds for Martin House. We also sponsored the annual Tug of War and managed to win again this year and

hold onto the trophy. The team are already looking forward to next year's event!"

Napoleons is Leeds' longest established casino and has been providing an unforgettable night out with a fantastic restaurant and gaming experience coupled with exceptional customer service for over 30 years now.

For more information about Napoleons, please visit: www.napoleons-casinos.co.uk/leeds. Keep up to date with Napoleons Casino Leeds on Twitter: @napsleeds



CITY PARTIES

 Leeds City Dweller
 @LeedsCityDwell



FOR NIGHTLIFE IN LEEDS VISIT

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Leeds' Own Showcasing the talents and personalities that make Leeds the city we love!



DAVE BEER CELEBRATES 25 YEARS OF BACK TO BASICS

WE SPOKE TO LEEDS LEGEND DAVE BEER ABOUT 25 YEARS OF HIS CLUB NIGHT BACK TO BASICS AND HOW THEY'RE CELEBRATING THIS SUMMER

Back To Basics founder Dave Beer is collaborating with Leeds' fantastic Orchestra of Opera North and Leeds City Council to stage a huge party at Millennium Square.

Huge dancefloor anthems will be reworked into classical arrangements and performed by a 50-piece orchestra, together with live vocalists and some very special guests to be announced.

Since its inception in the early 90s, Back to Basics has blazed a trail for the Leeds club scene, helping put the city back on the musical map.

'The Symphonic Sounds of Back To Basics' marks the first collaboration between the promoter and the Orchestra of Opera North, as two contrasting Leeds-based music institutions come together to celebrate the full range of the city's sensational musical offering which is sure to provide one of the cultural highlights of the year and an event not to be missed.

We caught up with Leeds legend, local entrepreneur and Back to Basics founder Dave Beer to hear the full story of Back to Basics and to find out more about their performance at Millennium Square on the 28th July.

Most people across the country know you for Leeds club night Back to Basics, can you tell us what you were aiming for when it was first started?

We'd be travelling down to London for parties at the time and we just wanted to open a little place for our mates, we thought we'd get six months at best! And then here we are twenty five years later. We wanted something for the more determined clubber and somewhere that was into the sort of things that we were.

In your opinion, how did it become this phenomenon and how has it managed to last the test of time?

There was nothing in our area that was doing what we were doing, it was very

Balearic; we were music conscious and fashion conscious as well. It was for the more discerning clubber and we made it as hard as we possibly could for people to get in. Which, of course, made people want to get in even more.

It's gone over generations now and it's crazy. It's getting to the stage where people say 'oh my Dad used to go' and soon it'll get to the stage where they'll say that about their grandads! We do still stick to our original ideals, we pay respects to the pioneers of dance music and we're not interested in the commercial side of it. I've never been one for following trends.

So you'll be celebrating 25 years of Back to Basics with a performance at Millennium Square, can you tell us a bit about this?

I think this performance at Millennium Square will probably be the proudest day of my life. We want it to be a celebration of Leeds, we're getting people to send in photos of

themselves so everyone will be a part of it. We'll find out how many Back to Basics babies we've got out there... there's been a lot of people that have met at the club!

I'm quite humbled by it and I'm just shocked that we've got such a forward thinking Council who are so far ahead of the rest of the country. When the rest of the country are closing down nightclubs and looking at the dance scene as unsavoury, our Council have seen what a cultural impact it has. Besides amazing universities, a lot of students come to Leeds for the nightlife and they've noticed this and they want to pay tribute to us for everything we've done for the city, culturally and economically. I do think we've paved the way for a lot of the city to develop as well. From fashion designers through to musicians, Back to Basics has been a melting pot of young people.

'The Symphonic Sounds of Back To Basics' will be at Millennium Square on the night of the 28th July.

EDDIE THE EAGLE CITY VARIETIES TUESDAY 20TH JUNE



Eddie 'The Eagle' Edwards is a unique British sporting hero with an incredible story to tell. The world's ninth-fastest amateur downhill speed skier went on to become Great Britain's first Olympic (self-taught!) Ski-Jumper.

Here Eddie talks through his incredible life-journey; from self-learning ski-jumping and being shunned

by the sporting establishment, to the extensive surgery to rebuild his face and body following years of spectacular crashes on the snow as he set out to break world-records in stunt jumping (10 cars & six buses) and speed-skiing (106.8mph); from bankruptcy through trustees' mismanagement, to somehow gaining a Law degree.

THE WEDDING SINGER LEEDS GRAND THEATRE 22ND - 26TH AUGUST



It's 1985. Hair is huge, greed is good and rock-star wannabe Robbie Hart (Jon Robyns: Avenue Q, Legally Blonde) is New Jersey's favourite wedding singer. When his own fiancée dumps him at the altar a seriously bummed out Robbie makes every wedding as disastrous as his own.

Can sweet natured Julia, (Cassie Compton:

X Factor) and her best friend Holly lure Robbie out of the dumpster and back into the limelight? Or is he going to see her head off down the aisle with Wall Street bad boy Glenn (Ray Quinn: X Factor, Dancing On Ice)? Only Grandma Rosie (Ruth Madoc: Hi-De-Hi!, Little Britain) seems to be able to see that Robbie and Julia are the couple that are meant to be.

COCOON IN THE PARK TEMPLE NEWSAM SATURDAY 8TH JULY



On the 8th July Annie Errez and Bobby O'Donnell will entertain crowds from 10am and they will be followed by Alex & Digby.

The total talent that is Joseph Capriati will perform in his slipstream and then for the first time Cocoon in the Park are delighted to present one of the tallest and finest. Adam Beyer

has simply rocked Cocoon Ibiza, he has become an irresistible force. Now Cocoon in the Park. Talking of irresistible force there is only one way to end any Cocoon in the Park.

The mighty Sven Vath will close the show as ever and if the first dates of his World Tour are anything to go by, it is going to be a breathless finale.

JOHN LEGEND FIRST DIRECT ARENA FRIDAY 15TH SEPTEMBER



Acclaimed, multi-platinum selling, Oscar, Golden Globe, and 10x Grammy Award winning singer/songwriter John Legend will return to Europe to embark on his biggest tour yet this September and October with gigs at Newcastle, Manchester and Leeds.

The news of the tour comes as John announces 'Surefire'

- the second single to be lifted from the album 'Darkness and Light,' which was released to critical acclaim in December 2016. 'Surefire' will follow the album's lead single 'Love Me Now', which has garnered over 157,000,000 Spotify streams worldwide, with the official video being viewed over 88,000,000 times on YouTube.

MORE EVENTS CAN BE FOUND ON OUR WEBSITE:
www.leedscitymagazine.co.uk



THE MASQUERADE FOR MACMILLAN BALL

THE QUEENS HOTEL

SATURDAY 9TH SEPTEMBER

SPECIAL FEATURE

The biggest masquerade ball in Leeds is about to return for another year and at City Dweller Magazine, we just can't wait. If you've ever been in attendance at The Masquerade for Macmillan Ball, you'll know exactly why.

Whether it's the unbelievable level of entertainment, the gourmet three course dinner, the VIP reception or the wonderful atmosphere, there's so many reasons the ball is one of the most

popular nights on Leeds' event calendar. This year's spectacular event, that takes place on Saturday 9th September at The Queens Hotel in Leeds, is set to be even bigger than ever before as they are celebrating five years of The Masquerade for Macmillan Ball.

Tickets cost £40 and include a three course dinner, a red carpet reception and entertainment through the night. The evening is truly unforgettable, and all the money raised goes towards a wonderful cause. Last

year's ball raised an incredible £16,000 for Macmillan Cancer Support which is vital in helping them continue their work in West Yorkshire. Macmillan focus on making sure no one faces cancer alone. Right from the moment you're diagnosed, through your treatment and beyond, they're a source of support, giving you the energy and inspiration to help you feel more like yourself.

There will be a raffle and an auction on the night so another way you can support this fantastic event is by

donating a prize. All money raised from the auctions, the tickets and the raffle will go directly to Macmillan so they can support everybody affected by cancer.

If you'd like to donate a prize or book a table, get in touch with Matthew Jameson at Macmillan by emailing him on: mjameson@macmillan.org.uk

You can also check out more information and get in touch on www.facebook.com/MasqueradeForMacmillan

ROB BRYDON LEEDS TOWN HALL TUESDAY 19TH SEPTEMBER



Rob Brydon is perhaps best known for the television shows Gavin and Stacey, Would I Lie To You? and The Trip as well as Marion and Geoff, Human Remains, Little Britain, The Rob Brydon Show, Best of Men, Gangster Granny and Q.I.

His film work includes The Huntsman : Winter's War, Cinderella and Lock, Stock and Two Smoking Barrels.

Earlier this year in London's West End he starred opposite Sir Kenneth Branagh in The Painkiller. His other theatre credits include Future Conditional at The Old Vic and A Chorus of Disapproval at The Harold Pinter Theatre.

These dates are Rob Brydon's first stand up shows since his sell out national tour and West End run of 2009.

JP COOPER LEEDS UNIVERSITY FRIDAY 13TH OCTOBER



Manchester's JP Cooper is a self-made, self-taught musician who manages to exist effortlessly within two scenes generally considered to be at varying ends of the sonic spectrum. Learning his craft on the Indie Rock scene, but later connecting with the Manchester Sing Out Gospel Choir, John Paul Cooper's exquisite vocal seamlessly

encompasses the best of both worlds.

After being hailed as "The Future Sound of Radio 1" by Zane Lowe, releasing his 'When The Darkness Comes' EP, and creating a storm at SXSW, JP returned in 2016 with his incredible track 'Five More Days', featuring Avelino.

Last year has also seen JP release the smash hit 'September Song'.

IMPRACTICAL JOKERS FIRST DIRECT ARENA TUESDAY 10TH OCTOBER



American comedy sensations, The Tenderloins, will bring their brand-new show to our shores this October for a must see tour in 2017. The Tenderloins have built a huge live audience in the USA, performing over 80 shows a year including a 3 night sold out run at New York's legendary Radio City Music Hall. Sal, Joe, Murr and Q are Staten, Island, New

York natives who met while in High School and in 1999 formed the Tenderloins.

After years of performing live improv and sketch comedy shows, The Tenderloins graduated to the web, captivating a new found audience of millions with their internet sketches before taking their hidden camera pranks to the small screen.

CHARLATANS O2 ACADEMY LEEDS THURSDAY 7TH DECEMBER



British indie-rockers, The Charlatans play a string of headline shows in support of their latest release, Different Days. This run of shows see's the band with Mark Collins on guitar, Martin Blunt on bass, Tim Burgess vocals, Tony Rogers on keyboards and The Verve's Pete Salisbury on drums.

This tour follows on from the success of

The Charlatans last album 'Modern Nature' which drew critical praise across the board, and notched up their eighth Top Ten on the album chart, all capped off with a lifetime achievement award from Q magazine. The Charlatans had a whirlwind 2015 and 2016, completing two sold-out UK tours, world tours and lots more.

MORE EVENTS CAN BE FOUND ON OUR WEBSITE:
www.leedscitymagazine.co.uk



WHAT'S ON AT LEEDS MARKETS?

SPECIAL FEATURE

VINTAGE FAIRS

FIRST SATURDAY OF EACH MONTH



With up to 40 vintage stalls, Advintageous host a Vintage Market on the first Saturday of every month in the event space at the Markets. Advintageous have a passion for everything vintage and

collectable and it is a passion they love to share with as many people as possible through their vintage fairs. You'll find some of the finest vintage traders, entertainers and more.

THURSDAY FARMER'S MARKET

SECOND & FOURTH THURSDAYS OF EACH MONTH



This market brings together a wide range of fresh food stalls alongside a number of craft makers and artists.

You can find it in the event space inside Kirkgate

Market twice a month with a range of exciting traders and more available to see. If you're looking for gift ideas, fresh food or just a lovely shopping experience, this is not to be missed.

TEENAGE MARKETS

17TH JUNE, 9TH SEPTEMBER & 9TH DECEMBER



Back by popular demand! June sees the return of the popular Teenage Market at Leeds Markets with music, promotional events, children's activities taking place all day. The Teenage Market gives young

people a free platform to showcase their creative talents.

It's all about supporting the next generation of market traders who are finding their way.

A HUGE RANGE OF CHRISTMAS ACTIVITIES AT THE MARKET



It may seem a while ago but we're already excited for their huge range of Christmas events!

To make the run up to Christmas extra special, Kirkgate Market is putting

on a host of festive treats for all the family, making Christmas shopping not only affordable but fun too. Their range of activities includes their Christmas markets and Santa's Grotto.

MORE EVENTS CAN BE FOUND ON THEIR WEBSITE:
www.leedscitymagazine.co.uk

THE MUST SEE MOVIES OF THE **SUMMER** AT EVERYMAN CINEMA





KING ARTHUR: LEGEND OF SWORD

A young lad gets by wheeling, dealing and fighting, when he discovers his history is much nobler than his rough upbringing would suggest...

Arthur (Charlie Hunnam)

lives on the streets, making money with back-alley deals and brawls.

He thinks his life will always be ordinary, and brutal, until he discovers that there might be more to his past than meets the

eye. Along with hundreds of other men, Arthur joins the attempts to pull the legendary sword from the stone. Unlike the other men, though, he actually manages it...

By releasing the sword,

Arthur finds himself at war, facing off against an army and a host of mythical beasts. As he puts his skills learnt from the streets to unexpected use, Arthur soon realises that he's turning from a street urchin into a legend...

Starring Charlie Hunnam (Pacific Rim) alongside Jude Law (Genius), and Michael McElhatton (Game of Thrones).

WONDERWOMAN

Before she was Wonder Woman (Gal Gadot), she was Diana, princess of the Amazons, trained to be an unconquerable warrior.

Raised on a sheltered island paradise, Diana meets an American pilot (Chris Pine) who tells her

about the massive conflict that's raging in the outside world. Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny.

Starring Gal Gadot (Triple 9), Chris Pine (Star Trek) and Robin Wright (House Of Cards).



BAYWATCH

When a dead body washes ashore, the Baywatch team are sucked into a storyline that has them going above and beyond the call of duty to protect the local sun worshippers.

Mitch Buchannon (Dwayne Johnson) is head of a team of the most elite lifeguards

in the country, maybe even the planet. But the council is about to cut this beach hero's funding... With the Baywatch brand in danger, what can Mitch and the team do to salvage this impending wreckage?

It's time to bring in Matt Brody (Zac Efron), a

double gold medallist and a bit of a loose cannon.

With Matt now a part of the team, it's business as usual until a dead body turns up on the shore. Investigating further, all hell is about to break loose for the Baywatch gang, as they go to new lengths to

protect the safety of those on the beach.

In this revamp of the much-loved TV show, Dwayne 'The Rock' Johnson takes the lead role of Mitch Buchannon, originally famously portrayed by David Hasselhoff.

Starring Dwayne Johnson (Furious 7, Central Intelligence) and Zac Efron (We Are Your Friends, Dirty Grandpa).

MEET YORKSHIRE MAGICIAN ADAM PATEL

**CITY DWELLER MAGAZINE MEET MAGIC'S BIGGEST
RISING STAR ADAM PATEL TO HEAR ALL ABOUT
HIS UPCOMING TELEVISION SHOW AND WHAT IT'S
REALLY LIKE TO BE A MAGICIAN**

How did you originally get into magic and performing professionally?

It was a childhood obsession; I got magic sets as a child and that really planted the seed. I've always been interested in how people make something look like something else... which a lot of the time is what you're doing.

The performing side of things was a lot slower. I didn't do that till I was at college, when I used to do street magic in my lunch hours! Over time, it developed into something I thought I was pretty good at and then I tried to give it a go as a career. I'm from an Asian background and it's not really the done thing; you don't get much encouragement when you say you want to be an entertainer!

I got into it professionally as an accident really. About three years ago, I realised I wasn't as happy as I could be, my thirtieth birthday was looming and I thought I needed to make some changes. I had the brain idea to make a television show, which is what I'd dreamed about since I was about fourteen.

You've now made 'Adam Patel: Real Magic', a television show which follows you showcasing magic to a range of people, from celebrities to ordinary people, which will be released this year. Could you tell us a bit more about that?

I toured the country doing a mix of street magic and 'set pieces' and it showcases the style of magic I do whilst also telling the story of how I came to be a magician. We're looking at September now and I can't tell you where you can see it

yet but if you follow me on Twitter and Facebook, I'll be shouting from the rooftops soon...

I'd dreamed about making the television show but when I finished the process of making the show, travelling the country and performing in front of crowds in pretty much every city in the country, I realised that I missed performing in front of people and just doing magic for magic's sake. So I'll be touring next year and that's building into something really incredible, I'll also be coming to Leeds!

What's it really like to do this as profession; to showcase your talents and perform in front of people?

It's so rewarding. Ultimately, you're getting paid to give people a good time and I really like connecting with these people. When you do magic, you can connect with someone more quickly than if you just get into small talk and within five minutes, everyone's always laughing. It's not a bad position to be in!

I know you can't tell us all your secrets... but what advice would you give to any readers who want to follow in your footsteps and turn it into a career?

Go for it. Many people think it's an unlikely goal but you've got to just go for it. You've got to decide that's what you want to do and then do whatever it takes to get there.

Thanks for speaking to us Adam! Keep up to date with Adam Patel on Twitter at @AdamPatel or find out more by visiting his website at: www.adampatel.com

THE LAST WORD

WITH ADAM FROM CAPITAL BREAKFAST
WEEKDAYS FROM 6AM



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The first Leeds International Festival was a pretty special affair, wasn't it? Over the week an incredible array of events, parties and conferences were held to show off and celebrate the best that we have to offer, from music, to technology to fashion AND the good news is, the festival will return in 2018!

Some of the highlights for me were the converted shipping container on Briggate which enabled people to take part in a very different kind of catwalk show, the incredible musical acts such as Rag'n'Bone man at the O2 Academy - this guy has seriously got it and the festivals closing party at Studio 24 on Mabgate was

a pretty special evening and something that showcased the rich history of clubbing in Leeds.

Having only lived here for 8 years, I'd heard lots of talk about the infamous Speed Queen and Vague nights, but never experienced them - till now! The closing party gave a taster of these forward thinking, colourful (and a little outrageous nights!). The archives were raided, old outfits given an iron and the people came to party! Special shout out to our very own JoJo (formly Madame JoJo, Queen of the door!) who spent the evening in the very same outfit she'd worn on her first night at Vague 20 years earlier! I hear rumours that this party will lead to something special in the next few years so watch this space...



We caught up with James Arthur ahead of his tour in November, the opening night at the First Direct Arena is on November 16th. He told us that the very best part of his job was touring and he picked Leeds to host the opening night as we're always such a good crowd, he knows! People have mentioned many times over the last year that James is the 'come back kid' and he says this really hit him when plans for the arena tour were announced "it's one thing playing small venues, but thousands of people in arenas is next level! Good thing I'm fitter than I was a few years ago, I'm gonna have to be jumping round a bit more!" James has had a few well documented issues in the past, and has spoken about the pressures of fame taking its toll on him, but having met him a few times over the last year he seems like a proper genuine guy



who is very grateful to get his second chance and is really loving what he's doing, go on lad! Tickets are on sale now - so get involved!

AND FINALLY, Capital's Summertime Ball with Vodafone is back at Wembley Stadium and this year the show sold out in record time. The mornings where JoJo and I announce the line up are always memorable, but this year especially so - 22 huge acts in total across ONE DAY, we've got Maroon 5, Little Mix, Stormzy, Clean Bandit AND Bruno Mars all booked and after seeing him in Leeds, I can't wait for Bruno round 2!

*Big Love!
Adam x*

**Come say hey on twitter:
@AdamOnCapital**

PROPER YORKSHIRE BREAKFAST!

MORNINGS WITH ADAM & JOJO



MADE IN LEEDS FESTIVAL

SITE MAP

1 **INSOMNIA**

MISTAJAM
TOM ZANETTI & K.O KANE
JAMIE DUGGAN
TOM GARNETT
SHAUN DEAN
MA?K
JOSH WEEKES & N.O.A.H

2 **FEDERATION**

MARC LEAF
TONY WALKER
STUART ROBINSON
GREG MYERS
CHRISTIAN APPLEBY

3 **backtobasics**

DAVE BEER
MARK JENKINS
RALPH LAWSON
JAMES HOLROYD
TRISTAN DA CUNHA
GAS HOUSE KIDS

4 **Fibre**

DALE CASTELL
STUART ROBINSON
LUKE TIBBLE
HABBO FOXX
TOM FROST
PJ GARDNER
RYAN YATES
JOSH HUNTER

5 **tunnel**

PJ GARDNER
LUKE HORSFIELD
DAVE COOPER
DEBBIE BARWICK
KRISTIAN MCEVOY

6 **TOILETS**

7 **VIP TOILETS**

8 **CLOAKROOM / LOCKER PHONE CHARGING**

9 **FOOD STALLS**

10 **JAGER BAR**

11 **MARKET STALLS**

12 **ENTRANCE / EXIT**

13 **SHUTTLE BUS DROP OFF**

14 **DRINKS VOUCHER EXCH**



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