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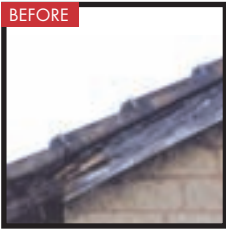


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FACE TO FACE

People's Champion

A straight sets defeat to Roger Federer may have put pay to Tim Henman's Wimbledon hopes this year, but he's not down. But what of the future? Susan Preston posed the questions.

Tim Henman has held and dashed the nation's aspirations of a British winner of the Wimbledon men's title for years, but his fighting spirit is set to keep us on the edge of our seats for a little while longer.

"I plan to play tennis (on the professional stage) for another one to three years and still aim to win Wimbledon," Tim told me during a visit he made to the Ilkley Lawn Tennis and Squash Club.

Only a couple of weeks after suffering defeat and disappointment at Wimbledon at the hands of the tournament's eventual winner, Roger Federer, Tim has, in his usual pragmatic way, dealt with the blow and is looking forward. His legions of fans may not share his level of expediency, but will hopefully all have grown their fingernails back and had their pacemakers fitted in time for next year's Wimbledon attempt by Henners.

"2006 was a disappointing Wimbledon for me, but I join a long list of players that Federer has beaten on grass," he said.

Tim's love of and passion for the game

is as strong as ever, as he demonstrated to young tennis enthusiasts from Ilkley when he offered them his expert advice and presented trophies to them at a special tennis event. The former world number four, looking in fine form, was guest of honour at the event, sponsored by Appleyard Jaguar in Bradford. Children from local schools and the club's junior programme were invited to take part in coaching and competitive activities.

Commenting on the day, Tim said: "I have fond memories of Ilkley, as I competed here at the very beginning of my tennis career. There is certainly a great deal of young talent at the club and I hope to see some of them at Wimbledon in the future."

Tim, now 31, was just two when he started playing tennis with his parents and two older brothers on the family's court. He said he knew from a very early age that he wanted to be a professional tennis player. It was certainly a talent that ran in the family: his grandfather, Henry Billington, competed at Wimbledon and reached the third round in 1948, 1950 and 1951.

Although victory at Wimbledon has to date eluded Tim, he has reached four Wimbledon semi-finals and three quarter-finals. Each and every year hundreds of thousands of people across the nation will him to victory and it is a pressure he always appears to take in his stride.

"Of course, to win Wimbledon would be the pinnacle of my career," he said.

He seems to take all criticisms of his very 'English' way of playing the game very well, and when asked about this replied, laughing: "So much rubbish is spoken and written about my game, that I don't take any notice."

His appearance at Ilkley is part of Tim's on-going involvement in developing junior tennis in this country, something he is far more interested in than what is said or written about his own playing in the press.

"What is needed are more facilities like Ilkley that offer indoor and outdoor courts and gyms so that players can play 12 months of the year."

Tim is also a great advocator of more sport in schools and says that sport is a great way for children to have more



Tim Henman with the new Jaguar XK

FACE TO FACE



Tim with Joe Cussons (7), Maya Booton (7) and Fernando Georgiou (7)

healthy lives and to learn to work together with other children and as part of a team.

Asked if he was going to encourage his two daughters to play tennis, he said he wanted them to try as many different sports and activities as they could. As a youngster he played football, cricket, rugby and golf – a game he still finds time to play and holds a single figure handicap for.

The most inspirational tennis players to him are Borg: the first person he saw play at Wimbledon, and Edberg. The people who have had the greatest influence on his life: David Lloyd and David Felgate.

If he wasn't a tennis player, Tim said he would definitely be involved in some kind of sport and will stay involved with tennis after his retirement in some way or another.

Moving on to today's tennis game and whether he would change anything about it to perhaps rid the game of the power serve element, he says, quite defiantly, no.

"What I would do is cut down on the schedule, which currently runs from the first week in January to the first week in November."



Tim gives some tennis advice to Ryan Croft (8) and Zoe Judkowski (7)

Whether Roger Federer was just fresh in his mind from the Wimbledon defeat, Tim gave the world number one's name in answer to both the hardest opponent he had played and the best doubles' partner he had had.

Favourite place to play: First Wimbledon, Second Melbourne, closely followed, of course, by Ilkley.

Away from the courts, Tim likes to spend time with his family: wife Lucy and daughters Rosie, three, and Olivia, one. For relaxation he plays sports, mainly golf, and is enjoying learning about wine. His favourite drink is champagne.

Moving on to his sponsorship deals I asked him if he used all the products he was associated with. He quickly fired back: "Absolutely". No need to ask the car he drives then, although the day's sponsors Appleyard Jaguar are quick to tell me that it's a brand new XK.

The car is billed as "nothing superfluous", which sits well with Tim Henman. He is very much a man with no superfluities: what you see is what you get. It would be great to see him end his career on a high, but just how much more nail biting can the nation endure? ■

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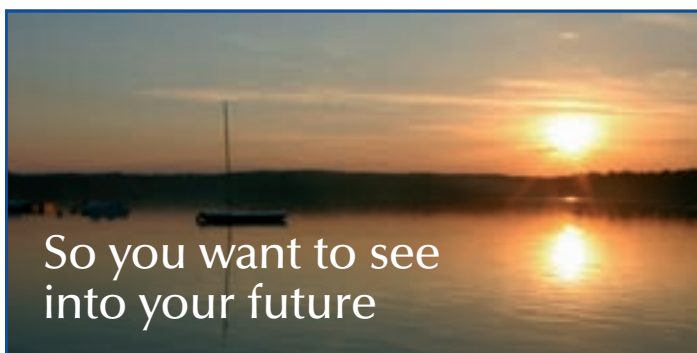
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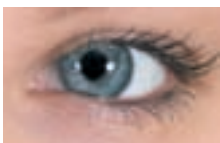
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FASHION

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FLOWER POWER... Fabulously pretty florals are everywhere this season, making an appearance on everything from the classic pastel tea dress, to silky patterned wrap numbers.
ABOVE (L-R): Debut cream and navy floral dress £80, Mood necklace £15 both at Debenhams; Amanda Wakely dress £410 available from Jag, Chesterfield



Be prepared

The unpredictability of the Great British Summer may be charming, but it can play havoc with our wardrobes. Carly Taylor picks out the hottest all-weather looks.

Finally the summer months are well and truly here and hopefully that means plenty of hot sunny days, balmy nights and a flurry of invitations to a whole host of exciting events.

When the sun is shining nothing beats a traditional English garden party, but before you can even think about making the cucumber sandwiches and mixing the Pimms, there is a much more important task to take care of – what should you wear?

The good-old British weather means that

summer will always be the most difficult season when it comes to looking good. As we all know, a glorious morning can give way to torrential downpours at any minute. But while the wind and rain may do its best to scupper your plans, you shouldn't let a bit of drizzle spoil your day.

Come rain or shine a fabulous new outfit will always brighten your mood and no one has ever said that fashion has to be practical have they?

But if you're not sure about living quite so dangerously, make sure you take along the most important accessory of all – your umbrella. ♣

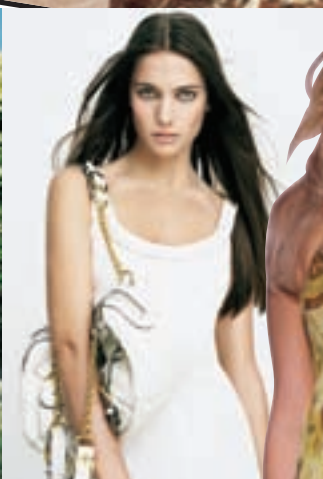
“Before you can even think about making the cucumber sandwiches and mixing the Pimms, there is a much more important task to take care of – what should you wear?”



Dress by Velvet £ 185 available at Lizziz, Ecclesall Road

FROM RIGHT: Debut white broderie anglais dress £80, Bertie shoes £60, Debenhams; ‘60s swing pleat detail dress, Warehouse **BELOW (L-R):** Dress by Tara Jarmon, £145 available at Lizziz, Ecclesall Road; Dotty mesh shrug in green £45 Vintage dress in blue £160, Monsoon

TRUE COLOURS... Stand out from the crowd in one of these bright and bold outfits that are sure to turn heads. (below)



ALL WHITE NOW... Always a staple for the summer months, a white dress looks fantastic with a tan, just watch where you sit and be careful with the ketchup! (above)



FLOAT MY BOAT... What better way to keep cool on a hot summer’s day than with a fabulous floaty frock? (right)



Dress 8901 / 5421 £ 190 Gil Bret



Dress by Malene Burger £170 available from Lizziz, Ecclesall Road

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OPHTHALMIC PRACTITIONERS



Modern Outlook

For a full range of eye care solutions, visit an opticians that like to go that extra mile. Susan Preston reports.

Today's fast pace of living and packed schedules make significant demands on our eyes; ensuring we get the right eye care is essential.

Computer use, television viewing, driving and sport are just a few of the day-to-day activities that make demands on our eyes and they should never be taken for granted.

"We all rely on our eyes and good eyesight in almost every aspect of our daily lives," says Oakwood optometrist Simon Falk. "Accessing information through reading or television depends on clear vision, while life itself can depend on the ability to see properly while driving, or just walking in busy streets."

Simon, owner of Simon Falk

Optometrists at 456 Roundhay Road, Oakwood, says that despite these facts, a significant number of people don't have their eyes examined at regular intervals, while many people have never had an eye examination.

"Regular examinations are important as the sooner a vision problem is detected, the greater the chance of successful treatment – this is particularly true with young children and the elderly."

Simon, who has practised in north Leeds since qualifying as an optometrist in 1994, has built an enviable reputation for the high standard of eye care he and his staff provide. After qualifying he worked with his late father, Lawrence Falk, and his mother Patricia – both opticians, at Falk Opticians in

the best eye care solution to suit their individual requirements and lifestyles.

"Everyone's eye care needs are different and we help our patients choose the best solution for them," says Simon.

The centre has just undergone a major refurbishment, including a striking new contemporary frontage, reception and frames display area, and is the perfect out-of-town eye care destination. There is no hassle parking and the centre offers a complete eye care package for all ages, catering for both NHS and private patients.

Simon Falk Optometrists offers a full range of eye care solutions, from glasses and contact lenses, to Sport Vision (a dedicated service for anyone who plays sport and needs professional eye care help and advice) and laser vision correction. The emphasis at the centre is providing a professional and personal service to patients.

If you want glasses you can select from an extensive range of over 400 that includes both designer and low cost options. You may opt for contact lenses and the centre can do suitability tests if you want to find out if you can wear these. The team can help select and provide the best type of contact lenses for you and ensure that a proper eye care programme is followed.

You may be considering laser vision





“A significant number of people don’t have their eyes examined at regular intervals, while many people have never had an eye examination.”

correction, a treatment that is now widely used and that heralds amazing results. Simon Falk Optometrists works in partnership with Accuvision, a premier UK laser eye correction specialist, to offer this service to patients. Simon carries out all the consultation and pre and post operative assessments himself at the Roundhay centre saving you from lots of time and hassle.

“I have had the Accuvision laser vision correction myself and am delighted with the results,” says Simon. “It is not suitable for everyone, but for many people it means they can wake up in a morning and see without the need for glasses or contact lenses.”

Simon also offers the Sport Vision service, which he provides to a range of professional sportspeople and individuals. Yorkshire County Cricket Club and Leeds Tykes players are two of the professional groups that he helps with Sport Vision advice and routine eye examinations.

“The right eye care and eye wear is crucial in sport, where one per cent

can make all the difference. I help individuals with everything from the fitting of contact lenses to getting the right sunglasses filter for, say, cycling.”

Simon Falk Optometrists is a very welcoming, friendly place. Senior receptionist Yvonne Waring has worked with Simon since 1999 and knows all patients by name. Kerry and Julie have a combined service with the centre of over 14 years.

“Our aim is to give our patients the very best in eye care and to provide a first class, friendly service at all times,” says Simon, adding: “We like to think we go that extra mile for our patients. Good eye care is essential and can make all the difference to someone’s life.”

So, start looking after your eyes now so that they can look after you for years to come. Contact Simon Falk Optometrists now on 0113 248 8222. The centre is open Monday, Tuesday, Wednesday and Friday 9am until 5.15pm; Thursday 10 am until 7pm, and Saturday 9am until 1pm. ■

PROMOTION

Win £500 with Simon Falk Optometrists

Simon Falk Optometrists is giving you the chance to win a cash prize for your school/ sports club, designed to coincide with National Eyecare Week.

Simon Falk Optometrists has teamed up with five specialist companies in eye care to offer this competition: Yorkshire Eye Hospital, Johnson and Johnson Vision Care, Essilor, Silhouette and AMO. Each of these companies recognises the importance of healthy eyes and especially promoting this to children.

In order to win the cash prize, you need to enter a competition to design a poster promoting National Eyecare Week and raising awareness of the importance of healthy eye care. Having healthy eyes is very important and your poster needs to show why this is true.

The competition is divided into three age groups: those aged seven or under, eight-13-year-olds, and 14-18 year olds. The competition will be judged by Mr Bruce Noble, Chairman of The Yorkshire Eye Hospital, and the lucky winner of each age group will have their winning design made up by professionals, and used by Simon Falk Optometrists.

So, if you want to see a promotional poster designed by you brought to life and used on a daily basis, get your design hats on and enter this great competition.

All you need to do is send your completed design to the Roundhay centre, at the address shown here, by Monday 21 August. The judging takes place the following Monday and the lucky winners will be notified by post a few days later.

The winning designs will be professionally made up and presented to the three winners by a representative of the Yorkshire County Cricket Club.

What are you waiting for: get designing now!

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PROMOTION

On with the show

It's back for 2006, Susan Preston takes a sneaky peek into some of the show-stopping performances expected at Leeds' most anticipated cultural festival.

Final preparations are underway for this year's Leeds Jewish International Performing Arts Festival, which celebrates Jewish life, theatre, music and arts. Tickets are going fast for this not-to-be-missed entertainment extravaganza, which offers show-stopping performances for all the family.

The 2006 festival, which runs from 3-7 September, is being staged at a prestigious new location: The Carriageworks Theatre in Leeds. This striking new venue is located in the Electric Press development on Millennium Square and will be a fabulous setting for what looks set to be the best festival to date. Artists from Canada, Israel, Germany, Latvia and the USA will be arriving in Leeds to be part of this huge celebration of Jewish culture and tradition, which will feature a total of 25 shows over five days.

The festival, organised by Makor, the Jewish and Israel Resources Centre in Leeds, and the Festival committee, grows in stature year-on-year and is, once again, expected to attract thousands of people. With tickets selling quickly for what is now described as the "Cultural Fringe Festival" in Leeds, and with last year's hugely successful event at Leeds

Grammar School being a complete sell-out, you would be well advised to get your tickets early to avoid disappointment.

The programme is packed with quality acts from start to finish and the site will be a buzzing theatre village with three being used simultaneously.

The festival's official

opening ceremony on Sunday 3 September will take place in the presence of the Lord Mayor of Leeds, and will kick off what the organisers promise will be: "five electrifying days of music, drama and comedy". The standard of the festival performers is always exceptional, as most of the national and international ones are professional or semi-professional.

Music styles such as Spanish and flamenco, jazz-funk, classical, world music and folk will feature. There will also be dance performances from a Latvian dance troupe, and hip-hop, street dance and music from the crème of Tel-Aviv's Youth Performing Arts Academy, performing on the opening afternoon.

Highlights of this year's festival include the opening Sunday night show when you will be able to watch Los Desterrados, a dynamic young sextet who perform flamenco, passionate gypsy rhythms and tango.

Another big attraction is sure to be the musical Sophie Tucker's 'One Night Stand', brought to the festival by the New End Theatre, London, and starring the talented Sue Kelvin who recently played Mama Morton in the hit musical Chicago.

The opening evening will also feature Martin Kaye and his band. Martin, a native of Manchester and a rising star on the London circuit, is the fresh new face of funk, jazz and soul. His name is already known on the world stage with a recent performance at the Cannes Film Festival and the release of a CD.

A diverse selection of drama will be showcased at the 2006 festival. Belleherst Productions from Germany will be performing 'Candles in the Window', a moving play about a chance

meeting at Victoria station between two women after World War II, one of whom guards a secret of betrayal – which is not as safe as she thinks. Leeds' very own Limelight Drama Group will be performing 'Beau Jest', a Jewish family comedy. It tells the story of Sarah, a young Jewish woman who hides her deep affection for a non-Jew from her family and hires a Jewish escort for the Passover meal. Like all good plans, this one doesn't work out quite the way she had hoped.

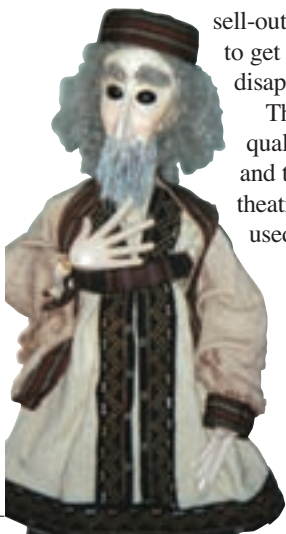
Tik-sho-ret Theatre from London will perform 'Ya'akobi and Leidental', a cabaret-style play which takes a comic look at the love triangle between two men and one woman, all desperately trying to add meaning to their lives.

The opening afternoon of the festival will start with a professional puppet show of Joseph and his Coat of Many Colours, performed by Tricia Brummer from London, who is a former set designer for the BBC's Doctor Who. This show will be followed by a puppetry workshop at which shadow puppets will be made and taken home. Lauri Frankenthal will run an art and drama workshop for children aged nine to 12, based on the book Noah's Rocket, by local author Tony Fraiss.

Make sure you and your family don't miss out on this exciting celebration of Jewish culture and tradition and order your tickets now for the Leeds Jewish International Performing Arts Festival. ■

Tickets are available at £6 per show. For more details go to www.leedsjewishfestival.com, email info@makor.co.uk, or telephone 0113 268 0899 for a programme.

ABOVE (L-R): Sophie Tucker's musical 'One Night Stand', breakdancers from Tel-Aviv's Youth Performing Arts Academy and a scene from 'Candles in the Window'; LEFT: Tricia Brummer's puppets





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Chapel Allerton *day & night*

The cosmopolitan suburb of Chapel Allerton is a haven for shoppers, diners and nightowls alike. Northside donned its glad-rags and payed a visit to the Notting Hill of the north.

BY DAY...

You won't find a more hip and trendy place around the Leeds and Harrogate area than the village of Chapel Allerton. It is a destination that could sit comfortably within any cosmopolitan part of the world.

It buzzes with a feel good factor, day and night, and retains a wonderful sense of community and village friendliness, despite being so close to Leeds city centre. Whether it's somewhere to live, shop, have your hair done or while away a few hours at a restaurant or café, this snazzy suburb is the place to be.

The high number of independently owned shops adds to Chapel Allerton's reputation as a place that offers a shopping experience with the personal touch.

A newcomer to the shopping scene here is Diana Townend-Evans, who has just opened a handbag and jewellery shop at 138 Harrogate Road called **Coco Loco**. It is going down a storm with locals and visitors alike and Diana says she already has regular customers who call in for a weekly browse and chat.

"Customers come in and they may bring a pair of shoes that they want me to find a handbag to match on my next buying trip," says Diana.

"Then, next time I am out buying, I will send them a picture of the handbags I have found and see if they like them. That is the sort of personal service we offer here in Chapel Allerton, and people appreciate it."

Diana says she has long wanted to open a shop in Chapel Allerton, which is a great place to do business as all the shop owners look out for each other and help out when needed.

"Everyone here is just so friendly and nice and there is a great atmosphere and a wonderful selection of shops. Customers have lots of choice and instead of having to go into Leeds you can come here, do your shopping and then go for something to eat - all locally."

Diana loves getting to know the locals and says that they enjoy visiting her shop, as it



"It buzzes with a feel good factor, day and night."

doesn't matter if you are having a fat day when buying a handbag – they always fit!

Chapel Allerton has certainly carved out a name for itself as a hip and happening place, with a vast array of shops, salons, restaurants, bistros and cafés all spiralling off the village's famous willow tree landmark at the junction of Harrogate Road and Stainbeck Lane.

It is a place full of surprises, with wonderful finds such as the **Le Boudoir** showroom - one of the leading French and continental antique dealers in Europe.

Chapel Allerton is also home to the world-renowned hairdressing duo Charles and Karen Dodds and their successful **Cutting Room** hair salon. They launched the salon in Chapel Allerton in 1986 and have never moved. The couple saw great potential in "the village" and say it has grown alongside the salon.

"Chapel Allerton has always been a great place to be and we are not in the least surprised by its growing popularity," says Karen.

The couple like to think Cutting Room may have played a part in

STREETS AHEAD... Chapel Allerton's popular shops and salons have something for everyone

establishing Chapel Allerton's name as the Notting Hill of the north.

Other Chapel Allerton finds include **Rustic Pine**, which sells furniture; **Pistachio** sandwich shop, **Shorty's** the barbers, **Salon Style** hairdressers, **Armadillo** toy shop, **Park Lane Properties** estate agents, **Area** for homes and interiors, **Stay Beautiful** beauty salon, **Brethericks** florists, **Nude Juice Bar**, **Simply Cakes**, **Living Care** opticians, **MediChem** chemists, **Ginger Ink** and **Oaks** clothes shops, **Worldwide Travel**, **Small Print** printing shop, **Motor Marque** garage, **Lucy Craske** beauty salon, and **Edinburgh Bicycle Cooperative**.

Few other places match Chapel Allerton for the diversity and individuality of its daytime offerings. Make sure you visit soon to experience them first hand.



BY NIGHT...

North Leeds' cosmopolitan village, Chapel Allerton, offers an exciting evening destination with a wealth of fantastic venues to choose from.

The buzz that exudes from this place during the day is as evident by night and there is no shortage of places to go and things to do, whatever the occasion. The more busy, in-your-face nightlife of Leeds city centre is not for everyone and Chapel Allerton offers a trendy, welcoming alternative, very close by. There is no hassle negotiating busy streets to get here

and it provides plenty of parking.

In recent years the number of contemporary cafes, bars and restaurants has increased considerably as the village has become an evening hotspot. Locals and visitors alike enjoy Chapel Allerton's eclectic offering of drinking and eating venues.

Long-standing favourites include the two established Casa Mia restaurants - **Casa Mia** and **Casa Mia Grande** - but there are many newcomers that are drawing in the crowds too. George and Vasoulla Psarias have brought their own touch of the Mediterranean to Chapel Allerton by extending **The Olive Tree** empire and opening at 188/190 Harrogate Road, Chapel Allerton. Here people can enjoy authentic Greek cuisine and hospitality.

Another restaurant that wins rave reviews is **Sukhothai** in Regent Street. Sukhothai, when translated into English, means the Dawn of Happiness, and when it comes to this restaurant's authentic Thai cuisine, it is certainly an apt choice of name.

Many of the cafes and restaurants in Chapel Allerton, especially towards the centre, extend onto the pavement. This creates Chapel Allerton's very own piazza and a wonderful place to relax on a sunny day or evening. There is nothing nicer when the sun is shining than sitting outside watching the world go by, and this is a great place to do just that.

Pubs play an integral part in the life of the community and, just as Chapel Allerton has retained its village atmosphere, it has also kept many of its old watering holes. A strong favourite is **The Regent**, which has changed little since the early 18th Century.

Chapel Allerton offers a very warm welcome to visitors and locals alike and its overriding sense of community ensures that there is always something going on locally for people to enjoy. A prime example of this is the annual **Chapel Allerton Arts Festival**. The festival is organised each year by a group of hard-working volunteers and is a fantastic event. This year will be the ninth festival and will be starting on the evening of Friday September 1 with music on the main stage, and will continue on Saturday September 2 with stalls and street performances, as well as music. As usual, it will wind down on Sunday September 3 with jazz into the afternoon. The theme of this year's festival is 'Small is Beautiful' and organisers say it will be better than ever. For full details, visit the festival website at www.chapelallerton.org.uk

Others places you should be sure to visit in Chapel Allerton include **LS7** bar, **Suburban Style Bar**, **The Old Police Station**, and **Subway**.

Wherever you choose to go in Chapel Allerton you are guaranteed a good night out and friendly faces to share it with. ▶



LEFT: The vibrant nightlife is irresistible to locals and visitors alike; TOP: The award-winning Sukhothai restaurant is one of the village's favourite evening haunts

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Chapel Allerton, Mansion Gate
£240,000

The Mansion Gate development is one of the original and still most popular addresses in Chapel Allerton. Three bedroom properties are a rarity here. With well-proportioned living accommodation, this end townhouse makes an ideal abode for couples & families alike. Set over 3 floors the house comprises integral garage, downstairs WC, kitchen/diner, lounge, bathroom, two double bedrooms & master with en-suite. Bring your barbeque for the rear garden and patio!



Chapel Allerton, Methley Place
£229,950

Four bedroom through terraced house with many original features including treated timber doors and floors, "Victorian style" fireplaces and high ceilings. The property consists of four bedrooms, living room, breakfast kitchen, bathroom, basement room and gardens

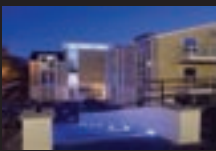


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Chapel Allerton, Allerton Hall
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Chapel Allerton, Dominion Avenue
£249,950



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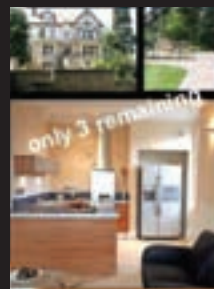
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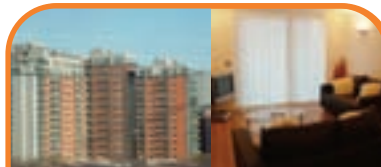
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hair and photography by the crc team

Cutting Room is celebrating this year. It's celebrating 20 great years in Chapel Allerton, where one shop has grown into three and five staff into forty-five. It's celebrating winning Northern Hairdresser of the Year 4 years in a row, winning the Northern Region of the L'Oreal Colour Trophy 2 years in a row and Retail Salon of the Year also. Last year they were nominated as Salon of the Year and were narrowly beaten coming runner up.

The team headed by owners Karen and Charles Dodds are in

demand all over the world as teachers of their craft. Charles and Karen have just returned from India where they were doing a series of shows all over the country and their next trip is to Italy,

The team has also been asked to demonstrate later in the year at Salon International in London and plans are afoot to do a spectacular show in the Lebanon. Two of their creative team, Joe and Jamie are fast becoming established in their own right as teachers and are working through a series of dates around the country teaching to other salons.

Joining the team shortly is award winning stylist Carly Aplin. Carly who has just returned from a trip styling the hair of the stars of the stage and screen at the BAFTAs, is moving to Leeds to join the Cutting Room Creative Team. Says Carly "I can't wait to join this dynamic salon whose work I so admire as everyone in our industry does."

So how about the next 20 years? They plan to carry on in the future as they have done in the past, concentrating on great customer service and promoting their own special brand of creative hairdressing.

Cutting Room

Northern Hairdresser of the Year 2002/2003/2004 & 2005

Charles and Karen Dodds
Hairdressing Hall of Fame 2005

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When it comes to national heritage, our region is blessed with some fine examples, as Rana Sezgin discovered.

If you fancy a family outing that also provides a history lesson, why not visit one of the great houses, abbeys or halls in the nearby countryside?

As one of Britain's greatest Elizabethan houses **Hardwick Hall** in Chesterfield was built for the great Bess of Hardwick; one of the most powerful women of her time, who had a knack for collecting land and husbands (she married four times). Hardwick Hall contains a magnificent collection of 16th and 17th century tapestries plus parkland, herb gardens and orchards to explore. There is also the new 'Threads of Time' exhibition featuring Ivan Turner's miniature furniture collection. Opening times vary. (NT)

Chatsworth House, star of the latest *Pride and Prejudice* film, was another residence acquired by Bess of Hardwick. Situated eight miles from Matlock and known as the 'Palace of the Peak', Chatsworth comprises a new eight-room exhibition on the life of Andrew, the 11th Duke. Chatsworth is considered as one of Europe's most treasured family homes and with over 100 acres of parkland, the finest waterworks in the country, a farmyard, playground, shops, restaurants and a yew maze for adventurous visitors to explore, it's easy to see why. The house is open daily 11-5.30pm. (P)

If it's variety you're after, then **Harewood House** near Leeds boasts a range of activities; from tours of the house and ground, to hundreds of exotic and

endangered birds in the bird garden, and boating on the lake. Opening times vary. (P)

Set between two lakes, the 18th century **Castle Howard** in York also has an array of activities for kids, from adventure trails to activity workshops. The historically costumed guides portraying figures from the castle's history, like Sir John Vanburgh the castle's architect, provide further entertainment. Open daily 11-4pm. (P)

Founded in 1147 the ruins of **Roche Abbey** are in the wooded valley of Maltbeck. Roche Abbey is one of the earliest examples of French influenced Gothic architecture and provides a great opportunity to view the outcome of the suppression of the monasteries during Henry VIII's reign; ie, it's a ruin, but still worth a look. Open July Mon, Thurs, Fri, Sat, Sun, August daily 10-5pm. (EH)

Another building brimming with historical information is the home of the arty, eccentric Sitwell family. **Renishaw Hall** is a must-see for a break from the traditional country manor. Whilst the hall is not open to the public unless pre-booked private groups (25 plus), the museum contains authentic costumes, uniforms, memorabilia and photographs from the era. The Sitwells moved in the most innovative literary and artistic circles of the 20th century, examples of which can be seen in The John Piper Gallery and the Performing Arts Gallery. The creation of the beautiful Italianate garden by the eccentric Sir George Sitwell is perfect for a relaxing

stroll, and to sample some of the local vineyard wine. Museum and Galleries open Thurs-Sun 10.30-4.30pm. (P)

Just south of Bakewell, **Haddon Hall** is also a privately owned medieval manor house. Dating from the 12th century it is set amongst the countryside of the Peak District National Park providing an amazing landscape. The 14th century banqueting hall is of particular interest. Open daily 12-5pm. (P)

Originally built by the Peverel family in the 12th century **Bolsover Castle** has had several renovations throughout the 17th and 18th century. As part of the range of historical and cultural events available at the castle throughout the year, why not try on some armour, don a sword and become a knight? At least for a couple of minutes. Open daily 10-6pm. (EH) ■

Becoming a member of the National Trust, enabling free access to all National Trust buildings, costs £73 for a family ticket, comprising two adults plus children (under-18). However if it's first time membership and paying by direct debit you can pay £54.75 a year through the National Trust website (www.nationaltrust.org.uk/join).

To enable free access to all English Heritage buildings it costs £38 per adult. For more details see the English Heritage website (www.english-heritage.org.uk).

NT = National Trust EH = English Heritage P = Private



Adrian Watson, First Overseas Properties' Sales Director

SUN, SEA & SIRS

Overseas property investment can ensure that not only the dream of making money becomes a reality, but also allows you a beautiful home in the sun for you, your family and friends to enjoy.

What could be better than owning a property on the sun-drenched shores of southern Europe – one of the world's best holiday home hotspots, and making a significant return on your money at the same time?

Whether your dream is to make money from property investment or find your perfect home in the sun, established Leeds company First Overseas Properties will help you to realise it. The company, located at 478 Roundhay Road, specialises in prestigious off-plan developments in the most up-and-coming areas of Spain, Portugal and Tenerife.

"Owning a property in this area has never held such an irresistible appeal," says Adrian Watson, First Overseas Properties' Sales Director. "It offers sunshine all year round, booming property prices, Europe's best healthcare, 75 championship golf courses, excellent schools, fantastic leisure facilities and affordable, regular flights."

First Overseas Properties was formed by two business colleagues who saw first-hand what an excellent investment choice property in southern Europe was and wanted

Investing in property on the sun-drenched shores of Southern Europe has become an increasingly attractive proposition, but where to start? One local specialist can help make your dream a reality.

to help others benefit from the investment opportunities that exist, get them the best deals, and offer all the guarantees which every investor should insist upon.

"Everyone needs to think about the future and investing your money wisely now can make all the difference to you and your family in years to come," says Adrian. "We have helped many people make overseas property investments and take care of everything for them, from start to finish. The majority of our clients have seen a 40 per cent return on the purchase price."

First Overseas Properties works in partnership with the highly reputable Royal Dupa Group, which offers full investment guarantees. These include fully bank-guaranteed deposits, building licences issued on contract with guaranteed dates of completion, low rate non-status mortgages and accurate rental guidelines.

Some clients choose to make a short-term investment in an off-plan property purchase and sell it on before building has finished. There are two types of contracts available; 'investor' and 'end user.'

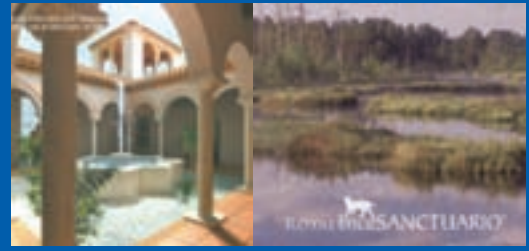
"Overseas property is becoming an increasingly popular investment choice, but buying investment property abroad can be a real challenge," says Adrian.

"As I and other members of the team here are investors ourselves, we recognise who offers the best quality product at the best possible price."

Buying off-plan can mean huge savings of up to 25 per cent off the general release price, together with the first choice of plot. It means that you get a chance to buy at the very early stages of a development. With property prices in these areas of southern Europe rising by a government-published 21 per cent last year, it is a real property hotspot for investors.

By choosing to invest in a property through First Overseas Properties you know you are on to a winner. The company boasts a long list of satisfied clients who are more than happy to talk to anyone interested about the great investment opportunities on offer, and the company is FOPDAC (Federation of Overseas Property Developers Agents and Consultants) registered. You also have the

PROMOTION



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Unrivalled facilities to include Platinum maid service, 28-room five-star boutique hotel, luxury spa and health club, tennis club and equestrian centre.

Sir Steve Redgrave has bought the first plot as his own retirement home.

Early reservation is essential – I cannot say how unique this opportunity is.

*Prices from €1,350,000 up to €3,000,000.

Contact Adrian Watson direct on his mobile for further information: +44 7799 193231.

Start looking forward to a sunny financial future now and call First Overseas Properties.

You can contact Adrian direct on his mobile for any information required: +44 7799 193231.

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 Fax: +44 113 249 7577
 E-mail: adrian@firstoverseasproperties.com
 Website: www.firstoverseasproperties.com

added comfort of knowing that all Royal Duja Group developments are supported by two illustrious Knights of the Realm: Sir Steve Redgrave and Sir Geoff Hurst, 1966 World Cup winner – both investors themselves.

First Overseas Properties offers a comprehensive range of new and resale international properties and works closely with each client to ensure they find the ideal property to match their exact requirements. The company's portfolio includes villas, beach-front and marina properties, and golf course, village and country locations. Its custom-build villa service means that it can design and build a client's dream home to specification.

"Whatever your property needs, we can provide you with the best consultative advice enabling you to buy with confidence," says Adrian. "We promise to make the purchase of your dream place in the sun a happy and memorable experience, and one that you would certainly like to repeat."

Service levels at First Overseas Properties are second-to-none and stand the company apart from others in the same field. Nothing is too much trouble for Adrian and the company's team, with someone available around the clock to answer any queries you may have. For example, the team has helped clients with late night calls about restaurants in a particular location, and given advice on the best shops and supermarkets. It can arrange every aspect of buying an overseas property, including introductions to reputable legal representatives, arranging mortgages, top quality furniture packages and property rental and management.

"We go that extra mile for our

clients and want each and every one to be 100 per cent happy at all times," says Adrian.

Some of the Royal Duja Group developments available include Cabanas De Tavira in the eastern Algarve: this area has been voted the number one property hotspot in the world by Channel Four's 'A Place in the Sun'; Lince Sanctuario Villas, Doñana National Park, Costa de la Luz, Spain, where Sir Steve Redgrave has bought the first plot as his retirement home, and The magic Island of La Gomera - a Canary Island just off the coast of Tenerife.

"We pride ourselves on offering only the very best developments, the very best deals and the very best service," says Adrian.

This is endorsed by a network of 250 UK Independent Financial Advisors who introduce First Overseas Properties' services as an alternative investment to their clients.

The lack of any hard-sell element at First Overseas Properties is welcomed by clients. Instead, clients receive help, advice and support every step of the way from Adrian and the team - whether they buy a property or not.

"Partnership is a corner stone principle of First Overseas Properties and we seek long-term partnerships with all our clients," says Adrian. "To do this we must understand the needs of each client and work hand in hand with them to find their perfect property."

Initial investment starts at £88,000 and rises to £2million. A fully refundable reservation fee of £2,000 takes any property off the market for 28 days while you look at all the details and perhaps make an on-site inspection tour that the company will arrange for you. ■

WHAT'S HAPPENING

BUILDING FOR THE FUTURE

Building children's self confidence, fitness and self-esteem are now the key areas of concern for parents and teachers today. Premier Martial Arts, based in Headingley and Armley, is a Mixed Martial Arts syllabus combining the skills of sport karate, kick-boxing and realistic self protection for both adults and children alike.

Not only do the students learn the latest in martial arts but they also under go a Black Belt Excellence System which educates them in areas such as respect, courage, discipline, goal setting and much more.

To reserve a Free Introductory Course call: 07866 769709 (Headingley), 07861 392553 (Armley) or check out the PMA website: www.pmaschools.com/leeds for details of class times and call in to find out more.



IN THE SWIM

Victoria Pettitt, owner of Splish Splosh swimming schools, knows from experience the importance to children of learning to swim.

"I jumped into the deep end when I was five, with no swimming experience, and had to be dragged out of the pool by my grandparents. My friends had gone to the deep end – all I wanted to do was play with them."

Twenty-two years on, Victoria has five swimming schools in Leeds and York. "I feel everyone should have the opportunity to learn to swim, and in a safe and fun environment. These are the main principles of the school. We have no waiting lists, and lesson numbers never exceed eight, allowing time to be given to each child."

Splish Splosh provides all the necessary equipment to aid the pupils in their learning, including foam floats, arm rings, inflatable swim vests and goggles, and due to an affiliation with the Amateur Swimming Association, pupils are able to earn nationally recognised certificates and badges as they progress.

For more information on Splish Splosh please phone Victoria on 01405 862849 or 07966 661201.



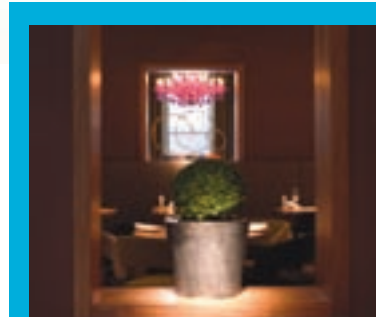
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NEW LOOK

Rudding Park's Clocktower restaurant has reopened following a stunning transformation, which has seen no element of the restaurant untouched. The new Clocktower features a cosmopolitan fusion of interior design inspirations from all over the world with a revamped menu which includes an array of the finest locally sourced dishes.

The project to revamp Clocktower was overseen by Rudding Park directors, Simon and Judi Mackaness and Peter Banks, with the aim of creating a fun, lively and relaxed experience for everyone, no matter the occasion.

Director of Rudding Park, Judi Mackaness said: "We have scoured the world, from Brazil and Barcelona to Morocco and Malaysia to source the finest design features so Harrogate has a restaurant it to be proud of."



SPLASH OF COLOUR

The hard work and dedication of the Slaid Hill in Bloom supporters was rewarded recently with a celebration night at The Dexter Pub, which was attended by Lord Mayor Mohammed Iqbal.

Supporters have worked tirelessly to improve the area with displays that include colourful sponsored hanging baskets that provide a big splash of colour, and landscaped flowerbeds.

Margaret Herbert, Co-Chair of Slaid Hill in Bloom said: "We are grateful for all the sponsorship and help we have received from local business and companies.

"I would also like to thank Leeds City Council and Fine and Country for their help."

SPIRITUAL LEARNING

Weetwood Hall is about to commence its first of many weekends aimed at providing learning about the more spiritual aspects of life. This venture follows extensive customer research which highlighted the need to provide education of this type but in the comfort of a luxurious and peaceful environment.

Weetwood was happy to meet this need as it furthers the advancement of knowledge, one of the key aims of Weetwood, being a wholly owned subsidiary of the University of Leeds. Weetwood hopes to establish itself in this market place over the next five years and to supplement its very successful weekend trade with weddings.

As an additional benefit all profits are returned to the University to assist in the provision of further learning.

To find out more please call Elle on 0113 388 5702.

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Uffizzi INTERIORS

FAO Claire Pickersgill
Northside Magazine
Re. Uffizzi Interiors

Dear Claire,

Since we advertised in Northside the response to the piece has been tremendous. People frequently come in and say they saw our piece in the magazine and, before we know it, we are presenting them with mood boards and sourcing products.

Although Uffizzi is new to the area, we have established our interior design and project management services over many years. We are keen to raise people's awareness of our range of products and the advertorial accomplished this.

Claire at Northside provided us with a professional and tailor-made package and we have been more than happy with the response.

Stephanie Hill
Uffizzi Interiors

Uffizzi Interiors Ltd.
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Roundhay
Leeds LS8 2AL
Tel: 0113 237 1177
Fax: 0113 237 1177



WHAT'S ALL THE FUSS ABOUT THESE HOT TUBS?

Q & A WITH CLARE PROBERT

Q: I just don't get it, hot tubs what are they and what are they about?

A: Hot tubs have been sweeping the UK as the new 'must have' leisure and health accessory for the home. Put simply it's your own private spa pool, either in the home or garden, providing a sumptuously warm pool of water you can dip into at anytime and in any weather. Complete with invigorating massage jets built in that 'bubble' the water and give the most sublime massage, it's like having your own personal masseuse available 24/7 365 days a year.

Q: What are the health Benefits then?

A: Hot tubs bring amazing health benefits to all the family, helping people with many different ailments as well as the fit and healthy. The first benefit everyone notices is how hot tubs improve sleep, a 20 minute evening soak relaxes the mind and body, helping owners get better, deeper more restful nights and we all know what a difference a good nights sleep makes! The jets on modern hot tubs are designed to deeply massage our muscles and tissue to fantastic levels making a hot tub perfect for anyone who engages in sports. They are also perfect for people who's work involves lots of physical activity, bending or lifting, a hot tub, simply just melts the day's aches and pains away. For those with backache, muscular or skeletal problems hot tubs can also be beneficial, Mrs Ainsbury one of many satisfied customers says "Rheumatic Arthritis, which I have had for a number of years, has ceased to be a problem which means I now lead a better quality of life".

Customers have told us countless stories about how hot tubs have helped relieve problems from car accidents, horse riding, and easing disabling conditions. Young or old, it's our belief everyone can benefit from having or using a hot tub.

Q: How much does a Hot tub cost to buy and install?

A: Our customers are pleasantly surprised at how little it costs to buy and run a hot tub compared to the benefits they bring. As tubs are a relatively new product in the UK, purchasers often don't know where to turn for trusted advice, generally speaking, as with all things, you get what you pay for. To get the most from your money it's best to consider how you will use the tub. If you'll be using it 2-3 times a week, all year round, reliability, running costs and warranties should all be taken into account. If however, you will only be light or occasional user then you could consider renting a tub which can be remarkably cost effective.

Q: So what is the difference say of buying one at £1,395.00 to £14,000?

A: The principles of hot tubs are the same wherever you decide to place your budget, at entry level, in the middle, or state of the art. Purchasers should consider the type of spa, its purpose, the amount of jets and features, the manufacturing process to make the spa and the warranty offered – build quality is also of paramount importance.

Q: What is a Warranty and how do they work?

A: Warranties are bolted on to the price of the spa when you buy the tub. The type and length of warranty depends on the company selling it and it's very much the case of buyer beware, except with us.

We know of approximately 300 hot tub manufacturers worldwide, and currently around eight regularly retailing in the UK. When customers start shopping around, on the Internet, through retailers, garden centres and warehouse operations, there are many things to consider to ensure they're spending their money in the most effective manner possible. A low price can hide a wealth of future problems and costs. We've heard horror stories of customers of other suppliers who've been left with no support, no parts, and no supplies – the result? No hot tub! Our four years experience servicing the brands we support and helping people who've been left in the lurch by others has taught us ongoing support and warranties that hold water are vital (excuse the pun). Each brand we represent, also represents our business, so we ensure we can service them, parts are available, along with a range of warranty options to give customers genuine peace of mind.

Whether a customer purchases from us or not, we always recommend they examine warranties offered by suppliers very carefully, checking who will actually be doing the maintenance and what levels of service are promised, it's a crucial part of the hot tub buying process. In the last 24 months an increasing part of our business has come from referrals, as customers recognise the value in buying from a professional operation, building relationships into the long term rather than the quick fast-sell. We started our business on the former site of Yorkshire's largest Mercedes dealership in Sheffield, a statement of intent to the professionalism of our operation and the quality of the Arctic Spas we sell, they truly are the Mercedes of the hot tub world! We have hot tubs with 1 yr, 2 yr, 3 yr, 5 yr and 10yrs Parts & Labour Warranty, so there is a spa at every price level within our stores.

Q: How much do they cost to run?

A: Running costs are a vital element in choosing hot tubs and one of the many reasons we represent Arctic Spa tubs are the amazing running costs compared to other products on the market. The main product range uses fibreglass shells that come with a lifetime warranty and are fabulous at conducting heat (a crucial element in hot tub design). This means that whereas standard hot tubs can cost between 50 pence and £1.90 a day to run Arctic Spas costs less than 35 pence! The many customer testimonials in store show that this is not merely fantasy projections like miles per gallon figures for cars but facts from people who've been using their tubs for a number of years. In deciding which brand to choose, adding up the daily running costs over a five year period is very useful to compare the offerings from different companies, then you can truly have an idea which is 'best value' in the market.

Advertorial Feature



Q: Chemicals what are they and what do I have to do, sounds complicated?

A: Maintaining water quality is vital to hot tub operation in the same way as swimming pools but thankfully it's far less complicated. That is not to say however, as some retailers do, "just chuck in a chlorine tablet" or that you don't need a Sanitiser. We are regularly contacted by customers who've bought a tub elsewhere and say they don't know what they're doing or are unsure the advice they've been giving is correct. We advise them to refer back to the seller but if they are still unsure we offer a £29.99 'Health & Safety Water Tutorial' that sets them back on the right track. Of course for our own customers this is never a problem, everyone is trained from day one on safe operation and of course it's completely free – just another part of our product and service operation that raises Extreme Relaxation Wellness Centres above the competition. We don't rest until customers are completely confident and relaxed in the safe operation and maintenance of the tub, and we're always here to help with any questions that come up.

With our tubs it's just a simple five-minute process – repeated at differing intervals depending on the frequency of use. There is no miracle tablet, no system that doesn't need a Sanitiser but in the future as processes change and develop rest assured we'll evolve too. There are different systems depending on each customer's personal circumstances, some for instance are more suitable to those with allergies or certain medical conditions – our expertly trained staff can advise which would be best for you.

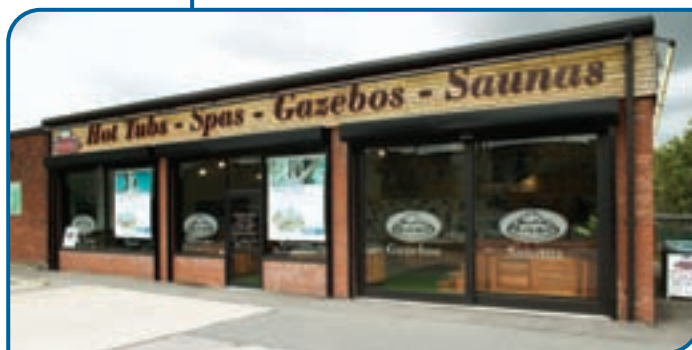
Q: I've heard you on the Radio about Renting? What's this then?

A: We've had an amazing response to our new rental concept, it's the perfect way to test the waters and feel the amazing benefits of hot tubs, and talk about wowing guests at parties or even gob-smacking work colleagues! We've been quietly astounded at the uses people have come up with for our rental tubs. Anyone interested in hiring a tub, can simply call us on **0114 258 7501** and we'll send a leaflet explaining the concept, then just choose the size and duration and subject to availability it's all yours! Prices start from £59 +VAT for a 3-day midweek rental, book a whole week and you get an extra night free!

Q: Why would you want to rent a Hot tub?

A: As mentioned above the uses are nearly endless. It's a great way to trial a home tub, the features you'd like, how the size fits in situ, what friends and family think and more importantly feel. It really helps make sense of the features and how best to spend your budget. They are perfect for weddings, barbeques, pamper parties, girls' night-in (or out – in the garden that is!), annual parties, celebrations even Christmas! Being in a toasty warm tub while the snow gently eases down is an experience not to be missed!

Q & A by Clare Probert, Managing Director,
Extreme Relaxation Wellness Centre – hot tubs for the whole of Yorkshire.



So when you're considering where to buy a hot tub from, or want to find out what all the fuss is about, visit the experts in their exciting, refreshing, upmarket stores and see a whole new, fresh approach. **Extreme Relaxation Wellness Centres can be found at London Road, Sheffield and Tong Street, Bradford.** Splish, Splash from all the team and see you soon.

EXTREME RELAXATION wellness centres



"The first wealth is health."
Emerson



Oh I do like to be beside the **seaside**

If the idea of a salty sea breeze, a bag of fish and chips and a stick of rock sounds like your idea of fun then it's time you took a trip to the seaside. With so many stag and hen dos storming the pubs and clubs every weekend, **Blackpool** is not for those seeking tranquillity, but it does have much more to offer. The bustling Golden Mile features reams of arcades and amusements to entertain the masses. The famous Pleasure Beach has three piers; the North Pier is a favourite sunbathing spot, the Central Pier boasts a new Big Wheel, while the circus marquee style front of the South Pier is home to the Pier End Theatre, a popular family attraction. If you are feeling active there are several cycle trails to discover.

For a less frantic family-friendly beach full of activities **Robin Hood's Bay** provides the perfect opportunity to stretch those limbs and have a ride on the cycle-ways. Visit the range of coastal trails or venture to the Farsyde Riding Centre. Robin Hood's Bay Museum is also perfect for fossil hunters; but if you're more interested in creating something new head to Doddlepots to discover your inner artist and pottery making skills.

For a slower paced fishing town and to escape the more commercial tourist attractions **Filey** is the place to visit. The beach is protected by the rock formation of Filey Brigg, providing an un-spoilt seashore. There are also several nature trails along the Brigg as well as rock pools to keep you and the kids entertained.

Head to **Cleethorpes** for a more traditional experience

From the thrills of the Pleasure Beach to traditional fish and chips, British coastal resorts have so much to offer. Rana Sezgin looks at the north's finest.

of the seaside, with donkey rides on the beach and open top buses. With a paddling pool and boating lake also on offer if the sea is too cold (let's face it we are in England) Cleethorpes is perfect.

On the East Coast **Skegness** is one of the region's busiest beaches but also one of the cleanest. If the kids are after an exciting trek along the beach Skegness boasts Britain's best kept donkeys. Whilst the Pleasure Beach provides a variety of rides from the fun fair, amusements and arcades, meaning the family will never get bored.

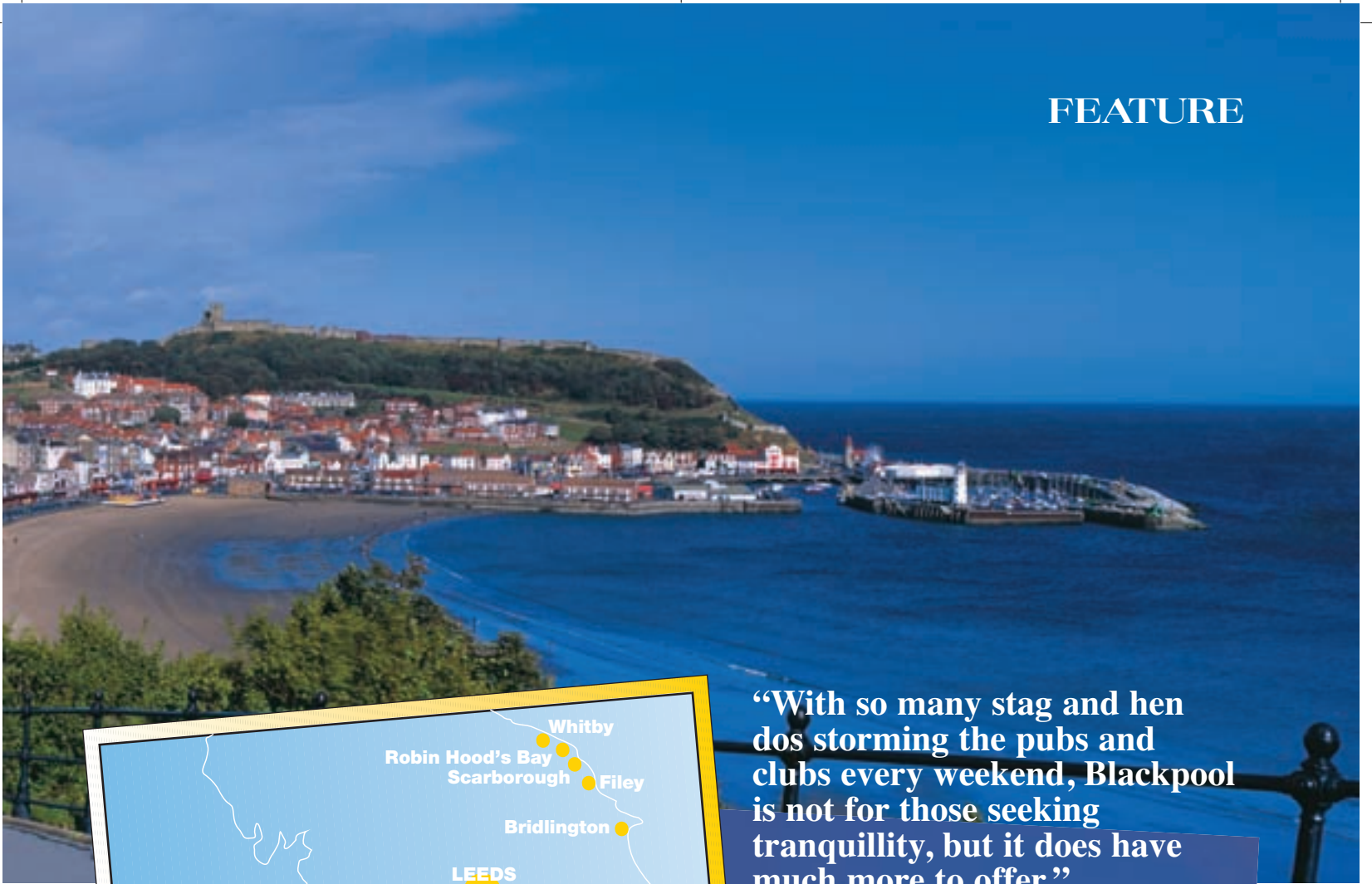
The Yorkshire beaches of Scarborough, North Bay, Whitby, West Cliff and

Bridlington North Beach were all named the cleanest beaches in England in 2003, making them great attractions for good, clean family fun.

Scarborough, the most famous of the three, was the first official seaside resort in England and has a range of first class attractions. The Sea Life Marine Sanctuary makes learning fun, the Atlantis Water Park features two of Europe's largest water slides and the Kinderland children's fun park should keep the younger kids entertained.

For a trip down memory lane **Whitby** is perfect. It is considered as Yorkshire's seaside gem full of worn out cobbled streets and traditional

FEATURE



“With so many stag and hen dos storming the pubs and clubs every weekend, Blackpool is not for those seeking tranquillity, but it does have much more to offer.”



FROM TOP: Scarborough the original seaside town; Blackpool Pleasure Beach; quaint and historical Whitby

English tearooms. With spectacularly untainted cliffs and bays, good waves for small surf and some of the best fish and chips in the country, from the world renowned Magpie Café, Whitby combines old school style with breathtaking views for an amazing day out.

The North and South side beaches in **Bridlington** have both been voted in the top ten best British beaches. The South Beach is the most popular with its firm sands suited to avid walkers who can stroll all the way to Hornsea if they wish. For children there is a play area with motor boats and rides, and as ever all the usual seaside delights, such as fish and chips and seaside rock. ■



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Tel: **0113 2582180**
(Directly opposite Horsforth Train Station)

CLASSIFIED

Kerrie Fisher **0114 250 6300**

NORTHSIDE works....



Optica Mondri
467 Otley Rd
Adel
Leeds
LS16 7NR
0113 261 0088

Northside Magazine
126 Harrogate Road
Chapel Allerton
Leeds
LS7 6NZ

Dear Teresa

Since our opening in January 2004, we have used Northside as our primary advertising medium. We believe that the key to generating a successful response is to advertise consistently and frequently and Northside has certainly sustained this belief.

In your December 2005 edition, we advertised our new Ortho K procedure in which patients wear a special contact lens as they sleep and which then enables them to have excellent vision without glasses or contact lenses during the day.

As a direct result of the Northside advert we received an excellent response as usual, and have gained 8 new patients for our Ortho K procedure.

We would like to thank you as always for your professional service and advice, particularly in the advert design.

Keep up the good work!

Yours sincerely
June Perera

To advertise call **0113 269 6767**

All creatures great and small

As the sun streams in through the car window, a lion roars a couple of feet from a group of grazing zebras. You can almost feel the Savannah heat prickle your skin when you suddenly realise you're still far from Africa; you're in an English safari park.

To see over 30 species of mammals roaming over 200 hectares of land visit **Knowsley Safari Park** east of Liverpool. For a family ticket at £30, you can view the interaction of animals such as rhinos, elephants and camels. Once the safari is over, visit the creepy-crawly Bug House, enter the free flying Bird Display, or head for the Mizzy Lake Farmyard. The spectacular abilities of Biffo and Max in the Sea Lion Show, may also make a bit of a splash.

For a smaller, though no less interesting insight into animal habitats, check out **The Chestnut Centre Otter and Owl Wildlife Park** near Castleton. Stroll through the 50 acres of unspoilt Derbyshire nature trails to view the South American giant otter and speckled owl, or observe the movements of the herd of deer, wild cats and foxes. The centre is open daily with a family ticket costing £18.

Visit Sheffield's **Heeley City Farm** for farmyard fun. Open every day with a range of animals including prize-winning goats, incubator hatched ducklings, large black pigs and the ever-popular guinea pigs and rabbits. There are also herb gardens and a playground to entertain.

Sheffield's largest park, **Graves Park**, still offers free entry to its rare breeds centre and animal farm with handling enclosures. It's open every day with

Go wild this summer and experience some of the animal magic our region has to offer.

ample grounds to explore and a café to visit for a break afterwards.

If it's variety you're after, with over 500 species, and 7,000 animals on show, **Chester Zoo** is a must see. Visit the newly housed orangutans and the world-famous jaguar enclosure, take the kids to the Fun Ark adventure play area or have professionals bring out the inner animal through face painting. You could also make the most of the summer by taking part in the family picnic evening event on 20 July. If, however, the skies open follow the Rainbuster route around the zoo for guaranteed dryness. A family ticket costs £47.50.

To truly escape the British climate visit **Tropical World** in Leeds, featuring animals and plants from the more exotic parts of the world. In the Butterfly House marvel at the 40 different varieties of butterflies and moths as they flutter past, enter the Nocturnal Zone and face your fears as you are surrounded by Egyptian fruit bats. For something less interactive (and scary) visit the Creature Corner where, amongst lizards and mice, you will find George, one of oldest tortoises in Britain. Entry: £3 for adults, £2 for children. ■

“You can almost feel the Savannah heat prickle your skin when you suddenly realise you're still far from Africa; you're in an English safari park.”





It's a scream!

Take a deep breath, strap yourself in and hold on tight this summer, with a visit to one of our region's top theme and leisure parks.

You feel your heart begin to race, your breathing rate increases as you check your harness is in place and get ready for the experience of a lifetime. As you are propelled from 0-100kph in 2.5 seconds you feel G-forces stronger than those in a shuttle take off, and faster than a Ferrari. Your stomach churns as your vision is turned upside down and you are catapulted several feet above the ground. If you get an adrenaline rush at the sound of this then Rita Queen of Speed at Alton Towers is the ride for you.

Without a doubt one of the biggest and best theme parks around is **Alton Towers**, easily accessible and a short distance from junction 23a off the M1. The park provides a variety of rides for kids of all ages; from the Squirrel Nutty ride to the fast-paced, high-speed Air. There are constant new additions to the theme park with Charlie and the Chocolate Factory being the latest ride on offer. This should provide fans of the

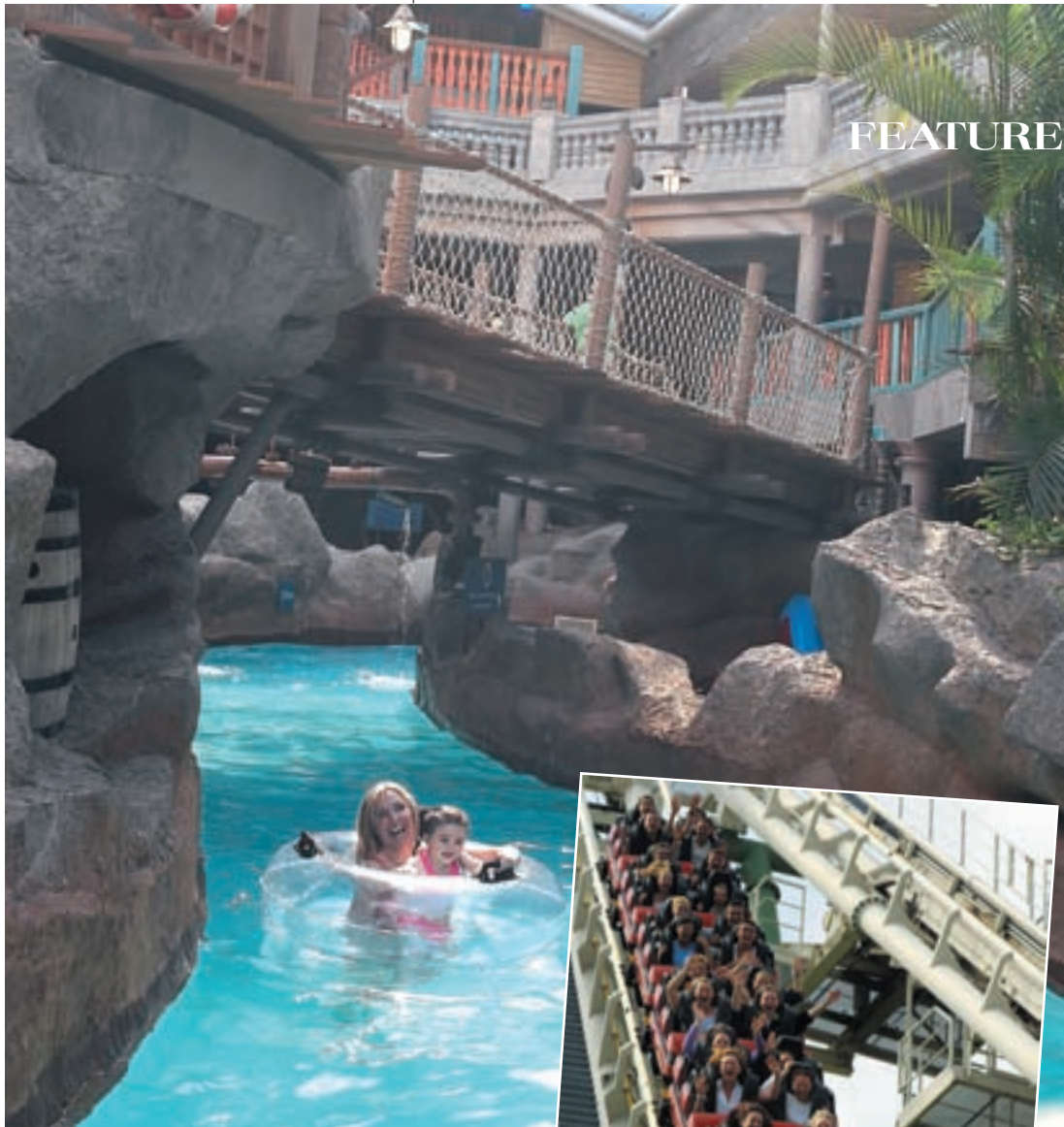
book and recently produced film a chance to experience the magic of Willy Wonka's chocolate making expertise, and is sure to be great fun. For younger kids the new Bob the Builder live show will entertain and provide a chance to relax after the exhilarating rides.

American Adventure is an equally great find for those with kids of all ages. From the Aztec Kingdom and Fort Saint Lawrence to the Waterfront the areas for adventure are endless. Situated off junction 26 of the M1 between Nottingham and Derby it's the perfect place to give the kids the opportunity to discover America, with live action shootouts just like cowboys in the Old West. If the weather does take a turn for the worse, the new indoor play area in Rocky's Adventureland, should do the trick.

For younger children, **Gulliver's Kingdom** is ideal. Kids can experience a leisurely journey on the new Pony Express, cruise around on the Mini Motorbikes or enjoy the Fish Ride. If none of the above take your fancy why

“Your stomach churns as your vision is turned upside down and you are catapulted several feet above the ground.”

ABOVE: The beautiful grounds of Alton Towers are home to one of the country's wildest theme parks; **RIGHT FROM TOP:** Alton Towers' popular rides, Air and Nemesis



not Clown Around? New for 2006, children now have the opportunity to visit clown school; just watch out they don't learn anything too mischievous. You can also combine fun with education and take the kids on the Carousel of Evolution, an exploration into the land of the Dinosaurs and the prehistoric world.

Set in the heart of the countryside in rural Lancashire, **Camelot** is situated between Preston and Wigan and is perfect if you fancy experiencing the magic of Merlin and the Arthurian legacy. Kids are able to view a 'real' jousting tournament, (minus the decapitations of course) typical of medieval times; as well as being able to take part themselves on the Junior Jousting Horses. If the kids are more interested in magic, then Merlin's School of Wizardry should also have plenty to offer.

For variety, **Flamingo Land** near Malton offers a theme park, zoo and holiday park in one. The kids will never get bored with so much on offer; from the lions to the fantastic flamingos.

If it's hot hot hot and you fancy cooling off, then head to **Lightwater Valley** and take a chance on the many water rides available. Do you dare to go on the Sewer Rat, or brave the Falls of Terror? It may be the perfect antidote

**SCREAM IF YOU WANT TO GO FASTER...
Terrified passengers enjoying the rollercoaster at Pleasure Island**

to the (hopefully) scorching summer weather ... but prepare to be drenched.

Speaking of water, **Pleasure Island** in Cleethorpes has the combination of white knuckle rides and classics such as the Carousel. There are also the wonders of Clive, Bonny and Zac to keep the kids entertained at the Sea Lion show. But, if the rides do get too much for you, or the kids, then there is always the option of an impromptu seaside visit.

With so much to choose from what are you waiting for? Get travelling and start the fun! ■

REAR OF THE YEAR



Richard Abbey checks out the drive of the BMW 1-series hatchback.

It may not have conventional looks, but the BMW 1-series hatchback is striking from every angle, with a shape that grows on you the more you see it.

First impressions really do not do it justice, and as with every other new BMW for many years, it will probably sell like hot cakes. It is currently the only hatchback on the market with rear wheel drive, as the company sticks to its "rear is best" philosophy through every model in the range.

My initial worry was that a lack of power might spoil the driving experience, but I should have known better. It seems that driver pleasure is still right at the top of the agenda for BMW – just as it should be in a car from a company with such a sporting history.

Buyers are spoilt for choice when it comes to engines and trim. There are six different engines – four petrol and two diesel – and five levels of trim, ranging from bog standard to the wonderfully sporty, M Sport.

The smallest engine on offer is the 1.6 petrol from the 3-series, with 115bhp, there is also a two litre with 150. The two litre turbo diesel from the 3-series is also available, in either 122bhp form, or

in the present range topper, with no less than 163. This is the performance king of the range at present, with bucket loads of torque giving huge mid-range pulling power – just as you would expect from a BMW diesel.

The petrol units are not quite so flexible and need to be pushed up the rev range to make the best of their available power. But again this is a BMW, so revving them is no hardship since they spin so willingly and smoothly all the way to the red line.

The 1-series has a brand new platform and rear suspension, which together bring tremendous road holding and handling. It is surely right up there with the best on the market, aided by excellent power steering. Hustling this one through nasty corners it responds brilliantly, almost instinctively to driver input and feels incredibly safe, even when pushed to the limit.

The ride is not compromised either, with supple body control that takes the majority surfaces in its stride. And as you would expect from a prestige car maker, even the smallest BMW comes with six airbags, anti-lock brakes and a stability control system.

The driving position is excellent,

perhaps one of the best in class, the driver sitting pretty low down but with a great view out over the bonnet, which for once you can see.

Equipment is reasonable in the lower order cars and good in all the others, and trading up to Sport specification adds special alloy wheels, sports suspension and different seats.

Prices range from £15,995 for the standard 116i rising to £26,540 for the six-cylinder 130i M Sport. ■

DETAILS:

BMW 130i M Sport

Engine: 2996cc
0 to 62: 6.1secs
Top Speed: 155
Combined MPG: 30.7
Servicing: When indicated
CO2 emissions: 221g/km
Price: £26,540

Who to see:

BMW Scotthall Leeds
Sheepscar Way
Leeds, LS7 3JB
Tel: 0870 410 3763

Scotthall

Leeds



The Ultimate Driving Machine

You'd be surprised how little it takes to own 1



The BMW 116i ES for just £99 per month

Please ask a member of the new car sales team for further information

On the road cash price	£15,191.26*
Customer deposit	£3,830.00
24 monthly payments	£99.00
First monthly payment	£224.00
Amount of credit	£11,361.26
Optional final payment	£10,644.78
Total amount payable	£16,975.78

Typical 8.1% APR

Official fuel economy figures for the BMW 1 Series 116i ES: Extra Urban 48.7mpg (5.8 ltr/100km). Urban 26.9mpg (10.5 ltr/100km). Combined 37.7mpg (7.5 ltr/100km). CO₂ emissions 181g/km.

Finance example is based on a 25 month BMW Select agreement for a BMW 116i ES with an annual mileage of 6,000 miles. Model featured is a 116i ES with standard alloy wheels, black bumpers and door handles. *On the road cash price includes 3 year BMW Dealer Warranty, BMW Emergency Service, 12 months road fund licence, first vehicle registration fee, delivery, number plates and VAT. Figures are correct at time of going online and are subject to change without notice. All finance is subject to status and available to over 18s in the UK only (excluding the Channel Islands). Guarantees and indemnities may be required. We can arrange finance and hiring facilities for you.

Offer available on all cars delivered before 30th September 2006.



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