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Leeds Guide

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Issue 97

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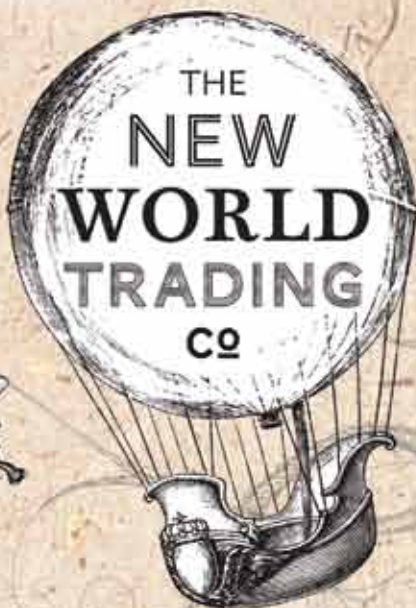
HOZIER



SUMMER FASHION



MISS LEEDS



We are launching our new drinks menu this May, and after winning "Best Drinks Offering" at The Publican Awards (wowie!!), we thought it was about time we showed Leeds the brains behind the drinks, from ales to cocktails!

To begin: our new Almanac hosts a list of 84 beers and ciders from around the world...so it was tricky to know which ones to introduce you to! I had the lucky task of picking our Beer Guru

Warren's brains for a few hours, the man behind The Botanist's beer.

Warren travels the world to bring the most exciting collection of beers to us, but we decided it would be fitting to introduce some British Brewery offerings!

Warren was first keen to tell me about his new collection of IPA's (India Pale Ale). IPA's are a rising trend but the name IPA is sometimes misused...and so his desire to educate on beer shines through!

Warren says "IPA's should be over 5%, full of hoppy character, and bitter in taste" To explain: it must be full of hops as this acted as a preservative back in the 18th century, making it possible for the ale to journey from the UK to India.

We have 2 new IPA styles from Beavertown Brewery down in London. The first: Gamma Ray 5.4% - an American pale ale and the epitome of what people think an IPA is, with its refreshing hoppy bitterness.

The is Black Betty 7.4% (wahey!) Warren first tells me "I disagree with it being called an IPA - a black IPA is an oxymoron in itself! How can you have a black pale ale??" But then explains he has let that 'slide' as it has all the intense hop aroma and flavours of a great IPA with a surprising roasted malt flavour from the dark malt. One to try!

Whoa black betty!!!



Warren's next choice comes from TicketyBrew, a new brewery to 2013 opened just over the Pennines by lovely couple Duncan and Keri. Their Dubbel beer is a Trappist style beer (beer traditionally brewed by Monks). After first meeting Duncan in 2013 when Dubbel was sold only at farmer's markets, Warren is delighted to finally be able to add it to our collection as Tickety Brew has grown.

Duncan's background in acting explains the unique show ticket labels...which are actually still



THE Botanist
TRINITY

labelled by hand by Keri herself (sometimes on the sofa to catch up with the TV!)

Ladies and gents, I can't tell you how refreshing and light this dark beer is!! And at 6.5% I can't quite believe my taste buds....

Most impressively, Warren has just launched his own bitter: The Passionate Blonde! Exclusively available at The Botanist, and lovingly brewed by Warren himself! What a guy!!

Now to cocktails...and no need to panic, the solid Botanist favourites are still on the cocktail menu! But the new menu will further impress! Arron is one of the brains behind the development of our cocktails, and this menu has been created with something very important in mind...introducing our cocktail drinkers to our beers, and beer drinkers to cocktails! Not an easy task for Arron....



Arron is first excited to introduce me to The Brewers & Botanist, combining cocktails and beer beautifully! There are three available; Arron's favourite is the Botanist's twist on a Hawaiian Punch and Kona's Big Wave Golden Ale.

Served as a miniature cocktail, the punch is made with Amaretto, Southern Comfort, dried rose buds, lime and pineapple juice, rose and grenadine gomme. All that in a tiny glass...it is the taste of summer!

Arron explains the floral rose and punch of the cocktail compliments the light golden ale perfectly, picking up the subtle fruitiness and very delicate hop aroma. It is a match made in heaven!



Now there's only room for one more cocktail, so Arron had to have a hard think about his choice. I think you will agree he picked a winner...introducing the new Basil and Melon Crush!

The Crush is created with fresh basil, El Jimador Tequila, watermelon and vanilla gomme, fresh lime and watermelon juices... and a more curious ingredient, topped with a splash of Becks Vier! When digging deeper Arron tells me there is a story behind this marriage of tequila and beer:

Many moons ago Arron's trainer was enjoying a summer BBQ, when the meat needed attention (a man's attention of course!) and with both hands full (one with beer, one with a Marguerita) he had "no choice" but to pour one drink into the other...and so was born "The Mexican Elbow" cocktail featured on a different menu...the inspiration for our new crush!

There are many more cocktails to discover with The Botanist...come and see our guys and let us tickle your taste buds!



Welcome...

27th/28th June 2015

Saturday

SUMMER OF DISCO

12.00pm - 1.30pm
Oracle Resident DJ's

1.30pm - 3pm
Karaoke competition hosted by
Capital FM's Adam O'Neill

5pm - 6pm
Resident DJ from 212

BOOGIE

3pm - 5pm
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Disco Legend "Brutus Gold"

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Sunday

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An outdoor festival bar will be serving a selection of beers and cocktails all weekend from 12pm - 6pm. Indulge in flavours from around the world from a selection of **International Street Food** vendors



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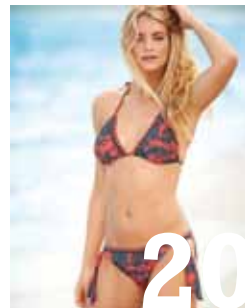
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Situated perfectly in the centre of Leeds city, Malmaison Hotel, Bar and Brasserie is an elegant and trendy hotel with 100 modern, spacious rooms available for you at fantastic prices. It's unquestionably one of the most luxurious hotels in Leeds and is the best spot for a relaxing night away.

However, the thing that separates them from the rest is their in-house restaurant and bar and their impressive Chateau Lounge.

The Chateau Lounge is available to hire for 50 guests and if you're looking for an event venue in the city we guarantee you won't find many better than Malmaison.

It's not your average hire venue with poor lighting, uncomfortable seats and a tired bar that only serves three different types of lager. The lounge has a stylish feel to it with fashionable sofas and an all round classy decor. Aesthetically, it's very pleasing.

And for £1250 for 50 people, it's perfect for birthdays, anniversaries or informal evening wedding receptions.



In addition to the beautiful Chateau Lounge, each person gets a delightful Welcome Cocktail, discounted accommodation and access to the Mal Classics Buffet which includes something for everyone - burgers, pasta, wraps and salads! But don't mistake it for a for just a buffet, the food is exquisite and goes far and beyond what you'd expect.

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you're looking for a venue for that big event, let Malmaison sort it for you.

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THE NEW CONSERVATORY

Fletch checks in at The New Conservatory to sample their brand new menu and a good hearty meal.

Having enjoyed many a tippie and a few hearty meals at The New Conservatory, I was excited to say the least about sampling their brand new menu. Sitting pretty on Albion Place, this bar has been something of a Leeds staple for many years, but saw something of a renaissance when it was refurbished back in 2013.

Resembling a vintage library, this basement hideout is far bigger than you'd imagine from outside and has a relaxed and warm vibe that remains unique whilst also echoing its neighbour - the

legendary Leeds Club. It's a stark contrast to the sterile, minimalistic look favoured by a large proportion of the bars in Leeds these days, and all the better for it I might add.

So what about the new menu? Like its predecessor, it mixes a combination of traditional home comforts, such as scampi and homemade pies, with the more modern and adventurous. Despite an extensive range of English ales, I went for the safer (and lighter) option of a pint of Coors to kick things off.

To begin, we opted for the Panko King Prawns with lime and chilli dressing and the Peri Peri Chicken Wings. The prawns were huge, with one of them looking more like a langoustine, and perfectly cooked, complimented well by the dressing and sweet chilli sauce.

The wings clearly harked from one mighty bird as they were also reassuringly oversized - who knows, perhaps they belonged to Sesame Street's Big Bird - haven't seen him around for a while. Although outdone by the Panko prawns, this was still a fine way to start a meal, with just the right amount of spice.

For the mains, we didn't stray too far away from our choice of starter and opted for the Cajun Chicken Skewer and the King Prawn Skewer. These dishes are quite the

bargain, as each come with two sides and a sauce. We took two portions of Seasoned Skinny Fries, Garlic Mushrooms and the Minted Peas. This time round it was winner, winner, chicken dinner as they had the edge over the prawns this time round. Some may argue that chips are just, well chips - but the skinny fries were really something else and incredibly moreish.

The Spicy Tomato Salsa and Garlic and Herb sauces came in perfectly sized ramekins which proved very handy for dunking your skewer into. It might be just a small detail but it was a simply brilliant touch to their brand spanking new menu.

We washed the mains down with a few glasses of the excellent Waddling Duck Sauvignon Blanc Marlborough from New Zealand and contemplated leaving as we were suitably stuffed. After some coaxing,





we were talked into staying a bit longer for some coffee and cheese cake, which really was delicious but left me fit to bust.

So yet another great evening was had at The New Conservatory, it was reassuring to see that they have retained their original charm which has made this bar such a huge part of Leeds and its flourishing city centre.

Fletch

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Since Everyman became a permanent resident in Trinity Leeds I became a convert, any other cinema in the city doesn't even get a look in from me. What's more, gone are the days of stale popcorn and off the shelf snacks as Everyman's built in restaurant Forzza serves up a superb, brand new, menu of food and drink that fellow City Dweller Fletch and I couldn't wait to try.

On the Monday evening that we visited our plan was to have a bite to eat, knock back a drink or two then catch the new Avengers flick. Fortunately for us (and take this as advice) we booked in advance otherwise there may have been a little wait for a table, Forzza was bustling from the moment we stepped in, from the smells wafting from the pizza oven, and the offer of free Margarita Mondays, it wasn't hard to see why.

The décor and vibe of Forzza was very fitting with the Everyman brand, its retro, mismatch furniture against the exposed metal structure creates a relaxed atmosphere from which to enjoy your meal. As soon as we were seated our waitress was straight on the ball to explain the menu and recommend the Pinot Noir for our Red Wine preference. From browsing the menu it was clear to see Forzza's offerings were spot on for its surroundings, what initially appears to be



FORZZA RESTAURANT

City Dweller and socialite, Rachel Flynn heads to Everyman's built in restaurant Forzza to sample their superb, brand new, food and drink menu.

simple options of Pizza, salads and burgers actually have a unique, appetizing twist.

Struggling to whittle down what we wanted Fletch and I were both in agreement to pig out and order a full on Forzza feast! To start we went for the Chicken Wings and the Nachos with Guacamole. Now for me the wings were peaking at my pathetic heat tolerance level but Fletch on the other hand could have handled a stronger kick, however there was no loss as he found great appreciation in the thick, blue cheese sauce that accompanied them. The generously sized Nacho's had a decent coating of melted cheese and the chunky, homemade Guac was seriously good, so much so we kept what was left aside to have with our mains.

Having previously spotted the authentic, stone oven there was no question that Pizza was to be our choice of mains (the Pulled Pork Bun shall just have to wait for another day), each of the seven options (some being vegetarian friendly) tickled the taste buds but for us the winners were to be the Pepperoni, Picante Sauce and Pepperdew, and the Braised Beef, Rocket, Garlic and Gremolata. The Picante sauce gave the Pepperoni added spice which clearly satisfied Fletch's steel pallet, whilst the Pepperdew brought a hint of



sweetness. The Braised Beef was an order out of curiosity as I had never had beef on pizza before, one bite in and it was a 'where have you been all my life' moment, the tender, chunks of meat were juicy, bursting with taste, and worked perfectly with the rocket. I'm not afraid to admit to being a bit of a pizza snob, for me it has to have a thin base that is both floppy and crispy, it needs to be grease free and authentic, Forzza definitely ticked all boxes and lived up to my high pizza standards. To balance out the guilt of our feast we also ordered a healthy option of fresh Garden Salad, with soft butternut squash pieces and the biggest, crunchiest croutons either of us had ever witnessed. For sides the Home made Slaw and Skin-on Fries could not be over looked.

Having being beaten by our banquet we had a little time to kill before the film, and as much as I would have loved to have sampled a build your own ice-cream sundae the skinny jeans did not agree! Instead we opted to take a couple of Mojitos onto the expansive terrace upstairs in the bar area. I think some would be shocked to learn that Everyman has an outdoor terrace because it may be the last thing to expect from a cinema in a shopping centre, however this terrace is well worth a look in and I reckon a hidden gem for those sunny afternoons when there's just not enough outdoor space in the city for an alfresco tipple.

At the call time for our film there was one last order of wine at the bar for us to take in to the luxurious cinema, and then feet up in anticipation of the Marvel blockbuster.

Although our visit to Forzza was part of the whole cinema experience there's nothing to say the restaurant can't be visited independently whether it's for food, drink or even an afternoon coffee, its offerings are not only delicious and to a high standard, the price range is pleasantly affordable.

Off the back of our trip to Forzza I can confidently say I have found my ideal Pizzeria, there is so much more I am looking forward to try, especially one of those Sundaes!

Just as Arnie said "I'll be back".

Rachel x

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RACHEL McALLEY WOMAN IN A MILLION

I have a very lovely normal down-to-earth Leeds friend, Anj Handa, who does exceptional and not-at-all normal things in the world.

When I met her back in 2005 she worked in an average everyday office in Leeds city centre, she was doing a 'normal' job, and in the 10 years since we met she is now working with businesses to build social values, working comfortably and happily around wellbeing and resilience.

Through her business with three female business partners, she has launched the People Help People Foundation, fights courageously for women's rights, ran an international, high-profile media campaign and secured 128,000 petition signatories for a single mother seeking asylum on grounds of the risk of Female Genital Mutilation on her daughters, and fundraised to support them when they were deported.

She has been part of a live business panel at the Labour Regional Conference with Ed Balls MP to answer questions on the economy, and she and

her partners host Conscious Cafes for local communities to get together to discuss issues that affect them.

Most recently she was shortlisted in the Gender role model category of The National Diversity Awards and her company won an 'Outstanding Contribution' award for Women's Rights from Bradford Charity Peacemaker International, for a report that she co-authored with her business partner Dr Jean Garrod.



A Director of People Help People Ltd my friend Anj Handa is a Leeds woman, who has far reaching aspirations and goals. She tells me that by drawing on her inner strength, she has been able to follow her heart.

Most of all though, Anj is just a Leeds lass who is passionate about everything she does, and I must admit that I really do love having friends who make a better life for others that are less fortunate than themselves.

*Ciao for now
Rachel.*



@LadyRach on Twitter - www.rachelmcalleymarketing.com

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When living in the city, entertainment options are limitless and I'm always on the look out for alternative experiences. So when the opportunity arose to try out Mecca Bingo, down at Crossgates, I put a Wednesday evening aside to give it a go.

On the short taxi journey to Crossgates my bingo partner and I were totally in the dark as to what to expect. Neither of us had ever been to a proper bingo hall before and were eager to see what awaited.

The first thing that struck me was the size of the place, the building (which was an old supermarket back in the day) was ginormous with a thousand person capacity main hall and a separate slots room. On arrival our first task was to register which, with the help of the welcoming reception staff, was a very quick and easy process. With that done and membership cards in hand we were ready to get playing.

Initially choosing what games to play seemed a little confusing

City Dweller and socialite, Rachel Flynn checks out the Mecca Bingo in Crossgates for a new experience and a night of surprises.



but after a quick lesson from the staff we were set up with our books, dabbers, and a tablet to play electronically if we wished (who'd had thought the classic game of bingo was so up with the times?!). I opted for the traditional dabber method whereas my partner was grateful for the tablet which automatically completed your games for you. A definite must if you tend to buckle under pressure!

Although we wanted our experience to be about playing bingo it was only right that we also took full advantage of all that Mecca had to offer by getting involved in the vast food and drink options. Typical for my partner and I to spot a cocktail menu - it was a Cosmo for me and a Mojito for him. Once in the

flow of a game it is impossible to direct your attention anywhere else so the choice to have your food served during the intervals was a spot on service. To start we had the Ultimate Full House Platter which was perfect for our carnivore/vegetarian combo, the mozzarella dippers were undoubtedly our favourite. For mains my partner was more than satisfied with the home comforts of the Veggie Sausage and Mash, whereas I experimented with the 'Chicken Your Way' selection of chicken breast with rice, coleslaw and firecracker sauce. The standard, and variety, of the food and drink surpassed our expectations when compared to their price tag, with mains starting from just £3.99 you're left with plenty of change to have a dabble on the slots.

With the intensity of the games, and bustling atmosphere, it was easy to see how so many people choose Bingo as their past time. The big game of the night was a link up with all the other Mecca Clubs across the country and with the chance of 'winning forty four grand' on the cards you could have heard a pin drop for the duration. Unfortunately for us, our luck wasn't in at all that evening but it was for some. The lady on the table next to us happily walked away with just over four hundred quid in the bag!



What I found appealing about bingo was the freedom to play as you wished, it was your choice how many games you wanted to play and how much money you were prepared to spend.

For us, we were there for a bit of fun but for some it gets pretty serious. With the amount on offer to win it wasn't hard to see why. Another pleasing factor of our trip was the evident sense of community - regulars were very friendly and only too willing to offer advice to us amateurs.

As mentioned earlier our visit to Mecca Bingo Crossgates was a first for both my partner and I, and to say we were surprised would be an understatement. Whether you're looking for a new hobby or want a night out with a difference it's unquestionably worth giving it a shot. It could also double up for a great celebration option, a birthday night out or an alternative girls night out?

As the saying goes 'don't knock it until you try it' and it's safe to say Mecca Bingo is definitely to be tried!

Here's to a full house!

Rachel x

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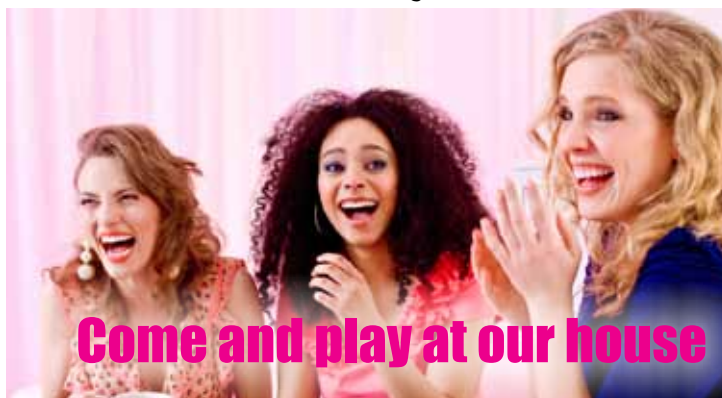
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LAUNCH NEW CLEAN CUT WEBSITE

Leeds-based cleaning company Eliteclean have launched their new website at www.elitecleancontracts.co.uk/

Eliteclean is a well established company who specialise in cleaning restaurants, bars, nightclubs, offices and retail outlets!

Their new website, designed by Absolute Social Media, went live in April and will play a huge part in continuing their success.

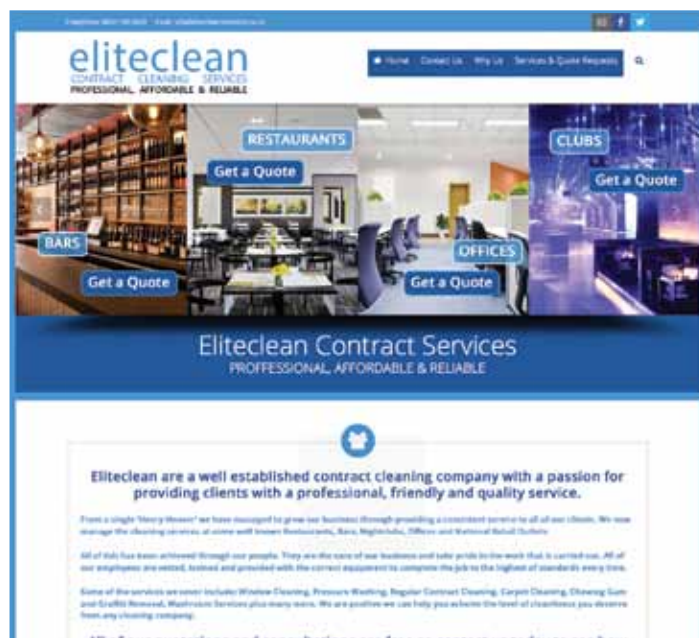
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LEEDS CHILDREN'S DOCTOR SCOOPS PRESTIGIOUS PRIZE FOR RESEARCH

Paediatrician at Leeds General Infirmary and researcher at the University of York's Centre for Reviews and Dissemination (CRD) wins 'Young Investigator of the Year' for work which will "shape the way children's health services are configured" Consultant Paediatric Oncologist Dr Robert Phillips has today been awarded the SPARKS Young Investigator of the Year for his tireless work into child and adolescent health research.



Mark Woodward Photography
markwoodwardphoto.com

Presented at the Royal College of Paediatrics and Child Health's Annual Conference, the SPARKS award, which is funded by Sport Aiding Medical Research for Kids (SPARKS) recognises excellence in research and is offered once a year to an outstanding young medical research worker in British paediatrics. From social media delivered medical education to research into dietetics, neuropsychology and childhood cancer, Dr Phillips' research has brought together clinicians and researchers from the UK and overseas. It has also provided clinicians as well as patients and their families, with information on which to make important healthcare decisions - this has ultimately improved the experience of healthcare for children and their families.

Dr Robert Phillips received a trophy and both he and his department received cash prize of £500 each at the award ceremony held at Birmingham's ICC, on Thursday 30 April.

On winning the award, Dr Robert Phillips, a Consultant Oncologist and Member of the Royal College of Paediatrics and Child Health, said:

"I was delighted and completely surprised to be given this award. It's great to see that the science of evidence synthesis, where we take the data from existing research studies and combine it, has been recognised by the College and supported by SPARKS. This sort of research maximises the value of clinical study data, not wasting any of the information which the families, children and research teams involved in these studies have worked so hard to produce."

As well as winning the accolade for his extensive clinical research, Dr Phillips was singled out for another piece of work which specifically looked at reducing hospital admissions for children with 'febrile neutropenia' - a potentially life-threatening condition developed during cancer treatment.

All patients are given an aggressive course of antibiotics which improves outcomes but can often result in unnecessary hospitalisation. Dr Phillips established an international collaboration of researchers, clinicians and patient carers including 19 research groups from 15 countries who shared data on over 5,000 episodes of the life-threatening condition. This data was combined and analysed to develop a 'risk prediction model' to work out which children are at greatest risk of severe infection. Clinicians will be able to use the model to better predict risk of severe infection, and tailor treatment accordingly to lower the risk to the patient. Children with low risk may be able to go home, whereas those at high risk may need careful monitoring and a bed beside the nurses' station.

Dr Phillips has recently been awarded an NIHR fellowship* to build on this important work.

Professor Lesley Stewart, Director of the Centre for Reviews and Dissemination at the University of York, who nominated Dr Phillips, said:

"The research that Dr Phillips undertakes has great potential to impact directly on clinical practice and patient experience. It also has high potential to positively shape the way that health services are configured - an achievement of great importance for child health not only in Yorkshire, but across the rest of the UK and beyond.

"Dr Phillips is one of the most committed and outstanding young researchers that I have come across. The combination of his research, statistical and clinical skills serve to deliver research that is relevant robust and high impact. In my opinion, the SPARKS award for Young Investigator of the Year could not have gone to a more deserving clinician."

TREAT FOR MARTIN HOUSE CHILDREN'S HOSPICE FROM NAPOLEONS CASINO LEEDS

Martin House Children's Hospice in Boston Spa near Wetherby received an eggs-tra special treat over the Easter weekend when Napoleons General Manager Sandy Kopec & the Easter bunny stopped by to donate 30 Easter Eggs for children in the hospice & a cheque for £1,000.

Martin House provides family led care for children with life shortening conditions. It is a place where children, young people and their families can come to stay from time to time along their journey and find support, rest and practical help.

General Manager at Napoleons, Sandy Kopec, commented: "Throughout the year we support different charities & we thought this Easter we would do something a little bit different for Martin House by not just making a donation but by stopping by with the Easter bunny & a car full of Easter eggs too! The Easter bunny certainly put a smile on lots of people's faces...and a few on the car journey there too!"

Napoleons is Leeds' longest established casino and opened its doors in 1986. Since then the venue has earned a reputation for an unforgettable night out with a fantastic restaurant and gaming experience coupled with exceptional customer service.



CHARITY Shoutout



St. George's Crypt

Chris Fields
CEO

St George's Crypt has been a locally based Christian charity tending to the needs of the homeless and vulnerable since 1930.

We help people who are at rock bottom with their housing situation, food poverty, poor health including addictions and basic loneliness. We operate a 24 hour, 7 days a week service and liaise closely with many different services throughout Leeds in order to help as many people as possible.

There are many reasons for becoming homeless and we have seen them all. Relationship breakdowns, unemployment and undiagnosed mental health issues top the lists. We cannot offer an immediate answer to everyone's issues but we do offer a place of safety and indeed love where someone can take stock and look to the future without the basics of life getting in the way.

Last year we had 1022 individual people staying with us for varying periods of time and we serve on average 56,000 hot meals a year.

We also offer laundry services and fresh clothes for those in need of them. Food, shelter and clothing have been the mainstay of our charity since 1930 - what a privilege!

We depend on personal giving for the provision of food and clothes and regularly



**St George's
Crypt**

accept food donations from shops, cafes and supermarkets to help feed everyone. We also ask that the residents help prepare the food through our social enterprise NURURE catering. This was set up to offer real time training and skills for people who would struggle to find work within the city. We recognised that Leeds has a massive service and leisure industry and we aim to help people find work within these areas.

It's all about second chances and "there but for the grace of God" is our usual response to those who may wish to judge.

Because of our training and Engagement projects we can now proudly state that over 28% of our workforce are ex-service users who have applied for jobs and filled the criteria excellently.

Our existence relies on the public and corporate donors who see the work we do as essential for helping people in their darkest times. We're also proud that we have worked closely with Leeds City Council for a number of years and we respect partnerships and encourage our links with local Churches as well as other faiths - local Mosques, Temples and Synagogues all play a part in helping us help others.

The Crypt often has corporate teams helping around the place and our volunteer list is added to on a regular basis. Everyone has a great time and has a feeling of purposefulness at the end of every shift and every shift makes a difference.

We are, for a short time, "family" to the unloved, friends to the friendless and strong for the weak. It's very simple, we love people, and we love Leeds.

*We love people, and we love
Leeds!*
Chris

Twitter: @CryptLeeds | Facebook: St George's Crypt, Leeds



Hi Dr Jones,

I have always wanted to change the shape of my nose. As a teenager I was bullied as it's a little longer than I would like. I am now a 26 year old professional woman and in a position to afford an operation. Do I contact Nuffield Hospital direct or do I need a referral from my GP?

Dear Dweller,

As a general rule if you are paying for yourself then you can contact the hospital directly for an appointment. If you are claiming on insurance then a GP referral would be needed. Some Doctors still prefer the courtesy of referral letter. Many surgeons offer a free appointment to discuss procedures anyway so I would contact the hospital and talk to them yourself.

Dr J

Hi Dr Jones,

I just wanted to ask about irregular sleeping patterns as in the last year I don't seem to be able to get a good night's sleep. I am female and 46 year old. I tend to go to bed around 10pm and by 1am I am wide awake and when I do fall

back to sleep for the odd 30 minutes or so I have really bad dreams. I do have quite a high pressured job so I don't think it's stress related but if you could offer any advice I would be really grateful.

Dear Dweller,

Sleep problems can be notoriously difficult to solve, especially when adding in something like stress on top. I would look at the national sleep foundations site for advice about sleep hygiene, follow the link. <http://sleepfoundation.org/ask-the-expert/sleep-hygiene>. This give a good list of useful do's and don'ts. In terms of stress, I would try writing down anything you are thinking about with regard to work before you go to sleep so that you have got those thoughts out if your mind but they are there ready for the next morning.

Dr J

Dear Dr Jones,

Could you offer any advice on a condition that has occurred over the last 6 months? I am a 34 year old man and have just started to get lots of dry patches of

skin particularly on my hips and legs. I also have a few very itchy patches around my body and scalp. I have looked at the usual things that may cause this like changing my soap etc. but I have not changed anything. It's just very embarrassing sat at my desk scratching away and I wonder why at my age it has suddenly started.

Dear Dweller,

This can also be tricky to solve. It may be that you haven't changed anything but you cannot be sure that they have not changed the formulation of the products involved. I would try and stick to the simple type of products for now with little if any additives. I would try and use a regular moisturiser to help restore the balance to your skin. It may also be worth considering and any other recent changes such as dietary. Failing this, something like an over the counter antihistamine such as cetirizine may help to calm it down.

Dr J

*Till next time.
Dr J*

Nuffield Health:
nuffieldhealth.com
0113 834 3642

If you have a question for Dr Jones please email him at:

drjones@leedscitymagazine.co.uk

For further information please visit:

www.nuffieldhealth.com

Nuffield Health
FOR THE LOVE OF LIFE

Joanne Gregory

Medium, Author & Visionary



I have a question for you. Do you really want to be happy? You might think that is a silly question to ask you, however, in my experience very few people are really happy. We may experience fleeting bursts of happiness but often we are unable to sustain it and look for outside stimulus to recreate the feeling.

If you are completely happy I am truly pleased for you but if you have anything missing from your life and yearn for it there is something you can do about it. Happiness is your birthright – no one is exempt regardless of your religious beliefs and cultural backgrounds we are all searching for the same thing to feel happy and alive.

A common misconception is that something in our future will make us happy. We tell ourselves that if we have that car, a bigger house, a partner, a new job or lots of money we will be happy. I have even known people put their lives on hold until they lose weight thinking things will get better when they are thin.

It's ok to have all the things you might be wishing for by the way. Anything that brings you joy is good. Just bear in mind how many things you really thought you needed in your life are now left unused in your cupboards or have been scrapped for something else. It is also worth mentioning at this point, in my communication with spirit, they never come through and send their love to their car or house, only their family and friends.

There are many things you can do if you don't feel happy. To start with it is well worth understanding what the link between happiness and possessions really is. 'We won't get happy if we get things, but we will get things if we get happy!'

So if we want to be happy and really want that car, the big house and the soul mate what do we do?

Did you know that almost

everything that makes us deeply happy is free? Think of a proper belly laugh, a baby's smile, a warm sea breeze, sunshine and holding hands with someone you love. Sadly the pace of life nowadays means we often miss the free stuff because of our deadlines and duty. Sometimes we are so preoccupied with searching for our things we don't see or sense when our happiness flows in.

The key is to slow down and shift our attention to this moment, to 'now'. This will alleviate a huge percentage of our stress when we are not consumed with tomorrow. When we slow down we notice things we usually miss. When we are not thinking about what's next we will engage fully in conversations and notice people being nice to us. I know for sure that when we remove stress and haste we are far more productive so things get done just as quickly.

Connecting with our environment is vitally important to our wellbeing. When do we really pay attention to the free abundance that is around us? When do we stop long enough to look at sunsets, unless we are on vacation? What about a clear star studded night sky? Why do people travel to go and see the Aurora Borealis or go whale watching? The wonders of our planet and our connection to them make us happy.

Connecting with each other is also essential. Often self-imposed deadlines mean we don't have enough quality time with our favourite people or notice if a prospective important person has entered our lives. When I met my partner I became deliriously happy. One of my happiest days was visiting the coast with him, all it cost was a bag of chips and a £1 worth of 2pences for the slots. Being happy with days just like that resulted in my happiness increasing to the same frequency as my dreams. When I got happy a series of amazing events led me to my publisher and a 'three book' deal. Happiness definitely creates more happiness.

There's obviously more you can do to bring you happiness into your life but maybe this will make you at least slow down enough to look for what it is that makes you happy and lead you to your dreams.

I have no doubt that there will be a day of off the scale joy and happiness for you to experience today, I hope you will slow down enough to notice it.

**THE UNIVERSAL GUIDE TO HAPPINESS BY JOANNE GREGORY
AVAILABLE JUNE 2015
Published by Local Legend publishing**

RECRUITMENT TIPS BY CRAIG BURTON FROM THE WORKS RECRUITMENT



the works
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City Jobs

to warrant them leaving for a break so soon.

The none smokers all glared at the group sneaking out of the office to go and talk about anything. I'm not sure what I was more annoyed about, the fact they were getting out of work or the fact I didn't know what they were talking about. Human nature is to be curious so we want to know and be involved with. I understand why I got the stares from colleagues as I left for a fag break; frustration, annoyance and fear. Yes fear, of missing something, which could be important to their presence at work. A simple comment, a decision, a piece of knowledge that gives you power over another in the office. Let's not fool anyone into thinking that workplaces aren't competitive. We all want to do better than the next person.

Move on from this a few years and I am now the boss. The one watching as everyone leaves for their breaks - I've managed to stay on the non-smoking side but I can see a divide in the office between the two camps. My personal opinion is that if everyone gets on with their work and the allocated tasks are completed then it's really not a big deal. I actively encourage people to get up from their desks and have a break whether it's smoking a cigarette or having some fresh air. You are not chained to your desk and you have to develop an acceptance for others choices.

Only now can I see being older and wiser that everyone has an opinion which isn't necessarily shared by everyone else and as long as you keep the balance in the two camps and make sure no one person takes too many breaks, then both species can co-habit together harmoniously.

Popping out now for a quick vape!

Best of luck!
Craig

Craig Burton is a seasoned specialist recruiter of over twenty one years with **The Worksrecruitment.com**

Fuming? The big smoking debate.

From all sides, being a smoker, then a non-smoker and now the boss!

Is it right to smoke at work? Should you be allowed to have the extra time? What's everyone's big issue? I have sat on both sides of the fence as I've been a smoker and now I'm a non-smoker. Throughout my working day I would look forward to my smoking breaks, catching up with other colleagues about the latest office gossip, discussing last night's episode I'm a Celebrity Get Me Out Of Here, why that person was wearing slippers in the office?

I was part of a club, a clever club, who got to have regular breaks and enjoy the social aspect of smoking in work hours with their mates. I honestly never thought it was unfair as I worked hard in the office so why shouldn't I get a break! I didn't take long lunches as I just wanted to smoke. I dedicated my time to doing my job well, so taking 5 minutes to smoke wasn't really a big deal, was it? It takes that long to make a cup of tea!

I looked forward to lighting up in the morning, after lunch, in the afternoons and before I went home, inhaling with a long slow breath as the smoke hit my lungs it made me feel relaxed, relieved I had got my fix! Smoking was always part of my social circle both at work and home, it felt normal that I would do it, wherever I wanted.

Fast forward a few years and now I found myself on the other side of the fence, watching as colleagues left no sooner as they have arrived at their desks for the first fag break of the day. It was around 9.30 and I couldn't see what they would have possibly achieved in their working day

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DALBY FOREST GO APE!

DAYS OUT FEATURES

Welcome
to **Yorkshire**
yorkshire.com

City Dweller Magazine have teamed up with the guys at Welcome to Yorkshire to look at some Yorkshire days out. Here's one of their suggestions with all the makings for a great day out.

This day out is chimplly the best!

If long walks and fresh air don't really appeal to you, then there is a more intense way to enjoy nature! Climb, swing, zip wire and segway your way through Dalby Forest at Go Ape.

With fun and adventure across six sites, Go Ape's Tree Top Adventure features

award-winning high ropes and epic zip wires above a plunging valley, it's accessible to all though and the friendly and knowledgeable staff members make sure you are well looked after.

This great day out isn't just for adults either, there is also a Junior Adventure where your little monkeys can negotiate child-friendly obstacles and experience their own adventures.

The tree top adventure has a total length of 888 metres with the highest point reaching 35m and the longest zip wire stretching 250m. However, don't worry if heights and climbing

aren't your thing, as Go Ape also offers the chance to experience the forest on two wheels with their Segway Experience.

Using a self-balancing electric Segway you will tackle the terrain of the forest in a unique way and really experience something new and exciting. This activity lasts an hour and requires no previous experience (although full terms and conditions should be checked online.)

A real must for adrenaline junkies and adventurers alike, Go Ape will have you and your pri-mates monkeying around for hours!



FACT BOX

Prices:

Tree Top Adventure – Adults (16+) £31, Children (10-15 years) £25

Opening Times:

Check availability on website

Address:

Go Ape Dalby, Low Dalby, Thornton-Le-Dale, Pickering, North Yorkshire

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Attraction Website:

goape.co.uk/days-out/dalby

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Yasmin Macis TRAVEL INSIDER

City Dweller & seasoned travel expert, Yasmin Macis, is racing all over the world this month!

Whether you enjoy cheering from the stands or prefer a more hands-on approach, I have a range of exciting sports holidays to tempt you off the sofa.

It seems like top-notch sporting events are wall-to-wall at present with Brazil greedily hosting two extravaganzas - the amazingly successful World Cup last summer and the Rio Olympics still to come in 2016. So why not go soak up the sun, sea and samba?!

Australia and New Zealand got in on the act by staging the Cricket World Cup, which also showcased the amazing scenery and sporting opportunities

to be had by adventurous travellers. Both countries major in watersports, like sailing and surfing, and New Zealand also boasts unspoilt wilderness for trekking, camping and kayaking. It's so spectacular that it was used as the location for the 'Lord of the Rings' trilogy.

But you needn't travel that far to enjoy sports. The glamorous Grand Prix season is well underway and I am now booking flights, accommodation and tickets to races in Hungary, Belgium, Italy, Abu Dhabi, Singapore and the USA. I can easily help you combine any of these trips with longer holidays.



The real home of the Olympics is Greece, a land that promises not only a wonderful climate and history but also plenty of ways to test your fitness at great resorts, offering endless leisure opportunities, plus the chance to enjoy flotilla sailing around its stunning islands. Nearby Turkey offers similar attractions and hot-air ballooning over the fairytale landscape of Cappadocia is a must-do.

The ski season is over but don't ignore the many opportunities for climbing, walking and mountain-biking along the spectacular Alpine trails of Switzerland, France and Italy, which are perfect for a short break.

Looking ahead, it can pay to book early if you fancy travelling to England's cricket tour of South Africa this winter or perhaps golf is your thing and you'd like to fly to Minnesota for the Ryder Cup in 2016 or the Masters in Georgia. Whatever the occasion I'm happy to offer advice and find you a great deal!

Bon Voyage!
Yasmin x



Don't keep me a secret, please feel free to share me!

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T: 0775 274 3356

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01 THE CHAMBERS	19 QUEBECS
02 BEWLEYS	20 PARK PLAZA
03 MARRIOTT	21 IBIS BUDGET
04 MERRION HOTEL	22 DOUBLE TREE
05 JURYS INN	HILTON
06 NOVOTEL	23 THE CHAMBERS
07 TRAVELODGE	PARK PLACE
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11 COSMOPOLITAN	25 RESIDENCE 6
12 RADISSON BLU	
13 MALMAISON	
14 42 THE CALLS	
15 THE QUEENS	
16 TRAVELODGE	
17 HOLIDAY INN	
18 DISCOVERY INN	

Restaurants

01 PIZZA EXPRESS	15 AKBARS	31 VIVAS	48 BUNDOBUST	63 NO.1 ORIENTAL	76 PRIMOS HOTDOGS
02 FUJI HERO	16 SHABAB	32 ROAST & CONCH	49 FOOD EMPORIUM	77 RED HOT	WORLD BUFFET
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GUJARATI (V)	20 BELL PASTA	36 PICKLED PEPPER	53 WAGAMAMA	67 PRIMO	79 BARBURRITO
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MAHAL	23 FORZZA	39 LA GRILLADE	56 GOURMET	70 CARLUCCIOS	81 SHEARS YARD
08 CAFE GIARDINO	24 PIZZA EXPRESS	40 THE FOUNDRY	57 BURGER	71 ROXY LANE	
09 THE LOUNGE	25 AM KITCHEN	41 PIZZA EXPRESS	58 TEMPURA	72 SAN CARLO	01 NUFFIELD HEALTH
10 SHALIMAR	26 CALLS GRILL	42 BLACKHOUSE	59 MIA MODO	73 FIRST FLOOR	02 LEEDS GENERAL
11 WONG'S	27 BRASSERIE 44	43 BIBIS CRITERION	60 NAWAAB	74 GRILL	INFIRMARY
12 HARVEY NICHOLS	28 POOL COURT	44 LA TASCA	61 RESTAURANT	75 GRANARY LOUNGE	
FOURTH FLOOR	29 PARKERS	45 STRADA	62 BAR & GRILL	76 REDS TRUE BBQ	
13 QUEENS COURT	30 GAUCHOS	46 TAMPOPO	63 LOCH FYNE		
14 PICCOLINO		47 THE LAB			

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Hospitals

Club Guide

1 02 ACADEMY The biggest venue in Leeds, with constant live acts on all nights of the week. You're spoiled for choice with a huge variety of live music.

2 ORACLE Oracle is Leeds' largest waterfront venue. Situated in the heart of the newly developed Brewery Wharf, overlooking the River Aire, Oracle is an oasis for the more discerning customer looking for an alternative from Greek Street and Call Lane.

3 WAREHOUSE Located to the west of Leeds City Centre, this enormous club was one of Britain's most important rave venues in the 80s and 90s and, following a 2011 refurb, is still thriving. Queues stretching down the street are common.

4 BELGRAVE MUSIC HALL An independent venue with music, art, film and food spread across three floors, including Leeds' most spectacular roof terrace. 1-1A Cross Belgrave Street, Leeds

5 MISSION Housed in six railway arches, Mission has 3 rooms playing a variety of music as well as a huge outdoor terrace. Hosting one of the biggest student nights in the North, you can't go much bigger than this!

6 MINT CLUB Club Widely regarded as the best small club in the UK, Mint is a popular destination for house/techno-electro DJs and music fans.

7 THE SPACE Playing the latest funky house and urban beats, this popular basement club offers a range of student nights throughout the week with a wide range of drinks.

8 HI-FI Three times winner of 'Best Nightclub' in Leeds, this club is the place to go for a different night out. Playing soul, funk, hip-hop, reggae and disco, it's a great night out without the same old songs!

9 CHILLI WHITE Situated behind the Corn Exchange, Chilli White has 3 rooms of decadence. They host the incredibly popular Little Miss student night on Tuesdays and Penthouse on a Saturday night. Whether you want to dance away to sexy RnB or sample some house music.

10 MEZZ One of Leeds' longest standing and popular destinations, hosting massive weekly events and playing RnB, hip-hop and student anthems.

11 REVIVAL The funkier, floor fillers from the 70s, 80s, 90s and 00s all in one place. With a great location and great drink deals, there's no other place to go for a retro night!

12 PRYZM Serving up everything from EDM, House to R&B, from Pop to Acoustic, the ground-breaking club fuses local talent, established artists and household names - promising a wide array of entertainment across its varied rooms. Waitress service is also available throughout the whole

club as part of the enticing booth & table packages on offer.

13 STYLUS The Leeds University Union nightclub boasts a huge club complex with three rooms all playing a variety of music.

14 WIRE Wire is one of Leeds' finest club pushing quality underground music in a friendly and intimate environment. Powered by a full Funktion One Soundsystem and fuelled by a selection of the best imported bottled beers and spirits.

15 CONTROL Great music venue in a setting straight from the future: The World's 1st LED Geodome!

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We recently caught up with well known Leeds socialite and new city dweller Anne McCartney.

Known as 'Macca' around Leeds, Anne has a huge local presence in the city centre - she runs her own social club in Leeds, they meet every Tuesday in Restaurant Bar and Grill, and has worked in the city centre for PricewaterhouseCoopers for 28 years.

She recently went through the

stressful experience of selling her house and becoming a first time renter! Anne shared with us her experiences of moving into the city centre and the service she received at Martin & Co Leeds City Centre.

Her main issue with her old home was the stressful mornings of driving to the train station, fighting for parking spots, standing on cold platforms for late trains and then walking to the office, while paying £140 a month in train tickets for the





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privilege! But that was only one of many reasons, Anne wanted to move to the city.

Anne stated "I was spending more and more time in the city, I worked there and friends would often go out there.

Everyone wanted to be there! In the city centre, it's so friendly and it's one big neighborhood. So I spoke to Martin & Co about moving and they told me to concentrate on location.

The transformation was amazing - I love living in the city and wish I had done it earlier, Martin & Co were so right."

The role of an estate agent is so much more than just finding the perfect place, though. Packing your bags and moving is usually a daunting, horrific experience - especially when you have to add the idea of leaving the property ladder to rent.

"Moving was an anxious time,

"They got to know me after a few meetings and took such a personal approach to everything. After one viewing, Michael Drake from Martin & Co said 'I've got the perfect one for you.'"

I'd never rented before but they really explained the whole rental process and it was an easy transition. The service was beyond what you'd expect and all you had to do to contact them was lift the phone - they were so quick to answer questions!"

"They got to know me after a few meetings and took such a personal approach to everything. After one viewing, Michael Drake from Martin & Co said 'I've got the perfect one for you.'"

The apartment was handpicked by Michael who, after their first couple of viewings, got to know Anne personally in order to find her the best suited apartment.

From there, the ball just rolled. Anne moved into the luxurious Victoria Quays, consisting of 121 apartments with great location, good quality fittings and off street parking - as well as being only a stones throw away from all the top bars in Leeds.

For a girl about town like Anne it's perfect!

"I now have the freedom to meet

friends for impromptu drinks rather than needing two hours notice! It's a 15 minute stroll along the riverbank to my office in the morning rather than the commute from Skipton I put up with for 30 years!"

Martin & Co didn't stop there, though. With regular visits and check-ins, they are continuing to help Anne out and make sure she is settled into her apartment and settled into city living as they continue to go beyond what is required of them!

Martin & Co Leeds City is more than just a lettings and sales business renting and selling properties to people.

They are a people business - matching people to properties, taking care of landlords, tenants, buyers, sellers, investors and their business partners.

You can drop them an email at: leedscity@martinco.com or give them a call on 0113 245 7174.



City Homes

PROPERTY with EDDISONS

Bridgewater Place

OLIVER
BANKS

It is hard to miss Bridgewater Place in Leeds. As the tallest building in Yorkshire, it is visible from up to 25 miles and is a striking mixed-use skyscraper blending a combination of residential, commercial and cultural space in one prestige building.



It provides 20 residential storeys, 10 office storeys and 40,000 square meters of floor space along with parking for up to 400 vehicles. Eddisons Residential is extremely proud to manage the residential block.

Apartments boast fantastic views across the cityscape and the river Aire. Apartments feature curved walls and large windows allowing maximum light to the apartment interiors. Facilities within the development include a fully staffed 24 hour concierge, gourmet sandwich and coffee shops, hair salon, restaurants, express stores and the all-important gym.

Not surprisingly, the central location, prestige address and superb on-site facilities attract key businesses to the commercial areas within the building, along with a number

of TV personalities and members of the footballing fraternity to the residential areas!

Designed by Aedas Architects with aptly-named developer, Landmark Development Projects and St James Securities. KW Linfoot developed the residential element of the skyscraper and the building was completed in 2007. Eddisons Residential manages the entire residential block as well as many of the apartment lettings.

Currently, a 2 bedroom apartment can be bought for around £189,950 and it's hard to see how long this can last with the city centre market very much on the increase.

These apartments also provide strong letting opportunities given the strength of demand for premium apartments in central Leeds locations. The proximity to the motorway networks, and with it access to other major cities, adds to the desirability of this city centre location for residents.



Apartment rental prices range greatly at Bridgewater Place, depending on style, size and floor level but studios start at around £600+ a month and 2 beds are in excess of £1000 a month. If you are looking to move up in the world, Bridgewater is a great place to start!

*Call in and meet
the team today!*

Oliver

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with **Jonathan
Morgan**

Next time you go into Headingley from the city centre, check out The Elinor Lupton Centre on your left hand side on Headingley Lane, shortly after you pass Hyde Park Corner.

It's a landmark building that has stood empty since 2008 and in it's boarded up, sorry-looking state it looks very different from the stunning building that, until recently, has been a Headingley icon for more than 100 years. It was originally built for the First Church of Christ Scientist before passing into the ownership of the Leeds Girls High School in 1986 when it was renamed The Elinor Lupton Centre and used as a theatre and concert hall.

In a surprising twist, JD Weatherspoon has bought the building and is keen to

DOES THIS STUNNING

BUILDING

DESERVE BETTER?

transform it into a pub and hotel, which has inevitably divided local opinion. There has been some local opposition to the plans on the basis that some residents don't want any more pubs but also considerable positive feedback, the thrust of which is mainly around the need to preserve the building.

I don't think we should dismiss Weatherspoon's plans without having a sensible debate about their detailed proposals.

They have achieved great things with many heritage buildings around the country, they are a big employer, they appear to be reasonably community minded and they sell beer produced by local brewers.

Despite similar initial concerns from locals, the company's venues have proved popular in the upmarket towns of Ilkley and Harrogate.

After a number of failed proposals for the building, there is a real chance that JD Weatherspoon could give the Elinor Lupton Centre a new lease of life which would surely be a very good thing.

*Thanks,
Jonathan*

Morgans City Living

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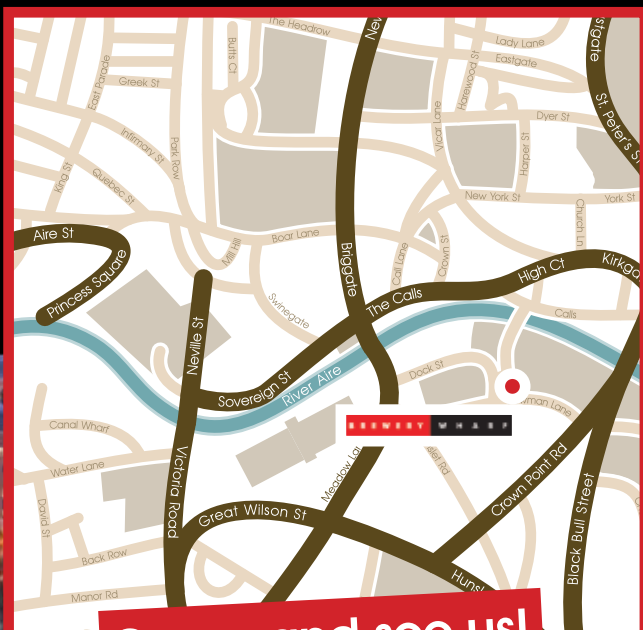
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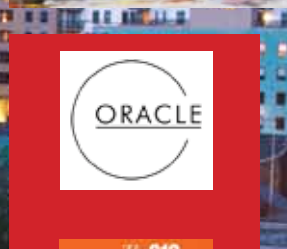
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Vaughn Thomas from Sovereign Wealth Private Clients, presents his financial column in Leeds City Dweller.

Vaughn Thomas, from Sovereign Wealth Private Clients, looks at property and the temptation to use pension funds to invest into residential property.

It may have seemed a long time coming, but for the millions of over-55s waiting for the new pension reforms, the retirement revolution finally got underway April 2015.

People over the age of 55 with a defined contribution pension now have the freedom to keep their fund invested and draw from it as they see fit, without restriction on the amount that can be taken in a single year.

The government has empowered a generation of retirees to do much more than they could before; and for a few individuals the new rules, or specifically the removal of the old ones, will be the key that opens the door to a number of possibilities – including the idea of investing in the buy-to-let property market.

Buy-to-let offers the potential of attractive levels of rental income and capital gains, but retirees may feel they can tread a more familiar path by investing in bricks and mortar. Television programmes that suggest anyone with a bit of spare cash can be a successful property investor do nothing to dissuade them from giving it a go.

Individuals looking to cash in their pension to purchase property will do well to consider the tax position of their actions before jumping in with both feet.

As residential property cannot be held in a pension, people purchasing a house or flat will firstly need to draw the required sum from the fund. The new rules make it possible to withdraw the whole fund, with 25% of it available tax-free but with further amounts taxed at the individual's marginal rate of Income Tax.

People taking a large withdrawal could therefore find much of it, along with any other income for that year, taxed at the higher 40% rate, or the top rate of 45%. Unfortunately, the potential tax burden doesn't end there. If the value of the buy-to-let property rises sufficiently, it will be liable for Capital Gains Tax when it is sold. In addition, any property owned by the individual forms part of their estate for Inheritance Tax (IHT) purposes. Then there's the business of appointing a letting agent, paying for repairs, working with

tenants – all things people may not want to have to deal with as they get older. For those who can't afford to buy the property outright, a buy-to-let mortgage will have to be secured.

In contrast, wealth held in a pension fund is remarkably tax-efficient for those who choose to keep it there. Investments are not liable to Capital Gains Tax while they are in a pension, regardless of how much they grow; and if an income is required from the pension, you can take flexible payments through the newly created 'flexi-access drawdown' facility. This allows income to be drawn at a rate that suits you, or that you determine to be the most tax-efficient.

Whereas property counts towards the value of your estate for IHT purposes, pensions do not. A pension can even be passed on to beneficiaries tax-free if you die before age 75. If death is later than this, income from the inherited pension is taxed at no higher than your beneficiary's marginal rate of Income Tax.

There's no doubt that buy-to-let can offer some attractive upsides, but investors who have saved diligently into a pension because of the tax breaks will balk at the prospect of handing back 40% or more in tax. Those who understand the need to maintain their standard of living throughout retirement will be working hard to minimise the tax they have to pay and making sure they seek financial advice before making any decisions.

The information contained within this article does not constitute investment advice. It is not intended to state, indicate or imply that current or past results are indicative of future results or expectations.

Full advice should be taken to evaluate the risks, consequences and suitability of any prospective fund or investment.

The value of an investment will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested. The levels and bases of taxation and reliefs from taxation can change at any time. The value of any tax relief depends on individual circumstances.

*Regards
Vaughn!*

To receive a complimentary guide covering Wealth Management, Retirement Planning or Inheritance Tax Planning contact Vaughn on 0113 254 9666 or email Vaughn.Thomas@sjpp.co.uk

PROPERTY with JORDAN YORATH



Empty Upper Floors....

We are experiencing a severe shortage of rental and sales property in Leeds city centre at the moment and it is evident that with rents rising and no developers on site with a major residential scheme, the issue is set to continue for another 12-24 months at least.

However, when I walk around the city centre, I notice many of the floors above retail and leisure properties lay empty. Indicators include smashed or dirty windows, old frayed sheer curtains and at one location I even noticed a breeze block wall erected up to the window!

It is a great shame as much of the retail/leisure space in Leeds City Centre is set within some of the most stunning architecture we have and yet the upper floors lay empty and forgotten. A great example of redundant upper floors is on Duncan Street, where there has recently been a hive of activity on the ground floors including the arrival of Five Guys burger restaurant, due this summer. Next time you walk along this street, look up and if you have a vivid



imagination, imagine how nice the apartments could really be!

A great example of a successful scheme which has been developed above retail space is Belgrave Court, on New Briggate above Richer Sounds. The developer, JR Properties developed 7 stunning apartments above the shop making the most of the buildings original features and then successfully sold the apartments in a short period of time.



We are currently advising several developers on their commercial property which has empty upper floors on the possibility of conversion to residential apartments for sale or to let and we welcome any developers or landlords with empty upper floors to get in touch with us!

*Good Hunting!
Jordan*



**Get in touch with Jordan for more advice and information!
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LEEDS GOLF CENTRE

Zach Williamson - Leeds Model, Event Promoter and now City Dweller Contributor heads to Leeds Golf Centre to try out footgolf and their Nineteen Bar and Grill.

Leeds is a great sporting city and I personally love most sports, amongst my favourites are football and golf, so when Leeds Golf Centre gave me the chance to combine both as part of a fun packed evening with my friends I jumped at the chance.

Footgolf is a new creation and if you aren't already aware of the rules, is just like a round of golf, same course and same tee off position but instead of a club and golf ball, you kick a regular sized football around the course into a larger sized hole.

It was 5pm on a Thursday after work and the location was Leeds Golf Centre and having never been to this particular golf club, I was really impressed by its facilities and aesthetic appearance.

My friends Mark, Nathaniel and Kris and I were greeted by the club manager and he set out our itinerary for the night and the rules of footgolf. We would first have 2 rounds (6 holes in each round) of footgolf, then back to the Nineteen Bar and Grill for food and then finishing off smashing some balls on the driving range.

With the sun shining, we were directed to the changing rooms where we swiftly put our tracksuits and trainers on. Just a tip though, you only need trainers not football boots and bring a pound coin for the lockers.

Before we knew it we had a ball each and were ready to kickoff on the first tee, let me just say that it's a good job I had done minimal cardio at the gym that day as we really got into the spirit of things and were running all over. It was so much fun.

The lads and I kept track of the scores on each hole on the scorecard given to us. We decided to add to the competition and stated the one with the lowest score at the end of the 12 holes was the winner and received a prize and the one with the highest score got the first round in at the bar later on.

We all really enjoyed the footgolf and it was a great way to have a catch up with my friends whilst trying something new. I couldn't believe that no one had thought of this idea before, by combining these two sports that are loved by

millions Leeds Golf Centre have given birth to a great alternative activity. Footgolf is ideal for stag parties, youth birthday parties, a great father and son day out or, if you are like us, just for a catch up and a midweek de-stress.

Footgolf isn't all Leeds Golf Centre has to offer, it also has a good sized driving range along with a putting green, an impressive bistro called Nineteen along with its main championship 'Wike Ridge' Golf course.

With the last kick of the last hole, we had finished and were more than ready for some food and drink having worked up a mean appetite. The Nineteen Bar and Grill is situated right next to the club house and is more like a city centre bistro than golf course bar and grill. The decor could rival most Leeds eateries and the food was absolutely fantastic.

As we entered the bar for our first pint, the staff were really helpful and helped us navigate the impressive menu. Steaks, burgers, light bites and classic specials are all offered, I ordered a chilli burger with fries which I would highly

recommend to any gourmet burger lover whilst my friends got a steak which looked absolutely amazing.

We finished our food and then washed it all down with an ice cold San Miguel before heading to complete the final part of our evening on the driving range. The driving range is clean and modern and, at £6 for 70 balls, is great value for money, it was a great end to a fun packed evening.



As we drove home I couldn't help but think we are really lucky to have an establishment like Leeds Golf Centre on our door step in Leeds. With so many activities under one roof it is an ideal place for friends and family to go and have a great day/night out or a great club for keen golfers to become a full time member.

The combination that night of the footgolf, the food and drink at Nineteen and the driving range made for one of the best evenings I have had with my friends in a long time. That good, in fact, we are looking to book again in a few weeks, this time with more friends.

*See you about town!
Zach*

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City Dweller fitness enthusiast, Michelle Brant checks out Virgin Active at The Light to try out their Body Pump class.

Rounding off the weekend with a body pump class on a Monday evening will not be everyone's cup of tea. Yet on this Great British hangover day I was looking forward to partaking in one of the Virgin Active Gyms unique high energy classes, which promises to sculpt, tone and strengthen while burning around 600 calories per 55 minute session using weights and repetitions for a fully body workout.

Walking through The Light and up to the first floor, where this tucked-away branch of Virgin Active resides, I noted, unsurprisingly, that there were very few people around and I fully expected to be having a personal one-on-one instructed class. I couldn't have been more wrong. The top floor and gym apparatus area was a hive of activity with other like-minded souls warming up while they queued outside the body pump studio. On entering I was met by Rup, a delightfully upbeat instructor, who was keen to inform me that both the previous class (body combat), that had just spilled out and this one were in fact booked to capacity after what had apparently been a busy day on the group session front.

I was impressed!

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Rup it turned out had quite the following - one enthusiast even let on that it was his third class of the day. This was my first, and I admit after normally shying away from group classes due to a severe lack of coordination I was a little terrified at seeing the amount of equipment needed for this one. However, being a new starter, I first underwent a brief ability assessment before gathering the necessary weight plates, barbell, dumbbells, mats and boxes, which I was informed could always be adjusted to either reduce or add weight as we went along - this was then promptly demonstrated how, to my great relief.

There was a good amount of enthusiasm in the air as Rup revved up the participants with a pep talk, asked about our general well-being and reminded us, after the weekend chocolate binge, that it would take around 1200 jumping jacks to burn off just one little Orio. Looking around at this relatively toned group I'd say they were already swerving the chocolate and have probably been given this sort of information on a regular basis. I couldn't wait to get started and learn some new techniques and tidbits, especially ones that looked as though they were producing results.

I took position, thankfully under the aircon, where there was plenty of space, with around

20 others all standing on mats facing the wall-to-ceiling mirror, anticipating the first move. We were soon informed loud and clear through Rup's head set to take hold of the barbell as she swiftly selected tunes, blasting out Balearic Ibiza through the speakers, a great energetic start. On instruction we squatted and performed lots of fast reps focusing on the legs and glutes for the first set with deadlifts for variation. I concentrated like never before on my technique and at Rup's where luckily she carried out every movement with us in what was an easy to follow style of teaching.

We alternated from squats to arms, changing our stance and lifted the barbell overhead, before switching speedily to dumbbells, still in time with the beats for an intense upper-body workout, which in my opinion burned the most. Throughout this burning phase we were urged to keep going with a few 'hut' 'huts' and words of encouragement, taking us past the half way point. We swapped equipment often to use the complete range and came full-circle to legs and lunges with some very impressive methods and good advice. It was pointed out that if anyone looked to be causing themselves some unnecessary knee damage then they would be asked to revert back to the squat. Fortunately my lunge technique was spot

on. However, I was grateful for the attention I was given on the chest press, evidently I need to watch my elbow position, something that hadn't previously featured in my standard exercise routine.

After the glutes, hamstrings and upper arms we concentrated on the abs with a nice little routine involving weight plates before a good five minute stretch to finish after what seemed like a whirlwind hour. This class was fast with really very little movement, focusing instead on small reps, which were easy to get the hang of once you had gotten to grips with the routine. I felt challenged rather than exhausted, almost instantly tightened and had a feeling it may sting a bit in the morning, but hey no pain no gain! Before I went for the mandatory lie-down in the sauna I had a brief chat with Rup and was taken aback when she revealed that she had switched careers just three years prior from retail. This lady was born to be a class instructor and the results speak for themselves as this Virgin Active branch sits proudly in the number two performance position.

If it's a professional yet highly motivating and results based class that you're after with an emphasis on sculpting and strength then I would recommend you sign up to one of more of these rewarding weekly sessions. Keep it going beyond the bikini ready summer months and you will definitely reap the benefits and perhaps learn a thing or two from one of their most enthusiastic and inspiring instructors.

*Get out there!
Michelle x*



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City Fitness

JOHN LANE'S FITNESS TIPS

I'm John Lane, Great Britain Athlete and British Record Holder.

In each issue of City Dweller Magazine I share health and training tips to help you with training and get the best out of your health and fitness.

Correct running technique

There are a couple of simple and easy technique tips that will make you run more efficiently and hopefully decrease the chance of injury. Run with both your arms and shoulders relaxed and elbows bent. Striking the ground with the middle of your foot whilst keeping an upright posture and a smooth running stride. Making these subtle changes to your technique should hopefully make your work outs a little easier.

Don't hit snooze

People who are planning to get up and exercise early should resist the temptation to hit snooze when your alarm goes off. Once your body starts its "wake up" procedure, it's important to let your body wake up naturally. Once you start your session, your body will begin to wake up and feel better.

Relieve those side stitches

Everyone gets side stitches during exercise. These can be a major inconvenience, especially

when it stops you completing your workout. These pains will not last long. The best way to help get rid of them is to stop your exercise and take deep breathes for around 30 seconds. This should help ease the pain and let you start getting back into exercise.

Exercising with music

Everyone likes to exercise with music. Running with your iPod can be a great way of keeping you motivated and help you get through those long tough sessions. When running with music, make sure you have a playlist set up so that you don't have to worry about constantly changing songs during your workout.

Swapping running for swimming

Swimming is a great way of getting fit, whilst also provides a great alternative to the gym or running. Swimming works your muscles in a different way than if you were lifting weights or running. It is a great way of introducing some variety into your training. Swapping one of your sessions with swimming is a great way of mixing things up and keeping the "cross training" elements in your program.

*Enjoy Keeping Fit
John Lane*

photography: trackpic.net



DEBRA WARE LEEDS UNITED INSIDER



All the insider information from Elland Road and Leeds United, courtesy of LUFC Liaison Director, Debra Ware

Over the last month, you may have seen the club's 2015/16 Season Tickets campaign across the city, on your television screen or on your mobile.

Despite the dip in form on the pitch in the closing weeks of the season, the striking imagery and video that accompanied the Season Tickets release seems to have struck a real chord with the supporters and the feedback received so far has been excellent.

The campaign brings together Leeds United stars past and present, reflected in the strapline 'Real History. Real Future. Real Choice'. The main image, which can be seen adorning buses in Leeds City Centre, recreates one of the club's most iconic shots and spans from Norman Hunter in the 1960s right the way to Alex Mowatt in the present day.

Norman and Alex are also part of the promotional video, which was largely filmed around the Beeston area and Elland Road. The children, who star in the video taking on Mowatt, Sam Byram and Charlie Taylor in a football match, are members of the club's Academy, adding an extra poignancy to the message that is being sent out.

So now the closed season begins! People not involved in

football often assume that when the season ends, we all shut up shop and have a good old break. Nothing could be further from the truth.



All the back room/office staff commence the cycle all over again, preparing for the new season and all that it brings. The draft fixtures are released in mid June giving us a good idea of when the madness and excitement kicks off again.

After 20 years in football, I still never tire of the expectations, build up and dreams for next season. I really hope it's a good one for each and every one of our loyal supporters, who have been with us through thick and thin and still come back for more.

*Till Next Time,
Debra x*



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MAGICAL MURDER AT THE MUSEUM ABBEY HOUSE MUSEUM Thursday 28th May

A detective day with a difference. Mr Marvel the Magician has been found dead in the Victorian Street but is all it seems to be? Follow the clues to crack the case.

Please note this activity runs 10am to 12pm and then again at 2pm to 4pm.

Free, but usual admission applies.

For more information please contact 0113 230 5492 or email abbey.house@leeds.gov.uk.



LEEDS INDIE FOOD FESTIVAL LEEDS AND SURROUNDING AREAS Thursday 7th - Sunday 24th May

Leeds is set to welcome a tasty month of food and drink events, as the city gets hungry and takes on the challenge to become the UK's Capital of Casual Dining, Craft Beer and more besides.

Independent businesses are at the centre of Leeds' foodie revolution and the brand new Leeds Indie Food Festival will be celebrating their achievements during a month watering two weeks. The Leeds Food and Drink Festival will then take over 22nd May - 7th June to round off what is set to be a spectacular month of food and drink.



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Cash for Kids: Jack Walton

CASH FOR KIDS ARE HOSTING THEIR ANNUAL CHARITY FUNDRAISER AT BEWLEYS HOTEL ON FRIDAY 19TH JUNE FROM 7.00PM. THE THEME IS 'SUMMER PARTY' AND THIS YEAR'S EVENT IS EXTRA SPECIAL AS THEIR NEWEST PATRON, JACK WALTON WILL BE PERFORMING ON THE NIGHT.



Jack Walton's career has moved from strength to strength in the last year since his X Factor audition. The former City Dweller Cover Star is very proud to be part of the Cash For Kids event at Bewleys Hotel in Leeds.

Cash for Kids are the official charity of Radio Aire. Each year they support thousands

of children from birth to 18 years old who are sick, disabled, underprivileged or who simply need extra care and guidance.

They do this by providing grants to individual children, other children's charities, community groups, schools and health organisations. All of the money raised locally, stays

local and helps children living in Leeds and West Yorkshire.

Tickets for the event are £15 for adults and £7.50 for juniors (junior tickets are for children under 12 years). Ticket price includes a welcome drink, BBQ style buffet food and dessert. Meet and greets will also be available with Jack for a small donation!

Entertainment on the night includes a performance from Jack Walton, a funky summer-themed photo booth and great music from the DJ until late.

You can also indulge in a tasty ice-cream from the ice cream tricycle, courtesy of www.a-taste-of-italy.biz, or some scrumptious sweets from the

sweetie table.

There will be a raffle and auction with fantastic prizes up for grabs.

BUY YOUR TICKETS NOW AS THE EVENT IS SET TO BE A SELL-OUT! WWW.RADIOAIRE.CO.UK/SUMMERPARTY OR CALL THE TEAM ON 0113 2835555



The LaFontaines

THE LAFONTAINES - THE UK'S FINEST PARTY BAND - WILL RELEASE THEIR MUCH ANTICIPATED DEBUT ALBUM 'CLASS' ON MONDAY 8TH JUNE WITH AN EXTENSIVE UK HEADLINE TOUR TO MARK ITS RELEASE.

**THURSDAY 28TH MAY
THE KEY CLUB**

The band has also announced the first of many festival slots at this year's T in the Park - performing on the Main Stage and highlighting just how far #Fontmania has come in a such a short space of time.

'Class' looks set to provide the boost into the mainstream that the Font boys have been building towards, and follows on from a phenomenal year in 2014. Starting with their debut single release ('All She Knows'), the band played their first headline shows in New York in April, supported All Time Low in Glasgow (2500 capacity) and released their second single, 'Under The Storm' to widespread airplay and UK wide press coverage.

As Scotland's biggest independent band, The LaFontaines have always followed their own path and the album is no different. The boisterous mob took to adventuring around the world for their latest video to support the release of the debut single, King'.

Frontman, Kerr Okan says, "I'd love to head back to Morocco, I just hope the authorities allow it. It would appear that chancing your arm and filming without a permit doesn't go down well in some places. We spent four hours in a holding cell in a Moroccan police station, whilst we tried to convince the authorities that we weren't working for the BBC or making a film. Next time I think we'll just head to Magaluf"



Badly Drawn Boy

TO CELEBRATE THE 15TH ANNIVERSARY OF THE RELEASE OF 'THE HOUR OF BEWILDERBEAST', BADLY DRAWN BOY WILL BE PLAYING THE CLASSIC ALBUM IN FULL, PLUS OTHER HITS AND FAVOURITES, AT SHOWS AROUND THE UK IN JULY 2015.

**THURSDAY 30TH JULY
CITY VARIETIES MUSIC HALL**

Damon Michael Gough (born 2 October 1969, in Dunstable, Bedfordshire), known by the stage name Badly Drawn Boy, is an English indie singer-songwriter and multi-instrumentalist.

Gough chose his stage name from the title character in the show Sam and his Magic Ball, which he saw on TV at a party in Trafford, Manchester, in 1995. Before he thought of using this name he made some business cards, each one unique, with a printed picture of a drawing by his nephew and a small collage by Gough. This was then laminated and given out to friends and people at clubs in Blackburn and Manchester.

A chance meeting with Andy Votel at the Generation X bar in Manchester, where Gough's friends Scott Abraham and Damon Hayhurst were contributing to an exhibition by the Space Monkey Clothing Company and Votel was DJing, led to the foundation of Twisted Nerve Records. Badly Drawn Boy's first 7-inch single, "EP1", was pressed the following year to critical acclaim, although only 500 copies were made.



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MUMFORD & SONS, METALLICA AND THE LIBERTINES

FRIDAY 28TH AUGUST - SUNDAY 30TH AUGUST

LEEDS FESTIVAL

Whether you live in Leeds or only enjoy the odd visit to the city, if you haven't been to Leeds Festival before then serious questions have to be asked! The festival attracts over 75,000 people to Bramham Park every year and with a party atmosphere, a few drinks and some of the biggest names in music performing, it's definitely an unmissable experience.

Previous headliners have included Eminem, Foo Fighters, Arctic Monkeys and Blink 182, but this year is the turn of Mumford & Sons, Metallica and The Libertines! For Mumford & Sons, who

perform on the Saturday night, it's their second appearance at Leeds Festival - the first came five years ago when the up and coming band performed to a packed audience on the BBC Radio 1 Stage. Five years later, they have had a number one album in both the US and the UK, won two Grammy Awards and two Brit Awards and they are now returning as headliners.

In the lead-up to the festival season, the band have released two singles, 'Believe' and 'Snake Eyes', from their next album release, performed as a guest on 'Later... with Jools Holland' and launched a new website.

The folk-rock band are now expecting to have a huge summer that includes the release of their third studio album, their tour of the US and they'll round it all off with a highly anticipated performance in Leeds!

One of the other headliners is controversial band The Libertines! With a frontman like Pete Doherty, it's definitely going to be an exciting show.

The Libertines achieved widespread mainstream success in 2002 with their debut album, gaining a dedicated cult following, with Doherty in particular being praised by fans and critics alike as one of the most promising songwriters to emerge on the British music scene for some time.

Their next eight years included prison spells, rehab and the band breaking up! However, they reformed at Leeds Festival in 2010 and will return to the event as one of the best live acts in the country.

And for the metal lovers out there, world famous band Metallica will also be performing at the event. Metallica rank as one of the most commercially successful bands of all time, having sold over 110 million records worldwide and with a career spanning over 30 years, they have a loyal fanbase!

There are loads of other top acts performing such as Charlie XCX, Lethal Bizzle, Bastille and Kendrick Lamar so there's a little bit for everyone. You can win tickets with us by entering the competition below or you can buy tickets at


www.leedsfestival.com



We have a pair of Weekend Camping Tickets for Leeds Festival to give away to one lucky reader. To enter, simply name one main stage headliner from each of the last Three Leeds Festivals? It couldn't be easier! **Email comps@leedscitymagazine.co.uk with your answers & contact details.** The closing date is Wed 5th August 2015. T&Cs Apply.

As well as the incredible music line-up, there are film screenings, the best comedy, the legendary Picadilly Party, the Radio 1 signing tent, where you can meet many of the stars of the show, plus the best local bands performing on the Thursday night to kick things off in style.

NIGHTS OUT

 Tag yourself! leeds-citydweller

For Nightlife in Leeds: www.leedscitymagazine.co.uk

City Dweller
Leeds Guide



RANT

&

RAVE!

WITH FLETCH

With spring in full swing and summer just around the corner, there's a lot to be happy about in Leeds right now – unless you're Fletch that is, who has still found plenty to rant about...

RANT!

PAUL BLART: MALL COP 2

Having never even heard of Paul Blart or Mall Cop, my first thoughts were that this movie was a joke; turns out I wasn't far wrong. Why Hollywood thinks what we all want to see is a fat and unfunny security guard whizzing about on a Segway is beyond me – check out the terrible poster, which includes badly photo shopped dolphins.



#JUSTSAYING

So the latest thing now on social media is to make a statement and then cap it off with 'just saying' (often preceded by a pointless hashtag), which apparently makes you really clever. It doesn't – just saying.

MADONNA TONGUES DRAKE

After taking a tumble at the Brits, Madonna realised a sore bum was a small price to pay for worldwide media attention, so what next? Grab a rapper half your age and ram your tongue down his throat on stage, that's what. Apparently Drake said she smelt like a foisty old peoples home and tasted like out of date Werther's Originals. Nice.

RAVE!

MAD MEN

How come nobody ever told me how good this show is, it's been on since 2007! That said, I now have seven whole seasons to plough through – that's the rest of 2015 sorted then.

SCREAM THE TV SERIES

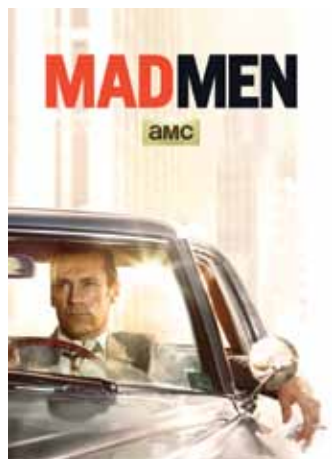
Yes, it looks cheesy as hell and probably won't be winning any Emmy awards, but this schlocky new slasher series based on Wes Craven's hit franchise looks like a lot of fun. I'm not sure it will quite fill the hole left until the next season of Bates Motel airs, but it might just do.

Jordan's rants, raves and views are his own and don't represent anyone else. No iSheep were harmed in the production of this column.



FLETCH HAS A FEW THINGS TO SAY...

#justsaying



Til next month Fletch



WIN

WIN

WIN



MADE IN LEEDS FESTIVAL

Leeds City Dweller & Made In Leeds Festival want you to win the ultimate package to Made In Leeds Festival!

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2 x VIP Tickets to the Made in Leeds Festival for 13th June
Over-night accommodation in Bewleys Hotel Leeds for 2 people
Admission for two to the after-party at Fibre
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Simply answer the following question:

Where is the festival held?

- a: Millennium Square
- b: The Tetley
- c: Roundhay Park

Send your Name | Email | Mobile Number with your answer to comps@leedscitymagazine.co.uk.

Competition closes Monday 1st June. Entrants must be 18+. T&C's Apply.

On Sunday the 26th of April, Miss Leeds 2015 grand final was held at The Met Hotel. A night of glamour and entertainment for over 200 spectators, the night was sponsored by Bettermove online estate agency!

22 finalists battled it out with elegance for the crown and title, wowing the audience

with self styled outfits for the 'Fashion wear' round, and a variety of brilliant performances in the talent round. From wrestling to gymnastics and singing; it was clear to see this years finalists weren't lacking in talent and creativity!

The judges, Massi Moura (RMUK), Katy Edwards (Catwalk Model Agency), Male model Zach Williamson, last years winner Molly

Wragg, Mark O'Brien (Made in Leeds TV), Ben Ray (Slam Dunk Festival) all struggled to narrow down the final 22 to top 3! Sian Squires was awarded with 2nd runner up, Gemma Carty was awarded 1st runner up and Miss Hazel Dawn Latner was crowned as Miss Leeds 2015!

Hazel, a 24-year-old Negotiator at Manning Stainton said, "I honestly can't believe I've won, this is the first time I've ever entered a beauty pageant and it's been such an incredible experience, Vivienne and Kelly really did an amazing job organising it all. I decided to apply after seeing all the charity work the current Miss England had done and also thought it's a once in a life time opportunity as well as another way to help people. I couldn't have asked to be participating with nicer or more down to earth girls and I'm looking forward to representing Leeds in Miss England"

As well as winning the title of Miss Leeds 2015 (which includes entry into the grand final of Miss England), Hazel receives some amazing prizes!

A model portfolio courtesy of Vivienne Edge Photography, a number of beauty and hair treatments from RMUK Salon, a stunning evening dress from Sparkles Prom, VIP tickets to Slam Dunk festival, a years modelling contract with catwalk modelling agency and a glamorous outfit from Prodigia womenswear!

Images by 'A B Photography' & Vivienne Edge Photography



GEMMA C

SECOND PLACE



SIAN S

THIRD PLACE



BETH B



LAURA C



SAFFRON S



NATASHA C



HAZEL DAWN LATNER

CROWNED 'MISS LEEDS' 2015



Made in Leeds Festival 2015



Saturday 13th June
The Tetley, Leeds
— Midday — 11pm

Arena 01

The Warehouse

Arena 02

Insomnia

Arena 03

Fibre

Arena 04

Federation

Arena 05

Back to Basics

Tetley VIP

20/20 Vision

For Information & Tickets
— madeinleedsfestival.com

The Warehouse

FEDERATION



Back TO BASICS

INSOMNIA

20/20
Vision



Gordon's



TUBORG

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CAROUSEL**LEEDS GRAND THEATRE****Wednesday 13th - Saturday 23th May**

Carousel is a story of love, loss and the possibility of redemption. Fairground barker Billy Bigelow is quick to anger, but he is loved by a woman, Julie Jordan, who keeps faith with him despite his flaws. It is also a vivid portrait of a society: a fishing community in New England ready to celebrate the joys of living as well as to face its hardships square on.

The production is studded with classic numbers, including 'If I Loved You', 'June is Bustin' Out All Over', 'Soliloquy' and, of course, 'You'll Never Walk Alone'.

**THE GREAT BRITISH FOOD FESTIVAL
HAREWOOD HOUSE****Saturday 23rd - Monday 25th May**

Over 80 top local and artisan producers, a big serving of stunning hot food, add a dash of real ale and wine bars, kids cookery lessons and lots of children's activities, top chef demos from the likes of Great British Bake Off finalists Howard Middleton, Luis Troyano and Master Chefs Luke Owen, stir in a cake competition and the popular Men V's Food, with lashings of excellent live music and mix together to make a lovely foodie family day out.



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HOZIER**02 ACADEMY****Thursday 28th May**

A year ago, things were much different for Hozier but after an incredible year, that included spending 20 weeks in the UK Top 40 with Take Me To Church and his self-titled debut album reaching the UK Top 5, Hozier will perform at the 02 Academy in Leeds as part of his spring/summer tour.

Hozier has also achieved worldwide fame over the last year, his debut album charted across the world and reached number two in the US, and his live performances have been described as "head-turning" and "intimate". The chance to see him is one not to be missed!

**BBC PHILHARMONIC AND LEEDS FESTIVAL CHORUS****LEEDS TOWN HALL****Saturday 30th May**

"Those who experienced the tremendous impact of its first performance had full justification for feeling that a great composer had arisen in our land, a composer to whose potentialities it was impossible to set any limits." Hussey on the premiere of Belshazzar's Feast

With music from Ravel and Walton, which includes Bolero and Belshazzar's Feast, Simon Wright as the conductor and Louis Schwizgebel on the piano, it's going to a fantastic night!

Commissioned for and first performed at the 1931 Leeds Festival, Walton's energetic oratorio Belshazzar's feast is a real treat!



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ROB CHADWICK'S CLUB & GIG GUIDE

Our man **Rob Chadwick** is back with his pick of the best club nights and gigs in Leeds.

At this time of year, we start to think of bustling beer gardens and shindigs finely tuned for those early summer outings.

However, let's start May's jaunts with one of Leeds premier events Prism who head back home to Mint Club (www.themintclub.com) on the 16th with a double pronged attack of Ejeca and Citizen.

With a beer garden in mind and a rooftop one at that, we head over to Belgrave Music Hall (www.belgravemusicholiday.com) on the 21st to witness the illustrious tales of David Ford who is backed by 4 highly acclaimed studio albums. Notably this one is a little off the clubbing radar but if the weather is gleaming there will be nothing better to hit than the rooftop with a David Ford chaser.

2014 Mercury Prize winners Young Fathers arrive on the 22nd at The Brudenell Social Club (www.brudenellsocialclub.co.uk). In these intimate surroundings they will surely have the audience in a frenzy. Coming into the final bank holiday of May we set our sights on The Garden Party who are on the verge of celebrating a landmark

10 years in the city. The penultimate show on the 24th will see house dons Dusky and Glaswegian spinner Jackmaster curate the all day event over at The Faversham (www.thefaversham.com).



David Ford

Finally we head over to Mint Warehouse (www.mintwarehouse.co.uk) on bank holiday Sunday with an all day showcase that will get all the house and techno heads rounded up. Perlon head honcho and the charismatic Mr G lead the line alongside tINI and a heavyweight resident line up. The event takes place on the 24th.

For more information on gigs in Leeds, check out www.leedscitymagazine.co.uk

*Until next month!
Get clubbing!
Rob*



Belgrave Music Hall

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FOOTY, NAPS AND NICKI

What few man points I had left were possibly lost this month whilst at the football. The City Dweller crew made our annual visit to catch Leeds playing Cardiff at Elland Road, and for the second year in a row I arrived completely inappropriately dressed in just a shirt and jeans...

and I would never have to leave! It's a little gem in the city centre, definitely get down if you haven't been yet.



It may have been sunny but once you're in a cold stand, with the wind whipping round, it's not much fun! Having borrowed another man's jacket for the first half (cheers Zach Williamson!), I spent the second half watching from inside! Thanks to the fabulous Debra Ware at Leeds United for inviting us down, hopefully we'll bring some luck next year, and a jumper!

Talking of luck, lady luck was looking after me the other Saturday at Napoleons Casino... I had a little win on the Roulette Wheel (it's the only thing I can play as it's pretty simple... pick a colour, pick a number... bam!) One of the things I love about Napoleons is that it's so much more than a casino, my mate Ben and I had a beautiful meal and a couple of cocktails along with a little flutter... stick a dance floor in the middle of the place

The small glimpses of the sun over the past few weeks is really getting me in the mood for summer. With the sun already up when I'm up at 5am for the show, it really eases the pain of the early mornings. But for me summer means one thing... Capital's Summertime Ball. And what a line up this year?! I genuinely can't wait to see every one of the performers this year! We've got some tickets to give away this year, so make sure you're listening weekdays from 6am.

And finally for this month... I can't not mention Nicki Minaj at the arena... what a night! I can still see her shaking 'It' when I close my eyes ;)

Adam x

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WHAT'S ON AT NAPOLEONS CASINO AND RESTAURANT - SPECIAL FEATURE

Napoleons Leeds is the stand-out Leeds Casino. With strong competition from all over the city, Napoleons offers so much more than just a few roulette tables and slot machines. With unbelievable offers, a superb restaurant with first class dining, plus a range of all your favourite casino games, Napoleons offers a unique experience.

So we've rounded up What's On at Napoleons - from the weekly events to the exciting activities on offer!

LITE BITES MENU SERVED ALL WEEK

Don't be fooled by the name, Napoleon's Lite Bites offer a fantastic range of food at great prices.

Served everyday until the early hours, you can treat yourself to pizzas, burgers, fish and chips, a steak baguette and so much more!



SLOT TOURNAMENT TUESDAY, WEDNESDAY, THURSDAY AND SUNDAY

Love slots? Love competition? Combine the two together and play the Napoleons Slot Tournament with a **£100 cash prize!**

The highest score of the day wins a total of £100, and the highest score of the month wins a further £100!



ASIAN BUFFET SUNDAY 24TH MAY

A huge reason Napoleons stand out is the fantastic food, the chef pulls out all the stops with a special buffet every Sunday.

Served in their restaurant, the Bank Holiday Buffet will be a spectacular Asian Buffet.



52 CARD PICK UP EVERY SATURDAY

Three times an hour, Napoleons draw cards that match their slots, tables or terminals. If your card matches the card read out, you're a cash winner! The game runs between 9pm and midnight so you have plenty of chances to win! And on Saturday 23rd May, they're giving away **free breakfasts** too!

GOURMET SANDWICHES MONDAY 25TH MAY

The Bank Holiday weekend finishes on Monday 25th May and Napoleons are ending it with a bang.

On top of their usual deals, they will be serving Gourmet Sandwiches from 3pm through to 6pm!



WHEEL OF FORTUNE EVERY SUNDAY

Every Sunday, you can join them for their Wheel Of Fortune! Draws are at 9pm, 10pm, 11pm and midnight. Will you be one of their lucky winners?

You can win loads of fantastic prizes including **£500** in cash! So make sure you get down to Napoleons for your chance to win the money!



DINE IN STYLE MONDAY-SATURDAY

The Dine in Style menu is the complete night out. For £19.95 between Monday and Thursday and £23.95 between Friday and Saturday, Napoleons offer a drink, a superb 3 course meal and a £5 gaming chip to gamble with. You essentially get the whole experience for less than £20!

FACT BOX

Opening Times:

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24 Hr Weekends 1pm Fri - 8am Mon

Website:

www.napoleons-casinos.co.uk/leeds

Telephone:

0113 244 5393

Address:

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£1.50 A PINT ON SELECTED FOOTBALL MATCHES

With a packed bar, live football and a great atmosphere, watching football at Napoleons is always a great night. To make it that bit better, they sell a pint of lager for only £1.50! To find out which matches this offer applies to, check out www.napoleons-casinos.co.uk/leeds

MORE WHAT'S ON CAN BE FOUND ON OUR EVENTS CALENDAR

www.leedscitymagazine.co.uk/events

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