

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

FREE

City Dweller

Leeds Guide

leedscitymagazine.co.uk

FEATURING AN EXCLUSIVE INTERVIEW WITH RUSSELL CROWE ABOUT LEEDS UNITED, A GLADIATOR SEQUEL & MORE!

Issue 124

Cover Model:

RUSSELL
CROWE



FASHION PICKS



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LIVE MUSIC

FEATURING • THE TRUTH BEHIND RUSSELL CROWE'S ATTEMPT TO BUY LEEDS UNITED

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Property | Nightlife | Fashion | Music | Food
Travel | Sport | What's On

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leeds-citydweller



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LET US MAKE YOUR PARTY OUR PARTY

COSMOPOLITAN
HOTEL, RESTAURANT & BAR

Here at the Cosmopolitan Hotel we look forward to Christmas and know how to help you celebrate in style. We have the ideal location, the music, the dancing and a choice of tempting menus on offer throughout Christmas and New Year. We have two suites & our Restaurant available to host your event and we can cater for up to 90 guests.

ORGANISER PERKS

When 30 people or more are booked and deposits paid, the organiser receives a complimentary bottle of prosecco on payment of the deposits if paid before August 25th 2017.

PRIVATE PARTIES

All private parties booked into one of our function rooms or Restaurant on one of our Party Nights will receive a welcome glass of Prosecco for each fully paid guest. Minimum numbers apply to each function room for private bookings.

DON'T TAKE A CHANCE, TAKE A ROOM!

All party night guests will receive a £5.00 discount per room booked on the night of your function from the best available rate. www.cosmopolitan-hotel-leeds.com

ONLY GUESTS ATTENDING WITH BOOKED PARTY NIGHTS ARE ALLOWED IN THE CHRISTMAS PARTY ROOMS UNLESS THE HOTEL IS NOTIFIED PRIOR TO THE EVENING. PARTY NIGHTS IN OUR FUNCTION ROOMS ARE SEATED ON ROUND TABLES OF UP TO 12 PEOPLE AND IN OUR RESTAURANT ON LONG TABLES OF UP TO 10 PEOPLE.

FOR MORE INFORMATION

Contact the Sales & Reservations Team | 0113 243 6454 | events@cosmopolitan-hotel-leeds.com

GET READY FOR THE PARTY SEASON

CITY DWELLER MAGAZINE ARE HERE TO TELL YOU WHY IT'S TIME TO START THINKING ABOUT BOOKING YOUR WINTER PARTIES!

Christmas seems a life time away and you really don't want to be stressing about it. We understand.

But we're here to tell you that thinking about it now gets the stress out the way!

Whether you love it or hate it, Christmas is already starting to loom and there's no excuse for leaving it to the last minute, like most of us tend to.

There's no more 'um'-ing and 'ahh'-ing when thinking about where to go, there's no longer a dark cloud hanging over your head and the pressure will be well and truly off. You can take a deep breath and focus on enjoying the event, rather than panicking at the last minute about all those pesky little details that you

should have had sorted months ago. And as much as we like to moan, we all love a good Christmas night out! Whether it's a work thing or a family affair; the atmosphere is superb and the drinks are flowing!

Because you're booking early, you have a whole range of places, and dates, available for you too. Want to have a classy unique experience? Everyman Cinema will be happy to help! Want a bar with a cracking atmosphere? Try out Distrikt Bar!

When you think about the range of venues in Leeds, including the incredible bars and restaurants in the likes of Trinity Leeds and the Merrion Centre, including Marco's New York Italian Restaurant.

None of these will turn round and tell you they're fully booked as you'll be one step ahead of the crowds.

Also, and this is where City Dweller Magazine will help you out, most venues will give you a discount for booking early and everyone loves saving money, don't they? They'll also offer great deals on food and drink so remember: the earlier you get your booking in, the better the deal!

So now you know that you have to book your Christmas party soon, where should you go? Well City Dweller Magazine have got you covered there as well!

Over the next few pages, and the rest of the magazine, we've rounded up some of Leeds' best

Christmas offers, whether you're looking for a meal out with your family or a huge party for everyone at your work.

You can be the hero of the office, booking the best venue on great date at even better value! Or you can impress all of your family and friends by sorting everything out for them!

But, as I'm sure you'll be relieved to know, it's more than just Christmas in this issue of City Dweller Magazine. We've got great music features, amazing fashion choices, restaurant reviews and an exclusive interview with Hollywood A lister Russell Crowe!

Enjoy the issue and get thinking about Christmas!

MALMAISON HOTEL LEEDS



If you're looking forward to celebrating Christmas in luxury this year then Malmaison is exactly what you're after.

Combining their luxurious Chez Mal bar, their private



hire venues and all around glamorous decor, it's perfect for a Christmas party!

They're also giving you plenty of reasons to book early. If you book

your Christmas party at Malmaison by the 30th September, you'll receive a complimentary drinks reception.

With all this in mind, Malmaison Hotel is an



incredible venue for your party, whether it's with friends, family or your office's Christmas do!

To find out more, check out their website at www.malmaison.com/leeds

**FOR MORE BRILLIANT IDEAS FOR A PARTY IN LEEDS:
WWW.LEEDSCITYMAGAZINE.CO.UK**

NAPOLEONS CASINO & RESTAURANT



If you're looking experience some incredible gaming in style this Christmas then look no further than Napoleons Casino.

Our favourite venue for

anything from a Slot Tournament to a couple of hands of Blackjack is so much more than just a casino though!

For those of you looking for a Christmas lunch,



Napoleons might be the exact location for you. Overlooking their casino floor, enjoy a dining experience second to none in their restaurant where they offer contemporary dining in relaxed

surroundings. They also offer great deals for the booker if you book early.

To find out more, check out their website at www.napoleons-casinos.co.uk/leeds

ORACLE BAR



Oracle, one of Leeds' most reputable events space and party venue are offering some great packages this December that just can't be missed!

They have two floors

available to hire as well as smaller area reservations for parties between 30 and 100 people.

Their ground floor bar and terrace have a capacity of 250 people and is perfect

if you're looking to hold a huge party for your whole business!

They offer a range of unique ideas too, from Christmas BBQs, incredible drinks packages, photo

booths, magicians and so much more.

To find out exactly what they're offering for you this Christmas, check out their website at www.oraclebar.com

THE NEW CONSERVATORY



It's one of Leeds' oldest and most unique independent venues so where better to spend your Christmas party than a lovely, warm underground bar in the heart of the city?

With a Christmas Buffet Menu from just £14.95 per person, with a minimum of 25 people, The New Conservatory will cater for large parties with a range of delicious canape style dishes.



Or why not join them for a huge Christmas dinner? Offering three courses with a complimentary glass of prosecco, mulled wine or a mocktail on arrival from just £23.95, it's great value.

So whatever you're after this Christmas, The New Conservatory could be the exact venue you're after.

To get in touch, head online to: thenewconservatory.co.uk

WEETWOOD HALL



The beautiful surroundings and personalised service that Weetwood Hall Estate offers guarantees your Christmas celebrations will create memories to treasure.

Their welcoming, stylish and unique atmosphere makes it one of the finest party venues in Leeds where your festive celebrations can be tailored to your specific requirements.

Whether you're arranging festive celebrations for a small group of family and friends or are looking for a venue to cater for a large company of up to 150 colleagues, their stylish and atmospheric party

venue in Yorkshire can accommodate for parties of all sizes.

Want to know exactly what they can do for you? Just head to their website: www.weetwood.co.uk

BAR FIBRE



As one of Leeds' most prolific bars with a great range of midweek and weekend entertainment, it's no surprise that Fibre offer incredible Christmas packages that everyone can enjoy.

Why not join Bar Fibre and The Penthouse for an indulgent Traditional Christmas this year and let them make it uniquely special?

They offer tailor made

packages to titillate your soul, energise the senses and fill you with festive cheer.

It could be a private booth, a floor, two floors or the entire venue that will help

your soirée or party have that ultimate effect!

Want to know exactly what they can do for you this winter? Just head to their website: www.barfibre.com



COSMOPOLITAN HOTEL



The Cosmopolitan Hotel is situated in the heart of Leeds City Centre, located on the thriving corner of Lower Briggate and with 89 luxurious bedrooms and great private hire

spaces, it's a brilliant Leeds venue.

If you're wanting to celebrate Christmas at the Cosmopolitan Hotel in Leeds, they offer Festive

Afternoon Teas, Christmas Parties, meals in their restaurant, Christmas Day Lunch and lots more!

So whatever you're looking for during the party

season, they've got you covered at Cosmopolitan hotel.

Want to know more? Head to www.cosmopolitan-hotel-leeds.com/



TRY OUT AN AUTHENTIC TASTE OF NEW YORK AT MARCO'S NEW YORK ITALIAN IN LEEDS

CITY DWELLER MAGAZINE HAVE GOT AN EXCLUSIVE LOOK AT MARCO PIERRE WHITE'S LATEST CREATIONS

Diners at Marco's New York Italian in Leeds can now tuck into even more Italian American classics, as the family friendly restaurant launches its new menu.

Combining Marco Pierre White's Italian heritage and his love for New York, the renowned chef has personally designed over 20 new dishes for guests to choose from at his restaurant.

Representing the Italian side, Marco has added a wild mushroom lasagne; salmon cannelloni, and a fresh, summery caprese salad. New trans-Atlantic highlights include the new and improved American style nachos, and the huge

New York BBQ platter, both of which typify American flavours and portion size.

Marco has also revamped the vegetarian options, with a spinach and ricotta calzone, quinoa superfood salad and macaroni cheese all now available.

For those with a sweet tooth, old favourite desserts such as the New York cheesecake and Chicago brownie, are now joined by the raspberry sundae and the Manhattan milkshaker; a giant Marco concoction of panna cotta milkshake, ice cream, fruit and cheesecake.

Speaking on the launch of the menu, Marco Pierre

White said: "Italian cuisine will always be close to my heart. My mother was from there and I have a genuine passion for creating authentic, affordable Italian dining. The cuisine partners so well with New York culture and flavours, and my restaurants combine the two places perfectly."

The Head Chef of Marco's New York Italian Leeds, said: "We're extremely excited to have launched a new menu, designed by the man himself. All your favourites are still here, but you may have a new favourite by the end of your next visit."

Marco's New York Italian menu is available now.

To see the new menu in full and to book your table at Marco's, visit mpwrestaurants.co.uk.

Or book at Marco's New York Italian by giving them a call on 0113 831 4530. Find them at Marco's New York Italian, ibis Styles Leeds City Centre Arena, Wade Lane, LS2 8NJ.

It's location, as part of ibis Styles Leeds City Centre Arena, means it is perfect for an evening meal if your staying in the city for a few nights.

To book your stay at ibis Styles Hotel, ring 0113 831 4530. You can find them ibis on Wade Lane, LS2 8NJ. To find out more, go to www.ibis.com



CITY DWELLER MAGAZINE'S COCKTAIL OF THE MONTH WITH FIBRE'S JOEL DAVISON

Fibre over the years has built a reputation as an all round fantastic venue in Leeds. For anything from after work drinks to a VIP club night in The Penthouse, they have it all.

We love a glass (*bottle*) of fizz so it was only right that for our Cocktail of the Month we checked out their middle floor bar and their Fizz Friday offerings.

We caught up with Fibre's own Joel Davison to find out exactly what Fizz Friday offers and to try one of their cocktails!

What do you think makes Fibre such a great place?

I think for me, it's the atmosphere! With the team

and the customers, there's something for everyone. You've got some people that come in for a late one on a Friday and Saturday night, and sometimes even a Thursday, when it's a bit more of a nightclub environment whereas throughout the week, it's just a social drink and there's a really chilled out atmosphere when we play chilled out music. On Wednesdays we have live acoustic music and then on a weekend we have our heavier house music.

You've just started your Fizz Fridays as well, can you tell us a bit about that?

So our Fizz Friday is exclusive to the middle floor and it's aimed at people who don't want to go all out for a massive night out but just want to come in

and have a few drinks. People tend to go to places like The Alchemist for that kind of thing so we're trying to get the word out that you can do that here.

For you, what's the best thing about working here?

I've been here for two years now and I'd have to say that it's the people that I get to work with! And the customers as well, obviously we get thousands of customers each week but a lot of them end up becoming regulars through the week so we get to know them and they know all of us by name. It's more like working with a big family than just random people. I think the people are definitely what makes Fibre a fun place to work.

Can you tell us a little bit about the cocktail that you're going to make today?

Well it's one of our Fizz Friday cocktails, which is called Classic

French 75. We've got four cocktails for Fizz Fridays and it's probably the most popular because it's a sweet cocktail but it has a hint of sourness to it as well! It's blending gin with champagne with sugar syrup and a hint of lemon.

Why did you choose to make the Classic French 75?

Personally, it's my favourite! And it's the most popular one on the menu at the minute, which I think with it being summer that's the sort of thing that people want to be drinking. Something that's quite refreshing but still hits the tastebuds!

Make sure you head to Fibre to sample their Fizz Friday offerings for yourself! You can find them at 168 Lower Briggate, LS1 6LY and get more information on their website: www.barfibre.com



CLASSIC FRENCH 75

WHAT'S IN IT:

Gin
Lemon
Sugar
Champagne

THE TASTE:

Citrus-y but amazingly refreshing! The champagne makes this drink pop with bubbles making it incredibly light! Perfect for sitting on the terrace sippin' the evening away!



JOIN FIBRE AND THE PENTHOUSE FOR AN
INDULGENT TRADITIONAL CHRISTMAS

AND LET US MAKE IT UNIQUELY SPECIAL.
TAILOR MADE PACKAGES TO FILL YOU WITH FESTIVE CHEER.

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PENTHOUSE

168 LOWER BRIGGATE, LEEDS LS1 6LY



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BARFIBRE



HOOK & LINE

THE CITY DWELLER MAGAZINE TEAM RECENTLY DECIDED TO TREAT OURSELVES TO A MIDWEEK OFFICE LUNCH AT THE MERRION CENTRE'S NEW FISH & CHIP SHOP

If you're one of those City Dwellers that works in the city, you'll know that Leeds is full of vibrant and diverse choices for lunch. It's often the hardest decision we face in the week is what we're going to have for lunch...

However while we all love the recent additions to Leeds' lunch offerings, sometimes you can't go wrong with a British classic like Fish & Chips.

Located opposite the First Direct Arena at the Merrion Centre, Hook & Line is the latest Fish & Chip shop to open in Leeds and it's safe to say, it's already left its mark.

From just one glance at

their menu, you'll see that alongside the traditional chip shop fare of haddock and chips with all the trimmings, Hook & Line offer a modern menu of squid, crab cakes and tempura prawns as well as a number of vegetarian options.

In addition to the main menu, the team also serve ever changing 'specials' to ensure they're offering new and exciting options to customers.

The City Dweller Magazine office decided we couldn't think of anything better than trying out what they had to offer as a midweek treat on a Wednesday lunchtime. As they're on Deliveroo, Hook & Line are perfect if you're looking to share an office

lunch. We made sure to try a range of options, opting for their Battered Halloumi, Smoked Haddock, Mozzarella Cakes, their Fish Butty and even a Chip Butty to round it off! A mix of proper British food and some creative twists on these dishes.

You couldn't possibly have asked for more for a lunchtime in Leeds. Combining serving delicious classics, such as Haddock, and chips with genuinely unique dishes means they stand out from their competitors. The fish is also all cooked fresh and deep fried until golden and crisp, and they also give you the option to have your food cooked in either beef drippings or vegetable oil,

catering for a wide range of customers.

It's great value too! A fish butty costs just £3.95 and their meal deals, served all day, offer beer battered Haddock, chips, a choice of either mushy peas, gravy or curry sauce and a can of pop for just £5.

While we couldn't have enjoyed this more as an office lunch in the middle of the week, they're open daily until 8.30pm. Given their close proximity to the First Direct Arena, they're also perfect if you want some food before or after an event as they stay open later when events take place.



The City Dweller Magazine Team

FACT BOX

Address

15 Merrion Way,
Leeds,
LS2 8BT

Facebook

hookandlineleeds

Telephone

0113 245 9002

Opening Times

Mon - Sat 11.30am - 8.30pm

Book before
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your food bill!

CELEBRATE CHRISTMAS

With

THE NEW CONSERVATORY

CHRISTMAS MENU

Sunday to Wednesday - 3 Courses £23.95pp
+ complimentary glass of prosecco, mulled wine or a mocktail on arrival

Thursday to Saturday - 3 Courses £25.95pp

Starters

Homemade Tomato and Basil Soup (v) (g)

Thai Prawn & Crab Cake

Caramelised Onion and Goats Cheese Tarte Tatin (v)

Homemade Ham Hock Terrine (g)

Smoked Salmon & Cream Cheese Roulade (g)

Mains

Traditional Turkey Dinner (g)
(A Homemade Nut Roast is also available)

8oz Sirloin Steak* (g)
 (£2 supplement) *pre-cooked weight

Homemade Vegetable Wellington (v)

Pan Fried Salmon Fillet (g)

Chicken Supreme (g)

Desserts

British Cheese Selection (v) (g)

Christmas Pudding (v)

Dark Chocolate Tart (v)

Strawberry Iced Parfait (v) (g)

Apple & Rhubarb Crumble (v)

**Book
Today!**

CHRISTMAS BUFFET

(25 person min.)

Sunday to Wednesday - £14.95pp

Thursday to Saturday - £16.95pp

Thin Base Pizzas (g)

Mozzarella, Chorizo and Basil Dressing

Mozzarella, Spinach, Mushroom and Peppers (v)

Mozzarella, Chicken and Caramelised Onion

Homemade Tortilla Nachos (v)

Sandwiches Served on White
and Granary Bloomer (g)

Turkey and Cranberry

Mature Cheddar, Tomato and an Ale Chutney (v)

Caramelised Onion and Goats Cheese
Tartlets (v)

Seasoned Fries (v)

Ham Hock Terrine (g)

Pigs in Blankets

Ale Battered Fish and Chips

Tandoori Chicken Skewers (g)

Chocolate Brownies (v) (g)

Ph: 0113 246 1853

Albion Place, Leeds, West Yorkshire LS1 6JL

www.TheNewConservatory.co.uk



BEHIND THE SCENES AT MALMAISON HOTEL

WITH THEIR NEW SALES MANAGER CAROLINE MOORE



As one of the most luxurious and reputable venues in the city, it's no surprise that people are queuing up to work at Malmaison Hotel in Leeds.

We recently met up with their new Sales Manager Caroline Moore to find out what it's really like to work there.

Can you tell us a bit about how you've got into this position at Malmaison?

I originally came to Leeds

to go to university and I just loved the city so much that I never left! Since then, I've worked in bars, restaurants and all areas of a hotel specialising in events, conferences and sales.

So what does working as the Sales Manager at Malmaison entail?

I work with the team on all elements of sales so I do a mixture of everything and that's one of the reasons I wanted to come to Malmaison. It's about sales

but it's also about building relationships.

In the interview I asked "What makes a Malmaison sales person a success?" and they basically said they want somebody who can make everyone in the city think of Malmaison first when they're going for anything from a drink or a meeting, or if they've got family staying in the city.

One of the things that makes Malmaison really stand out in Leeds is how brilliant the staff are. What's it like to work as part of this team?

Having always worked in hotels, I was taught to look at it like I was inviting guests into my home. One of the first things I noticed is that there really is a Malmaison family here. Even though there's a number of Malmaison Hotels, it's feels like an independent business and all of the staff have the opportunity to treat it like it's their own.

I loved this hotel as a guest before I worked here and I always noticed that the staff love what they do because for a lot of us, it's not just a job. We're really passionate about what we do and it's a lifestyle choice for us.

So what's the best thing about working here?

The best thing about working here is that we all just want to have fun! We have a 'Work and Play' concept coming soon and that's what I love about this brand. We work hard but ultimately, this is a fun Industry to be part of!

Why not head down and meet Caroline Moore for yourself? To book at Malmaison, at 1 Swinegate, LS1 4AG, visit www.malmaison.com/locations/leeds or ring them on 0113 426 0047

We'll see you in there!

CHRISTMAS

By **Malmaison**

THE PERFECT CHRISTMAS & NEW YEAR IN LEEDS

Book your Christmas by the
30th September and receive a
complimentary drinks reception!



PARKSIDE TAVERN'S 1ST BIRTHDAY PARTY!

City Dweller Magazine and Parkside Tavern recently celebrated their first birthday with an incredible party attended by the movers and shakers of the city.

City Dweller Magazine were delighted to host the event, Guests in attendance, including X Factor star Tom Bleasby, members of the cast of Emmerdale and local DJs were treated to drinks, delicious food supplied by the The Secret Pizza Company, who you can find based in Parkside Tavern available from Wednesday through to Sunday, and entertainment that included

live music from singer Toby Burras. The event showcased everything Parkside Tavern have to offer, from great rooms available to private hire to their four authentic Sam K American Pool Tables and their new dart boards.

To find out more about Parkside Tavern, head to www.parksidetavern.co.uk or visit St John's House, Merrion Street, LS2 8JE.

So why not launch your event, service or product with us? Get in touch with us today by emailing paul@leedscitymagazine.co.uk

Photography: Oliver Dixon



BOOK NOW

CHRISTMAS PARTIES

FOR 10-250 PEOPLE

VIP ROOM

BUFFET MENUS

GROUP PACKAGES

POOL TABLES FOR HIRE



0113 467 2005



PARKSIDE
TAVERN

MERRION STREET



HOTEL CHOCOLAT

HAVE THE TASTE OF SUMMER

WHETHER YOU'RE VISITING THEIR STORE FOR ONE OF THEIR DELICIOUS FRAPPES OR PURCHASING SOME OF THEIR SPECIAL SUMMER CHOCOLATES TO ENJOY DURING A SUMMER ACTIVITY, HOTEL CHOCOLAT HAVE EVERYTHING YOUR TASTEBUDS NEED THIS SUMMER!



CHOC-TO-CHILL SLEEKSTER £22.50

Bring your main squeeze along to a retro diner and go splitsies on ice creams, milkshakes, smoothies and more, all reimagined in chocolate. Although delicious at room temperature, these alcohol-free recipes to be even better chilled: after 30 minutes in the fridge they taste even more authentic. There's plenty here for all the family, whether you're looking for a gift for a great British barbecue, garden party or summer birthday soirée.



COCKTAILS-TO-CHILL £10

Agave tequila, salted caramel cocoa vodka, Saint Lucian rum – Hotel Chocolat have poured a generous measure of top-flight liquor into each of these summer cocktails, then swathed them in luscious chocolate. This summer, try punchy Salted Espresso Martini, refreshing Mojito, juicy Passion Fruit Margarita and exotic Rum Sour.



EVERYTHING BUT THE CONE £6

Listen for the chimes! Get your change and join the queue for three of Hotel Chocolat's favourite flavours this summer. They've reinvented Choc Ice, Praline & Cream and Raspberry Ripple in chocolate. Again these are mouthwateringly good at room temperature and even more amazing chilled!

THE SUMMER DESSERTS SLEEKSTER £22.50

Watching the world go by over coffee and cake at a pretty European pavement café is a perfect way to spend a summer's day. But if you can't quite manage that then Hotel Chocolat's Summer Desserts Sleekster is just as good! Think aperitifs, patisserie, cheesecake, sorbets and afternoon tea reinvented in chocolate, then try a little of each!



LEMON-WHITE MARSHMALLOW NIBBLY POT £5.50

Hotel Chocolat's fluffy marshmallows are made by hand in small batches before being smothered in creamy, zesty lemon-white chocolate. Whether you're handing them round the office or squashing a picnic blanket, these Nibbly Pots are perfect for sharing. And pinching extras when no-one's looking!



FOR MORE CHOCOLATE DELIGHTS FROM HOTEL CHOCOLAT, VISIT THEIR WEBSITE AT
WWW.HOTELCHOCOLAT.COM/UK/RESTAURANTS/LEEDS



CELEBRATING CHRISTMAS AT EVERYMAN CINEMA

Leeds offers a huge range of unique options when you're looking to book a Christmas party, from luxurious venues to vibrant bars. But if you're looking for a night that will really stand out then Everyman Cinema in Trinity Leeds is the place to be.

With a passion for quality, from service of food and drink to seating and films, Everyman Cinema offers a premium night out whenever you visit, but at

Christmas they go one step further.

Their main Christmas party deals include private screen hire so you can enjoy a range of seasonal movies and popcorn, in addition to some wonderful food and drink packages.

For £15 per person during their off peak booking season, Everyman serve mince pies, seasonal pizzas and even some hot rum punch through the night. If you're looking to really push the boat out then

for £25 per person, they offer Prosecco upon arrival to all of your guests and this is available during peak hours so you can get your Christmas party exactly when you want it.

If you're looking for a family party then Everyman Cinema have got you covered too. For just £10 per person, they offer hot chocolate, juice and seasonal pizzas to all children!

It's perfect for a magical Christmas evening for all your family and friends.

FACT BOX

Address

Trinity Leeds,
Albion Street,
LS1 5AY

Website

everymancinema.com

Phone

0871 906 9060

Email:

events.leeds@everymancinema.com

EVERYMAN LOVES CHRISTMAS

**EVERYMAN CINEMA OFFERS A FUN
AND UNIQUE ALTERNATIVE FOR YOUR
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Trinity Leeds, Albion St, Leeds, West Yorkshire LS1 5AY



CÔTE BRASSERIE

CITY DWELLER PAUL MATTISON JUMPS AT THE OPPORTUNITY TO CHECK OUT CÔTE BRASSERIE AT TRINITY LEEDS AND SEE WHAT ALL THE FUSS IS ABOUT

Having being given the unexpected opportunity to check out the latest swanky addition to the Trinity Leeds culinary scene, I jumped at the chance to sample the lunchtime menu at Côte Brasserie.

This stylish eatery inspired by the brasseries and bistros of Paris offers relaxed all-day dining and serves authentic French Classic cuisine. Having eaten previously at Côte Brasserie in London I was looking forward to visiting again but this time on my own doorstep in Leeds.

As I first entered, I scanned the room and saw that the place catered for everyone with couples, families and lone diners all soaking up the atmosphere. The interior

has an authentic French feel to it and the eating space is very pleasant and well laid out.

Having being seated and attended to by the friendly staff, I was literally spoilt for choice by the menu which offered a wide range of delicious sounding dishes. With two courses for £10.95 and three at £12.95, their Lunch and Early Evening Menu is served between 12pm and 7pm, Monday to Friday and is fantastic value.

I narrowed it down and chose the Prawn Gratin (king prawns in a white wine, garlic, chilli and tomato sauce with Toasted Garlic and parsley croutons) to start followed by the Piquant Chicken (chargrilled chicken breast with harissa, warm white bean salad,

cherry tomatoes and rocket).

My starter arrived quickly and I was impressed by the presentation and the taste was as delicious as it sounded on the menu. Just enough time then before the main course arrived, as the portion sizes are very generous. This dish was equally as tasty and the piquant flavour had a quite a kick.

My colleague, who is vegetarian, ordered the Roasted Vine-Ripened Tomato Soup, which can be served hot or chilled and comes with a delicious warm bread roll to compliment it perfectly. For his main, he chose the Spinach and Mushroom Crepes which arrives with wild mushrooms and

Gruyere Cheese which I was told was mouth-wateringly delicious and the empty plate said it all.

An array of tempting desserts were available, which included Dark Chocolate Pot, Creme Caramel, Peach Compote with a butter crumble and lots more, but in the interests of my waistline and the fact that I was quite full up I decided to decline these and leave them to try on my next visit, which hopefully will be very soon.

I loved it & I'm sure you will too!
Paul
x



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IT'S NEVER BEEN EASIER TO SHOP AT LEEDS MARKETS

NEW CAR PARKING DEALS, SHOPPING INITIATIVES AND INCREDIBLE OFFERS
MEAN THAT IT'S NEVER BEEN BETTER TO SHOP IN LEEDS

Having been named Britain's Favourite Market for the second year in a row by the National Association of British Market Authorities, it's a great time to shop at the recently refurbished Leeds Kirkgate Market.

It should come as no surprise that they won either! Leeds Kirkgate Market is one of largest indoor markets in Europe and a shopper's paradise selling everything from fresh food, fashion, jewellery, flowers and hardware. With around 170 traders currently in the market, there's always something interesting to buy, try, see or do. They also compliment this offering with an extensive

events schedule, including Vintage Markets, Record Fairs and more.

But it's not just high quality goods you'll find, it's also incredibly good value for money especially with the introduction of two parking offers from both the NCP and Victoria Leeds.

People spending £5 at the market will be able to reduce the cost of an up to two hour stay when using the nearby NCP car park by £2. Market customers will pay £3.60 for a stay of up to two hours at the 600 space car park on New York Street. Shoppers can validate their NCP ticket at the market information

centre, at the bottom of row J, on production of receipts totalling £5 from Kirkgate Market traders dated the same day. Or you can park at Victoria Leeds' multi storey car park next to John Lewis for just £2 an hour for up to 4 hours.

But that isn't where their brilliant initiatives end. The Shop and Drop scheme means you can take your time picking out fresh ingredients for your dinner party or restocking the family fridge with essential items on your way to work and collect at the end of the day on your way home.

Using their custom-built cold store facilities they

can guarantee that your shopping will remain fresh ready for your collection. You can also store heavier items for collection at a later time, so whether it's a feast for the family or that antique cabinet you've had your eye on for a while they'll take care of it for you.

So now there really is no excuse not to shop at Britain's Favourite Market. To find out more, why not follow them on Twitter @LeedsMarkets and like them on Facebook at Leeds Markets.

You can find Leeds Markets on Vicar Lane, LS2 7HY and you can visit their website at: www.leedsmarkets.co.uk



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Recruitment tips by Craig Burton from
The Works Recruitment



HOW TO MAKE THE MOST OF YOUR LUNCH HOUR IN LEEDS

Are you one of the 70% of Brits who rarely take a proper break for lunch? Researchers in Berlin have revealed that eating at your desk and not taking a lunch break can make you more stressed and reduce creativity and motivation.

Taking a short break from work each day can do wonders for your wellbeing and your work. Try these lovely ideas to breathe new life into your lunch break:

Do Some Exercise

I'm sure many of you may have seen me cycling around Leeds at some point! I love keeping fit and getting some fresh air, it beats driving any day! You could go for a run, join a local gym (they do some fab short fitness classes), do some stair climbing or just a nice brisk walk.

Find Some Nice Scenery

I'm very lucky that our office is on the waterfront so if I need a quick ten minutes, I just sit outside in the sun and watch the world go by. Who doesn't love a good old session of people watching?

Eat your Lunch in the Park

Ask a colleague or a friend to join you for a catch up and a giggle. There's nothing better than sitting on the grass with some nice healthy lunch and the sun on your face. It will make you feel refreshed and ready to tackle your workload when you get back!

Visit the Local Market

I love Leeds Kirkgate Market! There are some amazing sights, smells and sounds every time I go in! You can browse the stalls or stock up on your grocery shopping with the knowledge that you are supporting a local business rather than a multi-international food chain!

Nip into the Library or a Local Museum

Sometimes just half an hour in a peaceful atmosphere can really help the mind refocus and increase productivity levels when you are back at the workplace.

Listen to Music

Sometimes we all need a little extra zen in our lives. You can download guided relaxation music to help regulate breathing and reduce tension. Or just some good old classic chilled out tunes!

So dust off the running trainers, pack yourself some healthy "on the go" lunch, check out the local scenery and get a bit of fresh air! It will do you the world of good. And don't be checking your work emails during your break!

Thanks,
Craig

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



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MEET THE FOUNDER OF SOCIALLIFEUK, JULIE LORD

WE CAUGHT UP WITH JULIE LORD, TO SEE WHAT SOCIALLIFEUK HAS TO OFFER THE PEOPLE OF LEEDS AND WHAT MAKES THEM DIFFERENT

Tell us a bit about what motivated you to start SocialLifeUK.

I love the concept of social networking! I've used social networks for years and made some amazing friends from it. The reason I decided to invest in my own site is because I feel the user's experience can be heightened, improved and socialising on and offline can appeal to so many more people if the "word" was out there, making busy professionals aware that local and friendly gatherings existed. What I found from attending and hosting socials is how many people are nervous about attending their first one (even socially confident people). What I believe is that the user's experience and safety should be the number one priority (and certainly is ours!) for example, if you were new to Leeds or even the UK, or if you just wanted to make new friends, would you go out not knowing who you were meeting?

At SocialLifeUK, we only run a social gathering whether it be coffee, a meal out, a bar crawl, a hike, a movie night or a dating night if there is a SocialLife host present. This way you can see online what the host looks like, have their contact number so you can check in before hand, and

more importantly recognise them when you first walk into that social environment. We only choose good quality venues and work closely with bar groups in Leeds.

I was astounded how many sites didn't offer such basic safety to help the user's confidence and join in!

My background is as a National Accounts Manager with the big pharmaceutical companies so I am well used to communicating and dealing with people on all levels, internally and externally. I also held a freelance manager position with a social networking site a few years ago managing numerous big events and had a team of 20 strong hosts which I recruited to offer diversity and choice, so I am well aware of the sensitivity involved when dealing with nervous, new, apprehensive people and ensuring they feel welcomed and relaxed.

Once Leeds is up and running we will be recruiting more hosts in the Northern towns and cities and hopefully will be welcoming even more members!

For anyone who's reading and would be interested but is concerned about coming along to their first event, what advice would you give them?

Have a look through the site and choose an event that appeals. We have a good and diverse hosting team and the hosts have been recruited so they can put on a range of socials to appeal to different tastes e.g. some will be dating, some for friendship over coffee, some to have their meal with after work, some to tour the bars on a Saturday night! Trust the fact that we are all experienced and the fact that I've invested in a site where people can feel welcomed, involved and safe. Your host will be well aware to look out for members and involve you and introduce you to others. After a few drinks and some conversation you won't look back and we welcome new ideas and new people into the hosting team.

What makes Social Life UK different to other similar services?

To be honest the concept is similar to other good sites out there. The difference is how we run SocialLifeUK, for example under no circumstances will we run a social with no host present. Our users experience and safety is paramount and that's it. We also put less emphasis on the website, meaning that we use this as a simple "joining in" vehicle, but our real focus is the offline, face to face social

gatherings. When you join the site you will be able to set up a profile and attend or host events but we won't be sending you endless marketing hooks and using the website as a platform to send numerous emails as we leave that to the main event which is offline and face to face! We also ensure our key hosts have business cards so you can see their face and have their number. We also have Facebook and Twitter pages so there is always some platform to contact us.

You're obviously a busy business woman, what do you do to switch off?

I don't! I have two businesses since leaving the corporate world. I run both and have recruited good teams to work for me. I also work alongside the teams but tend to do the admin, marketing, finances, accountancy, recruitment, customer care in the evenings and weekends. It never stops but I love it! What I believe is that running your own businesses shouldn't be work, but fun!

Thanks for chatting Julie!

Sign up and keep up to date with SocialLifeUK's events on their website:
www.sociallifeuk.com
Facebook: SocialLifeUK
Twitter: @SocialLifeUK



PROTECT YOURSELF FROM PROPERTY FRAUD

Louise Burgess, from Levi Solicitors LLP, presents her legal column in City Dweller Magazine.

Property fraud in the UK is on the rise as fraudsters use increasingly sophisticated ways to target home owners.

What is property fraud?

A recent case saw a fraudster pretending to be the owner of a property, and using a solicitor to sell the property. In fact, the actual owner knew nothing of the sale at all! The lawyers involved had acted honestly and reasonably, and all law firms have systems and checks in place to verify the identity of parties. Unfortunately, this was not enough to deter this sophisticated scammer.

Am I at risk?

Some home owners are more vulnerable than others, and conveyancing solicitors and estate agents are on high alert to look out for signs of property fraud. If you own a property which is it at risk, it is important to take action now and follow the Land Registry's advice.

The following properties are at a higher risk as they are more attractive to fraudsters:

Unregistered properties.

Most properties in the UK are registered. However, there are a number of unregistered properties remaining (e.g. where the property has not been sold or re-mortgaged since 1998).

- Mortgage-free properties
- Empty properties
- Tenanted properties
- Properties where the owner lives overseas

What can I do to prevent fraud?

Here are our top tips for protecting your property from fraud:

Keep your identity safe

It is simple for fraudsters to forge identity documents. Keep them safe and do not leave important documents lying around.

Register your property

Unregistered properties are at more risk of fraud as there is no evidence of ownership at the Land Registry. A solicitor can apply to register the property for you.

Sign up to property alerts

Once the property is registered you can sign up for a free alerts service with the Land Registry. They will inform you if there is any activity involving your property including any applications to change the register or mortgages/charges. Although this will not prevent the fraud, it will notify you so you can take action quickly.

Register a restriction

You may register a restriction against the title requiring a solicitor to certify that you, the owner, have made the application. This means that nobody can deal with the property on your behalf. On selling your property, your solicitor would take extra precaution in meeting you in person to verify your identity.

Sending and receiving money

Another risk on the rise over recent years is the interception of bank details and diversion of funds. Fraudsters have been known to send emails pretending to be solicitors, asking for completion money to be sent to an account which is, of course, the fraudster's account.

Solicitors are on high alert to such scams, and will have procedures in place to protect you. If you are unsure, you should always call and check any details before sending any money.



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



ARE YOU PAYING TOO MUCH TAX?

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

Among the many who have taken advantage of pension freedoms, 800,000 could be paying the wrong amount of tax on withdrawals.

Three years ago George Osborne, the then chancellor, unveiled an unprecedented package of pension reforms. The changes meant that individuals aged 55 and over could henceforth access their defined contribution pension savings whenever they wanted and in a variety of ways, subject to their marginal rate of Income Tax.

Hundreds of thousands of people have since taken advantage of these reforms. In total, over 1.5 million separate payments have been made, with £9.2 billion withdrawn since April 2015. In the final three months of 2016 alone, 162,000 people accessed £1.6 billion from their pension pots according to HM Treasury.

Root Cause

But despite being able to take benefits in a variety of different ways, including as cash and flexible income, vast swathes of individuals are at risk of paying too much tax on their pension income.

Nearly 30 million people in the UK pay Income Tax. Around 10 million file tax returns, while the remaining 20 million are taxed on the 'pay-as-you-earn' system according to Royal London, which is built around tax code allocation and designed to collect the right amount of tax from everyone over the course of the year. But if tax codes are incorrect, then it follows that the wrong amount will be collected.

Because many over-55s have multiple sources of taxable income, such as a salary and one or more pensions, it is believed that 800,000 could be at risk of being allocated the wrong tax codes.

The answer lies in the way HMRC applies the 'personal allowance' when you have more than one source of income. Your 'personal allowance' is the amount you can earn tax-free and, in some cases, HMRC applies it only to income from one source; for example,

a part-time job. HMRC then taxes other sources of income, such as a personal pension, at the full rate.

This means that even if your total income is below the personal allowance of £11,500, HMRC assumes you have already used your allowance for one income source and disregards it for other sources.

Tax Take

Individuals are being urged to check their tax code to ensure that they are paying the correct amount, and to apply for a refund if they have been over-taxed. In some cases, overpayment of tax could have been going on for many years - so some diligence is needed.

"Most people are understandably baffled by the whole system of tax codes," says Steve Webb, director of policy at Royal London. "Employers and pension providers are issued with tax codes by HMRC and we generally assume they must be right."

However, HMRC is not infallible, and Webb highlights the importance of individuals knowing how to spot mistakes with their tax code and to get things put right. "Although computerisation of tax records is designed to help improve things, I have no doubt there are many people still paying the wrong amount of tax."

HMRC certainly believes its record is strong in this area, as a spokesman for the department recently made clear: "The overwhelming majority of tax codes are accurate, based on information provided to us."

Nevertheless, it is crucial you check your tax codes to ensure you are paying only what is due, as mistakes are far from impossible.

If you have a Government Gateway account, you can check you are paying the right amount of tax using HMRC's online service. Alternatively, you can write to them, or phone on 0300 200 3300.

*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

BEFORE



AFTER



HAPPY HOME IMPROVING

INTERIOR DESIGNER, PROPERTY GURU AND CITY DWELLER MAGAZINE COLUMNIST CHRISTINE YORATH TELLS US HOW YOU CAN ADD VALUE TO YOUR HOME



When I write this column I always feel I am speaking to 'City Dwellers' which in Leeds usually means people who live in one of our many apartment developments.

Every one is likely to be owned by a landlord or an owner occupier, and at any time a number of apartments are for sale and human nature makes

us usually want to achieve the best possible return on investment.

Many of the Leeds centre apartments were built 10 to 20 years ago and are now looking tired so its time to refresh them and if that means enhancing desirability for the sales market then a small outlay can reap a big reward.

One Leeds landlord recently decided to sell a Clarence Dock apartment and had it valued at £180k but after deciding on new kitchen fronts and some appliances and a full redecorate we were asked to spend no more than £1000 on dressing the flat.

Within a week we regouted and resiliconed the bathrooms, added bedding, lamps, a large shaggy rug, terrace furniture and art work. The total spend was under £5k and a sale price of £198k

was quickly achieved. The landlord not only benefitted financially but was delighted that the new images on Rightmove made the property stand out and generated lots of viewings in a short time.

It may seem obvious but attending to broken or damaged items before offering a property for sale is worthwhile but looking through the sales portals it is easy to see the homes which look inviting and they are always, clean and tidy and well presented.

Changing the lamps in downlighters to coloured ones can immediately make the entrance hall seem more inviting and minimising the impact of the yellow toned woods so favoured by developers a few years ago will give instant appeal. We recently upgraded another Clarence dock apartment

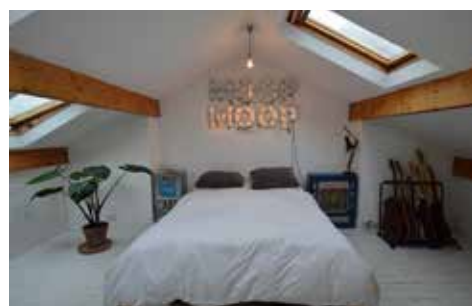
for its new owners who were academics wanting French doors installing between one of the bedrooms and the lounge to create a library/office and changing the flooring and painting the doors and window frames white gave a dramatic new look to a tired apartment.

If you don't have time to do the work yourself there are some excellent trades people around to progress things quickly and a small outlay now can bring great results.

Happy home improving!

*Till Next Time,
Christine*

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



IT'S ALL ABOUT LIFESTYLE...

MARTIN & CO'S BUSINESS DEVELOPMENT MANAGER MICHAEL DRAKE IS LOOKING AT EXACTLY HOW TO MAKE THE MOST OF YOUR INVESTMENT PROPERTY



So you have just bought your first investment property, the selling agent says it has the potential to earn you a fortune but you look online and find similar properties are not commanding such riches and stuck on the market longer than the average tenancy. What do you do?

Well first you need to chide yourself for not speaking to me first but once this task is completed look at why the other properties are not reaching the dizzy heights you expected and why even at a lower rent they are not shifting.

The number one reason why is marketing. Just by placing your property on Rightmove does not mean that the property will let quickly. Thought and consideration needs to be applied prior to the property being listed. We have all seen the Tracy Emin style bedroom photo, the sink piled high with last week's dirty plates or the toilet seat up with the empty cardboard toilet paper tube precariously hanging onto the back of the cistern. These photos only portray the fact the landlord and letting agents do not care.

Your property needs to stand high and mighty against other properties within its peer group. You are not just selling or letting a property

you are offering a lifestyle to applicants. Ask yourself "what do you like to see on property listings", your idea of quality lifestyle will probably mirror what your audience is looking for. If you would not live there why would anyone else?

Before you or an agent take the marketing photos stage the property, don't leave the idea of what it could be like to the viewer, show them. If the property is unfurnished try and get photos of the property with some furniture in, photos of blank rooms are difficult to scale and I can guarantee the viewer will think either "my new corner sofa will not fit in there" or "my super queen size bed will take up all the bedroom". If you cannot do this ensure a floorplan is included in the listing. Rightmove say that a listing with a floorplan will increase the number of viewings by over 44% so that's a no brainer. Focal points to a room or interesting shapes will really draw the eye of the viewer, this will also increase

the interest in your property.

It does not need to be expensive or quirky like the old vending machine bedside cabinets shown above but just a standard houseplant transforms a white bathroom or a stylish kitchen sign to draw the readers eye.

Just remember you are not just selling bricks and mortar you are selling a lifestyle and as such the better adverts and the most popular properties are all about lifestyle. If you follow these simple rules you will achieve quick results and increase the profitability of your property.

If you want to know about marketing your property for sale or rent just pop in and see me, advice is free and I make a really good cup of tea.

*Speak soon,
Michael*

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

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WHAT MAKES A CITY GREAT?

A CLOSER LOOK AT LEEDS CITY CENTRE WITH KAREN BUTLER, HEAD OF PLACE MANAGEMENT AND DELIVERY AT LEEDSBID

Placemaking or simply making a place better is at the core of a Business Improvement District and LeedsBID is investing in the city to make Leeds fabulous, raising its profile and changing perceptions.

So, what is it that makes places great? Well, think about your favourite place; wherever and whatever it is, there will be an association with a great experience - a feeling, a moment, a memory that you'll want to revisit. These experiences are powerful; details might be forgotten but emotions remain with us. Great places tug at the heart. Emotions drive decisions, every day decisions about which route you walk or where you will stop to rest, for a coffee,

to people watch, to read a book, to meet friends as well as those big, life changing decisions - where to live, study, work. What we feel about a place is influenced by what experiences we've had; the best places cater for everyone, are multigenerational and dynamic, changing and morphing over time.

Leeds is already a great place, but there's a new appetite, a new energy in the city and more people moving in. What can we do to make Leeds a great place for those who already live and work here?

Great public space is a must, especially different types of spaces for everyone to use. One of Leeds' unique qualities is that we are a very compact

city - easily walkable, friendly and feeling more like a small community. The challenge to this is that it means there's competition for space, especially public space, so what we have, we need to cherish, to look after and use. And how do we feel about our city? Is it clean? Is it safe? Is it somewhere we want to spend time?

LeedsBID Street Rangers are making a huge difference, power washing the streets and removing chewing gum; having a place that's clean changes how we feel about it and how we treat it. There's new art popping up everywhere. LeedsBID, working with East Street Arts, has commissioned five new pieces - A City Less Grey - adding colour and unique art in prominent locations to brighten up the city and the installation at Leeds Station is the tallest outdoor mural in the UK. It adds to the George Street Welcome by Nathan Evans and the Letters of Leeds inside the station, which have become an iconic meeting point and make a fabulous photo backdrop. The letters were one of the first installations by LeedsBID, designed and made by local artists, with new designs commissioned every year.

On the waterfront, at The Calls, there's some funky

green Danish seating that's popped up, adding a splash of vibrant colour. Seats are a theme, it seems - the eagle eyed of you may have already seen the blue and black deckchairs popping up in the sunshine in Park Square and Sovereign Square - so much better than sitting on damp grass, don't you think? Adding music has taken it to another level and it's been great to bring exceptionally talented students from Leeds College of Music into the mix with regular lunchtime sessions. LeedsBID brought Wimbledon to Bond Court and Wellington Place in June, with live tennis screened daily (weather permitting!) and more deck chairs, of course! More excitement is planned for later in the summer, with music popping up at different locations across the city.

As a city, we have so much to celebrate - design, performance, music, comedy and dance run through our veins. We have a wealth of talent so let's celebrate it and tell the world what a fantastic opportunity Leeds is. It's time for Leeds to shine; there's a new confidence around so come on, let's be proud of our city and get our swagger on!

Find out more about LeedsBID and its work in Leeds city centre at www.leedsbid.co.uk



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ALL OR NOTHING?

CITY DWELLER MAGAZINE HAVE TEAMED UP WITH JAMES AND JOE FROM SUSTAIN NUTRITION TO LEARN HOW TO CREATE A SUSTAINABLE PLAN THAT YOU CAN FOLLOW 100% OF THE TIME WITHOUT FALLING OFF OF THE WAGON AND GOING ALL OUT

“It’s all or nothing!”

A term used all too often in our line of work I’m afraid.

People seem to be completely on it or well and truly off it!

One little slip and the flood gates open!

Sound familiar?

Now while being 100% on plan is fantastic and will yield some pretty impressive results, however if this is a Jekyll & Hyde relationship going on and then you hit a 2 week junk fest because you simply can’t live without oreos then is it the best approach?

Is it a SUSTAINable approach?

Ever felt like you were having to resist certain

foods all of the time?

Now that resistance may not last forever, and this is when people can break and go on a rampage.

So if you really can’t do without some chocolate, biscuits, wine or whatever and when you have tried before you have fallen dramatically off plan then why not schedule them in?

Of course, this is not calorie free but if having 2 slices of cake per week keeps you adhering to a plan for 4, 6, 8 weeks at a time rather than doing 2 weeks, cracking and then having 2 weeks in biscuit limbo!

By scheduling in ‘treats’ at specific times you know when and where they are coming.

I would assign these treats to certain days beforehand,

if you allow yourself 2 treats per week you could end up ‘cashing them in’ by Monday afternoon and then you have another 6 days to wait for you next treat.

Something like Wednesday and Saturday would work for me, break up the week.

I had a similar experience over Christmas, I am a lover of the mince pie. A little too much in love!

I gave myself 2 rules last year:

1. No Mince pies before 15th December

2. Only 3 mince pies per week.

What I found was that I

actually didn’t get through the allowance I had given myself!

This saved me from both mindless and overeating.

It was a Christmas miracle!

Now please don’t take this as a permission to eat cake every week, this can and will impact your results, but you have to find what works for you.

Have a little less concern on being 100% perfect all the time and look more to something that you can do for 100% of the time.

*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/](https://www.facebook.com/sustainnutrition/) or on Instagram: [Sustain_Nutri](https://www.instagram.com/Sustain_Nutri)



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

Get your steps up

With the weather currently playing ball. It would be a shame to waste the outdoors. Try picking one day out of the week and change things up a bit. Try and walk everywhere that day. If you're going to work don't drive. Get the bus or walk instead. If you're playing golf, walk the course and don't hire a buggy. Even if it's just walking the dog, take him for two walks that day instead of one. He will love you for it. It's a great way to burn some extra calories whilst enjoying the sunshine.

Travelling fitness

Whilst travelling it's very easy to forget to exercise full stop. If you are travelling abroad for work or even a holiday, try and book a hotel with a gym or fitness facilities. 25-35 minutes in the morning of everyday whilst you're abroad is all you need to keep on track and keep that guilty conscious away.

Long term v short term goals

When you set out with a long-term goal in mind, be aware that it's going to take an accumulation of short term goals to finish your journey. Making some small and realistic short term goals is a great way

to break your training up and keeps you motivated to keep on track. It's also a good physiological feeling when you achieve what you set out to do. Breaking your journey up into small chunks is the way forward to achieve your ultimate goal.

Workout ratio

When you're doing a high and intense work out, try the 2:1 ratio of exercise: rest if you're doing a circuit in the gym, try 30 seconds on the exercise followed by 1 minute rest. This will give you time to adjust the weights if need be. Or have a quick drink in between sets. This will also keep your heart rate up and will increase your calorie count during your session.

Hill sprints

If part of your training involves sprints or speed work, maybe a way to mix things up is to take your sprints onto the hill. Hill runs are a great way to increase leg strength and build speed and power. It doesn't have to be Mount Everest, but any hill that has a slight gradient will do the trick.

*Enjoy Keeping Fit,
John Lane*

THE MOST STYLISH LEEDS UNITED KITS EVER?

ARE THESE THE KITS LEEDS UNITED WILL BE PROMOTED IN?

The 2017/18 Leeds United kits are designed to Kappa's Kombat™ Skin 2018 technology.

Kappa and Leeds United believe this has revolutionised the players shirt, setting new performance standards and encouraging new playing practices.

The new home kit, produced by official technical kit sponsor Kappa, maintains our traditional all-white design with a new look to the club emblem in gold and blue.

The new away kit, also produced by official technical kit sponsor Kappa, brings a stunning all-black design, with a silver tonal emblem.

Kappa's Kombat™ Skin 2018 technology has revolutionised the

player's shirt, setting new performance standards and encouraging new playing practices.

The Stop Stopping technical principle makes the Kombat™ Skin impossible to grab hold of, changing everything on the pitch.

This is all integrated and enhanced by a unique seamless technology to achieve maximum comfort on the skin, and enhance the fabric's performance properties.

The back of the shirts also feature mesh fabric for improved breathability and elasticity.

Personalisation is available on the new shirts, with gold letters and numbers available to compliment the overall design of the home shirt.



Why not head to the Official Leeds United Club Store in the Merrion Centre in Leeds, LS2 8NG and get your kit today?

INTRODUCING: LEEDS UNITED'S SUMMER SIGNINGS

AHEAD OF THE NEW SEASON, CITY DWELLER MAGAZINE ARE PROFILING THE NEWEST ADDITIONS TO THE LEEDS UNITED SQUAD



With signings in all of the areas of the pitch, four that have really caught the eye are Spaniard Samuel Sáiz (pictured top left), midfielder Mateusz Klich (pictured bottom left), former Newcastle player Vurnon Anita (pictured top right) and winger Ezgjani Alioski (pictured bottom right).

Ahead of the new season, City Dweller Magazine has profiled these four players to give you an idea of what to expect in the new season.

Samuel Sáiz signed a four year contract at Elland Road, joining from Spanish side SD Huesca. Born in Madrid, Sáiz came through the ranks at Real Madrid, going on to make appearances for their B and C teams. Spells at UD Melilla, Getafe and UD Almería followed, before he was snapped up by

Atlético Madrid in 2014. Sáiz then moved initially on loan to Huesca, before that move was made permanent in 2016.

Last season he made 40 appearances, scoring 12 goals and provided eight assists, helping Huesca reach the Play-Offs.

Mateusz Klich is a Polish international and has signed a three year contract after scoring six goals in 30 appearances last season.

A number of clubs were chasing the signature of Klich, who spoke to LUTV about his delight in securing a move to Elland Road:

“I am very happy to have signed for such a huge club and I’m looking forward to playing in the famous white shirt. I’m excited to come to

England and test myself in the Championship and I can’t wait to get going. The team came close to promotion last season so hopefully we can go one better and I’m looking forward to meeting my new team mates next week and getting started.”

The next signing of the summer was Vurnon Anita. After spending seven seasons at Ajax he was snapped up by Newcastle in the summer of 2012 and the versatile 28 year old made 27 Sky Bet Championship appearances last season helping the Magpies secure promotion back to the top flight.

Finally, the last summer signing that we’re shining a spotlight on is Macedonia international Ezgjani Alioski. After coming through the ranks at Young Boys, Alioski

moved to fellow Swiss side FC Schaffhausen in 2013. He spent three years with Schaffhausen, before joining FC Lugano, initially on loan, in January 2016, before that move was made permanent.

Last season, in his first full campaign with Lugano, Alioski made 36 appearances, scored 17 goals and provided 14 assists. He finished as Lugano’s top goal scorer during the campaign and third overall in the Swiss Super League.

With a difficult start to the season that sees Leeds take on Preston, Fulham and Sunderland in the opening weeks, United will be hoping they hit the ground running.

To keep up with the latest sporting news in Leeds, just head to our website: leedscitymagazine.co.uk

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



CITY DWELLER MAGAZINE MEETS LEEDS BOXER TERRY BROADBENT

WE SPOKE TO LEEDS BOXER TERRY BROADBENT ABOUT HIS CAREER SO FAR AND HIS COMEBACK FIGHT AT ELLAND ROAD

After taking a brief period away from the sport, Terry Broadbent returns to the ring on the 1st September at the Elland Road Banqueting Suite.

As an entertaining fighter in the ring and the training partner of beloved Yorkshire heavyweight boxer David Allen, Manchester fighter John Murray and former world champion Stuart Hall, Terry's reputation gives him a massive platform to further his career over the next 12 months. We met up with him recently to find out about his comeback, his ambitions and his journey so far.

So how did you originally get into boxing and can you tell us a bit about your journey so far?

I got into boxing because I have an identical twin brother, we're both small, we're both from a council estate and people tried

to pick on us in school because of our height. So basically, I decided to get into amateur boxing!

Straight away, I did a few spars with some kids that had already been there for years and really held my own. I took to it naturally, had a few amateur fights and then I turned professional.

I won my first three fights, two by knockout and then I boxed the British champion Lee Haskins, who then went on to win a world title, and I've had a few fights since then.

So your last bout was in 2014, what inspired you to retire after that fight?

I fought a guy called Anthony Nelson, who was unbeaten, in front of his home crowd for an English title and lost to him on a very close decision. But at the time, I was boxing and working full time and I was

only putting 50% of my effort into each.

People that know me personally will know that I owned a contract cleaning company, dealing with casinos, hotels and schools around Leeds. I was doing that with my twin brother and it was taking up all of our time! It came to a point where I had to choose between that and boxing, and the business was getting too big to let go.

However, I've sold my share in the business because my passion is boxing. Now, I've got enough money behind me to pay my bills so I can concentrate on boxing and do what I love.

Talk to us about your comeback fight in September.

The opponent hasn't been announced yet but it's a comeback fight so I can shake off some ring rust. It's at Elland Road on the

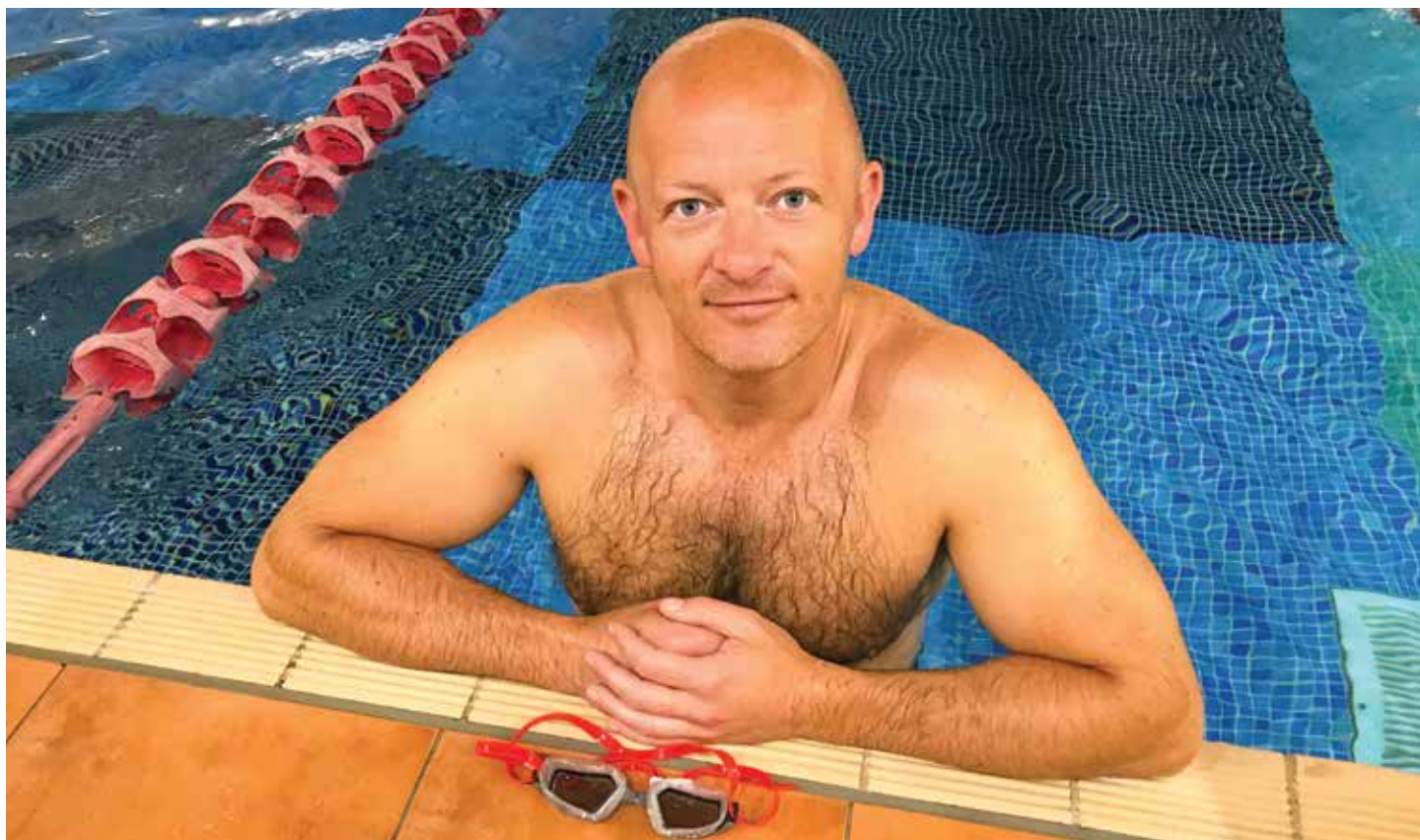
1st September and young Leeds boxer Jack Bateson is making his debut on the card so it's a really good local bill. I actually had my first professional fight at Elland Road so it's a really good place for me to come back. I'm more determined, I can put more in and I'm just gonna show people that I've still got it, more so than ever!

What is your overall ambition in boxing? What do you want to achieve?

Whenever your professional in any sport, you want to be as good as you possibly can. For me, the goal is to box for a world title and I know for a fact that I can do that.

Thanks Terry!

Terry Broadbent returns to the ring on September 1st at Elland Road. You can get tickets by contacting him on 07908491684.



MEETING THE REAL PEOPLE AT NUFFIELD

DAVID BUTLER FROM NUFFIELD FITNESS & WELLBEING GYM MEETS STEWART GOLTON, ONE OF THEIR BUSIEST MEMBERS BUT WHO STILL FINDS THE TIME TO GO TO THE GYM!



Our members are at the heart of everything we do here at Nuffield Health so it seemed fitting that this month I've decided to catch up with one of our longest standing members Stewart Golton (pictured top).

I thought he would be a great example of someone who has an incredibly busy life but still finds the time to come to the gym. As Stewart explains his gym membership has changed quite a lot over

the years, both in terms of the companies which have run the club and his own personal workout. The key to any good workout is to keep mixing things up and to keep things fresh. Adapting your regime as your life changes is the key to success! As part of the membership here at the club all our members can have what's called a quick start.

This is a session with one of our personal trainers where they will work out a programme to best suit your fitness needs. Structure and regime help anyone to see their gym sessions as part of their day, so it becomes second nature and not a chore. The benefits both physically and mentally are well documented.

Stewart took time out of his busy day to speak to me about his routine, here is what he had to say:

"I joined the club when it was Esporta, and I've stayed a member under Virgin and now Nuffield Health. The reason is simple: location, location, location. I don't live in the city centre, but my place of work is Leeds Civic Hall, and the gym is only a short walk away. It's very handy when all the time you have to exercise is an hour between meetings."

"Of course, having a pool means I can choose a quick 40 lengths over a gym session when time is tight. I'm not the type to stand chatting on the gym floor, but there is a good friendly vibe, especially amongst the long-term members. I must say my primary motive for coming is not the love of exercise. I'm in my 40s, so preventing the middle age spread is my motivation for turning up. Cardiovascular stuff is therefore gradually taking

over from the weight training, so the tummy is kept in check. I am an elected city councillor and some members are council employees, so I have to make a point to reassure them that council business stays outside the gym, and I won't be bending their ear when they're on the treadmill."

Stewart's a very popular member here at the club and a shining example of the 'can do' attitude. Why not get in contact and organise a trial to come and try the club out?

*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.

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



WE MEET PHOENIX DANCE THEATRE'S ARTISTIC DIRECTOR SHARON WATSON

WE SPOKE TO HER ABOUT HOW SHE GOT INTO DANCE, WHAT MAKES PHOENIX DANCE THEATRE DIFFERENT AND LEEDS' BID FOR THE EUROPEAN CAPITAL OF CULTURE



Can you tell us about how you got into your position at Phoenix Dance Theatre?

My journey started way back when I was nine years old with an inspirational teacher at Harehills Middle School. There was no professional dance provision in Leeds so at 16, under her guidance, I left Leeds and went to London to become a professional dancer.

I successfully passed my vocational training and worked in London for some time, I also did stints in France, in America and in Norway before coming back to the UK. In 1989, I moved back to Leeds and became one of the first female dancers with Phoenix. Moving on from that, I spent many years touring with the company which was unbelievable. But I decided that I needed to extend myself

in other ways so I went to lecture under the same teacher at the Northern School of Contemporary Dance.

Then I came back to Phoenix under Darshan Singh Bhuller, who was the Artistic Director at the time, and he asked me to be his Rehearsing and Tour Director which I did until 2006. I then stepped away from the company once again so I could extend my knowledge and my managerial skills.

I applied for the Clore Leadership Programme, which is a bespoke leadership programme, and I was successful and since then, I spent two years doing that whilst I did my Masters Degree at Leeds Beckett University. In 2009, I was then appointed to be the Artistic Director at Phoenix Dance Theatre.

What do Phoenix Dance Theatre do that makes them stand out from other dance companies?

People are probably more likely to be familiar with the genres of jazz and ballet but we kind of sit in that middle ground. A fusion of that classic work, which is about technicality, and jazz, which is about the aesthetics, and then we add athleticism into it. All of our dances are athletes, they're professionals at the top of

their game. We challenge a lot of areas of dance that other companies don't. That's our unique selling point.

We also have worked with cyclists to create bespoke artwork, we've taken 450 people to Wembley to perform on the pitch, we do things that aren't seen as contemporary dance but we make artwork that engages with everyone. We're pushing boundaries.

Is that why you think Phoenix Dance Theatre have such a great reputation across the country?

We try to extend ourselves beyond the norm, we don't go for things that are mainstream. I think the strength and articulation of our work really does speak to people. We're accessible too! We're engaging people with something they've never encountered before.

How can our readers get involved with the work Phoenix Dance Theatre do?

We advertise all of our shows on our website and if people want to stay up to date, we've got a newsletter which you can subscribe to www.phoenixdancetheatre.co.uk

In February 2018, we're producing a new show which we'll premiere at the West

Yorkshire Playhouse. It's 70 years of the Windrush story, which is when the first generation of Caribbeans came to the UK, so we're looking at their influences on the UK and it'll be a really extravagant show. Then we'll take that on a national tour.

We've also got a business event coming up on November 21st where we're for business with whom we might have shared values and those interested in engaging in culture and perhaps wanting to try something new within this particular art form.

You're also the chair of the Leeds European Capital of Culture 2023 bid. Can you tell us about that?

It's an unbelievable opportunity for Leeds. To have dance strategically placed as part of the bid and to show off our pride as a dancing city, it couldn't be any better.

So if someone wanted to follow in your footsteps, what advice would you give them?

There's not a clear path. I was a creator as a dancer then stepped into management so you've just got to find these opportunities. If the door is slightly ajar, push it open.

Thanks Sharon!

GET YOUR GLAD-RAGS READY, PARTY SEASON IS APPROACHING!

STYLIST, IMAGE CONSULTANT AND CITY DWELLER MAGAZINE
FASHION COLUMNIST LINDSEY BENSON IS HELPING US PREP
FOR THE PARTY SEASON



I know, I hear you, why talk Christmas already?! I haven't had my summer holiday, the labels are still on my swimwear and I haven't even had blisters from those gorgeous 'too high for me' sexy sandals yet!

It will silently creep up and be here before we know it, whether we like it or not. The summer sales will clear (thankfully) and the shops will start showing

heavier, richer items ready for the Autumn season.

Thanks to many firms wanting to save a few quid, a lot of businesses hold their Christmas parties as early as October, so realistically the planning of your seasonal party attire isn't far away. Not just your works Christmas do, but meals with family, nights out with friends, they all require suitable outfits.

This years party season will be all about jewels. Embellished pieces in jewel tones are exactly what you need to look for. Emerald greens, Ruby reds and Sapphire blues are just a few to mention. Men and women will look the most regal they have done in many seasons. Fabrics should be satin, velvet, jacquard, think royalty, think heavy.

If you don't want to buy a new outfit, a jewelled bag or stiletto would be the perfect addition to an existing ensemble or a jewel toned tie or shirt would

accompany an existing suit. If your outfit is simple, then jewellery is the key to staying on trend.

The skies the limit! Earrings, think Pat Butcher, the bigger the better. Necklaces, rings, cufflinks, if it can be a jewel, let it be a jewel. Statement pieces will be extremely eye catching this party season.

If some of this sounds too over the top for your taste, a simple brooch or decorative hair pin is an easy answer. Stylish, classy and elegant.

Our great British high street will once again, treat us to a party worthy wardrobe ready for the seasonal festivities! You can see more fashion choices over the next few pages!

*Speak soon!
Lindsey*

**Beaded Leather
Shoes - Zara - £49.99**



**Jewelled Messenger
Bag - Zara - £29.99**



All item prices
correct at time of press.
Please check before purchasing.
City Dweller ALWAYS endeavours
to keep you looking good for less.

READY FOR ANYTHING

NO MATTER WHAT GETS THROWN YOUR WAY, BE IT A SUMMER BBQ OR PREPARING FOR A EARLY CHRISTMAS PARTY, WE HAVE JUST WHAT YOU'RE LOOKING FOR

We're loving this navy stripe jumpsuit by Glamorous - it's been given a summery twist with a graceful flower print. Featuring a square neck with flattering culotte style legs, complement with platform sandals and a tote.

Jumpsuit - £38
Topshop



This floral jumpsuit from Warehouse is a perfect addition to any summer wardrobe! Perfect for dressing up for those important formal events or dressed down for a BBQ day!

Jumpsuit - £58
Warehouse



A smart and sophisticated look for those days when you have after work plans. A tied waist is perfect for creating a nipped in silhouette and the vibrant colour will stand out amongst any crowd!

Dress - £45
River Island

Dare to bare in the slit front jumpsuit. Pair with heels to elevate the look for any glamorous evening event.

Jumpsuit - £29.99
New Look





This romantic midi dress is cut from a fine and feminine palest blue lace. The daring plunge neckline drops almost to the waist and the delicate spaghetti straps are adjustable for a perfect fit. 'Edeta' nips in flatteringly at the waist and is balanced by the midi length cut. The whole dress is lined with invisible nude mesh for coverage. We love this with dainty accessories and neutral pumps.

Dress - £119
House of Celeb Boutique



This short, fitted dress in sturdy jersey in a narrow cut at the top with a V-neck and shaped cups, give you an incredible natural shape. Perfect for dancing the night away!

Dress - £34.99
H&M



A dress that balances sexy and fun perfectly! This faux leather dress from Mango is just what you're after when you're planning a big night out with the girls!

Dress - £35.99
Mango

Complete the look...



Flower-Embellished Silver
Tone Bangle - £70
Marc Jacobs

Embellished Silver Tone
Choker - £90
Cornelia Webb



Each of these are available at Harvey Nichols Leeds.



Evil Eye 18kt Gold Vermeil
Stud Earrings - £75
Missoma

READY FOR ANYTHING

NO MATTER WHAT YOU'RE PLANNING, BE IT A SUMMER BBQ OR PREPARING FOR A EARLY CHRISTMAS PARTY, WE HAVE JUST WHAT YOU'RE LOOKING FOR

This slim fit shirt and trousers are perfect for a smart-casual occasion! Style with a nice pair of shoes and you're onto a winner!

Shirt - £15
Trousers - £40
River Island



Crisp and suave, this Tommy Hilfiger shirt brings gravitas to your smarter wardrobe. In a quality poplin construction it's perfect for both office and eveningwear. The classic button fastening, gauntlet cuffs and foldover collar provide a traditional aesthetic and it's finished in a versatile blue colour to suit a range of styles. Paired with navy trousers and shiny shoes this Tommy Hilfiger shirt revels in first class style.

Shirt - £75
Trousers - £110
Tommy Hilfiger



A modern, slim fit, two button in a structured fabric with added stretch with the matching trousers are a must buy for the more formal events coming up.

Blazer - £95
Trousers - £45
Jack and Jones

This shirt - short combo is brilliant for those summer afternoon BBQ events! Dress up with shoes or dress down with trainers to make it appropriate for any occasion.

Shirt - £60
Shorts - £109
Hugo Boss





Keep things cool with an open shirt over a t-shirt! With a pair of chino shorts this outfit is a fantastic for any summer destination!

Shirt - £30
Shorts - £22
Topman

Update your wardrobe with this floral shirt. Pair with cropped black trousers and derby shoes to complement.

Shirt - £17.99
Trousers - £19.99
New Look



A contemporary twist on traditional quality, the tweed jacket retains the charm of another era – yet is anything but old-fashioned. The light colouring brings a subtle finish to your outfit and is perfectly complemented by a dark shirt. It features a contrast printed lining, button and under collar detailing.

Finish the perfect gentleman's outfit with matching waistcoat and trousers, and a pair of dark shoes.

Jacket - £129
Waistcoat - £59
Trousers - £59
Moss Bros



Complete the look...



Silver Armani Exchange
 Watch - £195
 Next

Leather Plait Bracelets - £12.50
 Topman



ALTURAS BELT - £30
 Levi's



RICHMOND

CITY DWELLER MAGAZINE HAS TEAMED UP WITH THE GUYS AT WELCOME TO YORKSHIRE TO LOOK AT SOME GREAT YORKSHIRE DAYS OUT

Step into Richmond and back in time to enjoy a fortnight of fun performances, workshops, costumes, and comedy as the town celebrates its rich heritage at George Fest 17.

The festival is a fun way to explore the history of Richmond, North Yorkshire, which was founded in 1071 but flourished in the Georgian era between 1714 to 1837.

Richmond benefited from the prosperity brought by trade in corn, wool, knitting and lead – and the town became an important hub for social activities.

To reflect its new-found social status and wealth, beautiful buildings began appearing across the town and it gained a reputation for elegance with a 'season' that became very popular with polite society.

These influences are still visible today in its gorgeous Georgian architecture, such as the imposing King's Head Hotel which opened in 1725, and the world-famous Georgian Theatre, built in 1788 by Samuel Butler.

The Grade I listed Georgian Theatre Royal is now the oldest working theatre in its original form in the UK, and a

fascinating attraction.

A tour around the theatre is a must - funny, entertaining and interesting, there's nothing stuffy about the guides as they bring the stage back to life with their lively tales. The stories will transport you back in time to the days when the actors slept in their dressing rooms, the entire tour walked miles between theatres after performances, and the audience ate, drank, smoked and even relieved themselves in the stalls.

The theatre is also home to Britain's oldest surviving stage scenery – a beautifully intricate Woodland scene.

But this isn't a theatre living in its past – it still hosts performances throughout the year from music to magicians, and classics to comedians. The building is even a wedding venue for those looking for a dramatic start to married life.

If a visit to the Georgian Theatre Royal whets your appetite for more history, then George Fest 17 during August is must-do.

There's a huge programme of events including guided walks, fascinating talks, and performances revealing how Georgians dressed and what music they enjoyed.

And despite there being almost 300 years between the Georgians and modern-day society, we do have one thing in common: a love of gin, which will be celebrated at a special tasting evening with 18th century style refreshments.

For more information on George Fest 17, visit www.richmond.org/georgefest/



FACT BOX

Address
Richmond Georgian Theatre
Victoria Road
Richmond DL10 4DW

Website
georgiantheatreroyal.co.uk

Telephone
01748 823710

For more days out visit
leedscitymagazine.co.uk



EXPERIENCE NATURE'S FINEST

CITY DWELLER COLUMNIST AND SEASONED TRAVEL EXPERT, YASMIN MACIS, IS HELPING US TO EXPERIENCE THE BEAUTY OF NATURE IN PLACES YOU MIGHT NOT EXPECT



By far the best way to see animals is in their own habitats, where they act naturally and are an integral part of the landscape. That's why I'd like to offer you a choice of holidays that include close encounters with amazing creatures in the wild.

African safaris remain popular with my clients and are a safe bet if you want to tick the 'Big 5' animals off your bucket-list, but this time I thought you might like to read about some more unusual wildlife tours.

Latin America, for example, is home to an incredibly diverse array of animals, thanks to terrain that encompasses not only rainforest but glaciers, deserts and the extraordinary Galapagos Islands, home to the legendary, giant tortoise.

Costa Rica is a lesser known destination which boasts the extraordinary Tortuguero National Park, a beautiful archipelago that provides nesting sites for another large reptile – the sea turtle. There are also miles of creeks and lagoons, where you might spot hunting caimans and playful

sea otters. If you want to track down the extremely elusive jaguar, you need to head up into the country's Santa Elena cloud forest reserve.

Hopping across continents, the Indian Ocean is the place to go if you're looking to spot amazing sea life. The Seychelles has marine national parks, where snorkelers and scuba divers revel in an underwater paradise of multicoloured fish, whales and dolphins. On land, you'll find amazing flying foxes, giant coconut crabs, tree frogs and yet more giant tortoises! And in the relentlessly blue skies, there are vast squadrons of fabulously coloured birds. The unspoilt islands' hotels and lodges are also wonderful places to escape and unwind.

If you prefer colder climes,

North America's coastline and national parks offer so many great experiences. Whale-watching is a big deal off the coasts of Alaska and Canada, where you can marvel as humpbacks, finbacks and right whales break the surface and blow water high into the air – an unmissable photo opportunity! Meanwhile, in the awe-inspiring forests and mountains, bears, wolves and moose rule the roost and you can trek into their domain with experienced guides.

I can arrange convenient flights and accommodation to suit all budgets, often at far better rates than you'll find online.

*Bon Voyage!
Yasmin x*



Don't keep me a secret, please feel free to share me!
E: yasmin.macis@co-operativepta.co.uk | T: 0775 274 3356

CITY PARTIES

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 @LeedsCityDwell



FOR NIGHTLIFE IN LEEDS VISIT

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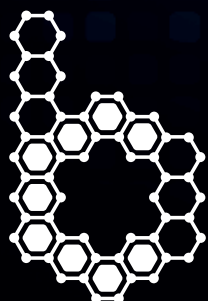
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WHAT'S ON IN LEEDS

DIZZEE RASCAL O2 ACADEMY LEEDS SATURDAY 7TH OCTOBER



Multi-platinum-selling, multiple-award winning hip hop star Dizzee Rascal is back with his first album in four years, *Raskit*. Don't miss the chance to see one of the UK's finest MC's as he makes his eagerly-anticipated return this autumn.

Dizzee Rascal, is an English grime MC, songwriter and record producer with Ghanaian and Nigerian

roots. His music is a blend of grime, UK garage, bassline, British hip hop, and R&B. Best known for his number one hits 'Dance wiv Me', 'Bonkers', 'Holiday', 'Dirtee Disco' and 'Shout', his debut album *Boy in da Corner* won him the 2003 Mercury Prize. Follow-up albums *Showtime*, *Maths + English* and *Tongue n' Cheek* have been critically acclaimed.

LITTLE MIX FIRST DIRECT ARENA 14TH OCTOBER & 13TH NOVEMBER



Since 2011 Perrie Edwards, Jesy Nelson, Leigh-Anne Pinnoch and Jade Thirlwall have established themselves as one of British pop's brightest acts.

With their new album '*Glory Days*', led by the glorious and cheeky lead single '*Shout Out To My Ex*', this is only

going to make this fact even more glaringly obvious. Signature hits including '*Move*', '*Wings*' and '*Black Magic*' have helped the Number One selling girlband score over one billion YouTube and Vevo views worldwide, alongside massive tours of the UK.

DUA LIPA O2 ACADEMY LEEDS SUNDAY 8TH OCTOBER



As Dua Lipa embarks on her biggest tour to date, the acclaimed pop star will support her self-titled debut album on the aptly named '*Self-titled Tour*'. Fans can expect to hear hits like '*Be The One*', '*Blow Your Mind (Mwah)*' and '*Hotter Than Hell*'.

Dua Lipa is an English singer, songwriter and model. Her musical career began at age

14, when she began covering songs by artists such as Christina Aguilera and Nelly Furtado on YouTube. In 2015, she was signed with Warner Bros. Records and, as they say, the rest is history.

Expect to hear songs from her critically acclaimed debut album at her performance at the O2 Academy Leeds.



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*excluding the beast burger



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www.leedscitymagazine.co.uk



Celebs

~~SNAKES ON A PLANE~~ WITH DARRYL MORRIS



Tis the season to be sunburnt. Summer is here and it's time to pretend we enjoy eating outside, drinking flavoured cider and talking to people about the weather.

The summer parties are in full swing and, if we're honest, all we can think of is escaping the monotony of conversations about the heat and hitting the beach. We aren't alone.

Ellie Goulding joined my show recently and is set to spend summer hopping to and from the white beaches of LA. But, despite assuming they had some sort of separate special portal, it turns out she too must face the cramped seats and intrusive aircon of easyjet. Imagine buckling up and realising you're going to spend

the next 8 hours with Ellie Goulding falling asleep and dribbling onto your shoulder. Ellie said:

"I love flying on commercial flights. It's much more fun than flying private. People recognise me but we just have a drink and have a laugh. I wouldn't recommend the 1am flight home from Ibiza, though. That can be rowdy. Half of them are still drunk."

Rising star Dua Lipa encountered a more turbulent experience.

"I was on a plane to Frankfurt recently and fell asleep, as you do. When we arrived I checked twitter and saw a tweet from the guy next to me, complete with picture of my wide-open, snoring mouth! I blocked him pretty quickly!" she shared with us.

Maybe Ryanair need to invest in a VIP section. Although I'm not sure that'll take off.

Darrylx

Catch Darryl Morris, Sunday to Thursday from 7pm on Radio Aire with all the biggest hits and all the biggest stars.

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What do you get when a Pink Gorilla walks through a Red Door armed with a Hairy Lemon? A darn good launch party, that's what!

Yes, we are currently working closely with Red Door, who are opening-up in the site formerly known as Hirst's Yard at the end of August.

Hot on the heels of their show stopping bars in Liverpool and Chester which have fast become celebrity magnets, they will be bringing their unique party vibes to Call Lane armed with a box of party tunes and some mighty fine cocktails. Watch this space for further details of the launch party, it's gonna be big.



A bite of the Big Apple

Meanwhile, we're still buzzing from some of the biggest and best parties Leeds has seen in 2017. And as far as launches go, they don't get much better than D&D London's second rooftop venue, East 59th. They kicked off with a restaurant soft launch week where lucky guests could sample their New York City inspired food and drink menu, and then threw a lavish VIP party to show this city just what they could do.

And, as if free-flowing Moët Ice, cocktails and oysters wasn't enough, TOWIE stunner Lauren Pope dropped in to perform a glittering funky house set accompanied by a virtuoso saxophonist. It was a night to remember and a fabulous way to showcase their red-hot

upcoming events. You can also enjoy bottomless Prosecco and Bloody Mary's every Saturday and Sunday with their fantastic brunch offering. You need to check this place out; the terrace is off-the-scale.

Three is the magic number

They say time flies when you're having fun, and we can't believe it's been three years since we first started working with Roxy Lanes! They threw a party like only they can at the end of July, which featured awesome pizza creations, beer, cocktails, beer pong and of course, a bowling tournament. Kevin Black, the lucky winner of the tournament, was rewarded with a free party for 10. Needless to say he was quite literally bowled over with his prize!

The Cocktail Experience

After the sell-out success of our 2nd Cocktail Experience event, we're pleased to announce that our third event is coming your way in October. As well as teaming up with the likes of East 59th, Issho, Vice & Virtue and Revolución de Cuba to create Leeds' most enviable cocktail menu, you can expect hot tracks, first class entertainment and a few surprises. What else would you expect from the city's hottest party?

Until next time, fix up, look sharp and stay happy people!

**Love
PGHL! x**



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CITY DWELLER MAGAZINE

SPEAK EXCLUSIVELY TO

HOLLYWOOD ACTOR

RUSSELL CROWE

TERRY GEORGE SPEAKS TO RUSSELL CROWE ABOUT HIS LOVE FOR LEEDS UNITED, HIS BAND'S PERFORMANCE AT LEEDS CITY VARIETIES AND HOW HE'S UP FOR A GLADIATOR SEQUEL

From winning Academy Awards to starring in huge musicals, you've achieved an incredible amount during your career. What work are you most proud of and why?

Making movies and music is one thing, but being a dad is what personally brings me the most joy.

In terms of my work life, for the past 12 years being the Custodian and Owner of the South Sydney Rugby League club and redirecting that organisation, culminating in a Premiership win for the first time in 43 years in 2014 stands out. The positive effect on the community continues to resonate.

In movies, I have my favourites sure, Cinderella Man, LA Confidential, Noah, A Beautiful Mind and all the movies I've done with Ridley Scott (Gladiator, American Gangster, Robin Hood and more).

I enjoyed directing The Water Diviner (his 2014 directorial debut) very much and hope to direct more in the future too.

You've got a big connection to the city of Leeds, being a Leeds United fan. Can you tell us when you first started supporting the club and why?

When I was a kid in Sydney, after playing Saturday sport in the morning (Rugby Union, League, Cricket and

one season as a goalkeeper) there was Match of the Day (on television). In the early 70's Leeds was a dominant team and they were featured every other week. So I chose Leeds as my team.

What's your fondest memory as a Leeds fan over the years?

When we held our rightful place.

You were linked with buying the club last year, can you tell us if there was ever any truth behind these rumours?

I looked into it quite seriously with a group of people. I firmly believe it's the great sleeping dinosaur of English football. When I started to evaluate the cost of time to my family, I realised that the challenge was beyond me. Someone else will have to take up that gauntlet...

You're coming to Leeds City Varieties in September as part of the 'Indoor Garden Party', can you tell us a bit about this?

September 29th is the date, it's a night of stories and songs. The album 'The Musical' is out on iTunes so people can have a listen to the type of music we do.

In the band you're joined by Alan Doyle, Samantha Barks, Scott Grimes and Carl Falk. Can you tell us what inspired you to work with these people?

I started writing songs with Alan Doyle in 2004. He was in a Canadian band Great Big Sea that I was a huge fan of. He'd heard that I'd been covering one of his songs, we met backstage at the glamorous NHL awards, a big deal in Canada and just hit it off and started talking music.

We've been writing together since then and the Indoor Garden Party has just grown naturally over those years.

We started the concerts with the idea of bringing friends with amazing voices on stage with us and over time Scott and Samantha just became part of what we do. I met Scott on the set of Mystery, Alaska in 1998, we connected through music and I have always loved his voice.

Samantha sang the role of Eponine in movie of Les Miserables and at some point I played her a tune I'd written and introduced her to Alan. She started doing live shows with us in 2012 in New York.

I met Carl at a party in LA in 2010 and played him some songs, he produced an album for Alan and I called 'The Songbook vol iii' and through that became an integral part of what we do and he also produced this latest album.

Obviously singing is something you've previously done a lot in your career alongside acting. Where do you see your musical career going?

My first record came out in 1981 or 82 and music has always been in my life.

I'm not really ambitious when it comes to music, I love writing songs, I love performing, there's no grand plan.

Finally, what does the future hold for Russell Crowe? Is there any truth to the huge rumours of a Gladiator sequel?

I've shifted my life around to spend more time with my kids and less time on the road working. They are 13 and 11 now and changing week to week, I realised their boyhood would be over in a blink if I wasn't careful. I love my work and I love the energy and passion of a film set, but I love my kids more.

I've got a couple of exciting projects coming up where the challenge is daunting but the schedules are short so that'll keep me on my toes. It also looks like I might finally get to be in a movie with Nicole Kidman.

(In terms of a Gladiator sequel) I'll make any movie Ridley Scott wants to make. If he calls tomorrow and says it's on, you'll find me in the gym.

Tickets to see Russell Crowe and the rest of the Indoor Garden Party band members at Leeds City Varieties on 29th September available on www.cityvarieties.co.uk



ANN MAGUIRE GALA LEEDS GRAND THEATRE SUNDAY 3RD SEPTEMBER



This is the first time the Ann Maguire Gala will be staged in Leeds to raise money for the Ann Maguire Art Education Fund in memory of teacher Ann Maguire, the evening features stars from The Royal Ballet performing divertissements from the classical ballet repertory including works by Frederick Ashton, Kenneth MacMillan, Christopher Wheeldon and Liam

Scarlett. There will be a special guest performance by Northern Ballet dancing a duet from Jonathan Watkins award winning ballet 1984. Royal Ballet Principal Steven McRae performs his knockout tap solo Czardas accompanied by violinist Vasko Vassilev and there will be performances by young people that the fund has supported.

QUEEN OF CHAPLETOWN WEST YORKSHIRE PLAYHOUSE LEEDS 12TH - 15TH SEPTEMBER



They mark Leeds West Indian Carnival's 50th birthday with a major programme of activity celebrating a key moment in the history of our city.

Join them in the Quarry as a company of professional actors and community participants come together to share and celebrate the story of the birth of Leeds West Indian Carnival.

Woven from first hand accounts collected by Colin Grant, curated by Burt Caesar and directed by Associate Director Amy Leach; Queen of Chapletown follows the stories of those who campaigned, sewed and danced their way to the first carnival in 1967 and of one woman's journey to become a Carnival Queen.

ANDY PARSONS CITY VARIETIES MUSIC HALL LEEDS WEDNESDAY 7TH SEPTEMBER



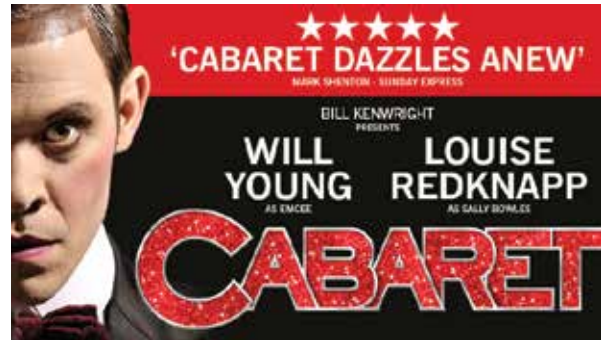
Worried about your job? Worried about your family? Worried about yourself?

Worried about the health service? Education? Climate change? World War 3? Worried about worrying? Sod it! Come and have a laugh about it. It's one of the things we do best.

Or is it? Was it something we did best but like everything else has now gone West. Or South. Or East. Ah - go on. Take a risk.

Put on your lucky pants and your party shoes - and get yourself on a night out. Or maybe come out dressed in a binbag, top hat and clogs. We could all use a laugh.

CABARET LEEDS GRAND THEATRE TUESDAY 24TH OCTOBER



In the role that earned him an Olivier award nomination and WhatsOnStage award, Will Young reprises his critically acclaimed performance of Emcee in Rufus Norris' production of Cabaret.

Ever since winning the inaugural series of Pop Idol in 2002, Will Young has been one of the UK's most popular and successful music artists and holds the

record for the fastest selling debut single in British chart history. Playing Sally Bowles will be musician, TV presenter and 2016 Strictly Come Dancing Runner up Louise Redknapp.

Directed by National Theatre Artistic Director Rufus Norris and choreographed by Olivier Award winner Javier de Frutos.

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www.leedscitymagazine.co.uk

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A year ago, for JoJo's birthday surprise I blindfolded her and made her play a game of 'guess which singer is whispering in your ear'!!

It didn't take her long to correctly guess it was Olly Murs, however this meeting led to her nicknaming him 'Oily Murs' because of his inappropriate ear whispering technique (she claims she didn't enjoy it, whatever!).

A year on, we ditched the blindfold and presented JoJo with not one boy, but three... The Script! Glen, Mark and Danny had come prepared and composed JoJo a special birthday song called 'Dirty Mouth'! Well, less song and more a short poem mocking the fact she had recently fallen down her

stairs and was attempting to talk through a mouth full of stitches! The lads have been away for the past 3 years and are back with a fantastic new track 'Rain' and they also have an album on the way very soon... AND of course a live tour at some point. We made it VERY clear we expected a Leeds Arena date!

We made our annual trip from Leeds to everybody's favourite seaside destination SCARBOROUGH last month! I absolutely adore Leeds at the weekend, having a little Saturday afternoon bar crawl, some food, it's perfect, but sometimes you just need some sea air!

This years 'No Carbs Before Scarbs' was a proper sunny affair - we enjoyed the slots,

a tour of the lifeboat station, a big night out, and of course... fish and chips! (even if I had to eat them hiding inside a phone box because of the prowling seagulls!). It was great fun hanging out with so many of our listeners on a bit of a ridiculous trip away! Video highlights are at capitalfm.com so check it out. See you next year for Scarbs 2K18 ;)

It was a pretty huge month for Leeds last month - it was announced that our ever expanding and growing city is experiencing bigger financial growth than London... we're coming for you! Thinking about this really made me appreciate all the work that goes on behind the scenes, high up, to make this such an amazing city to be part of.



Even Prince Harry got in on the action spending a couple of days in our fine city, helping to raise awareness of some of his passions from rugby to the mental health of young people. We'd heard rumours he would be visiting the Leeds Childrens Hospital near Capital Towers, and when we saw his convoy arrive we went running to have a look (and lost all chill!). We didn't get a great photo... but please enjoy this one of part of Harry's head!

*Big Love!
Adam x*

Come say hey on twitter:
[@AdamOnCapital](https://twitter.com/AdamOnCapital)



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