

COMPETITION - WIN TWO TICKETS TO SEE 'GISELLE' AT NORTHERN BALLET

FREE

# City Dweller

Lifestyle Magazine

LEEDS LOVES RUGBY FESTIVAL • LEEDS PRIDE • LEEDS WATERFRONT FESTIVAL

Issue 52

Cover Models: Wonderland  
www.city-dweller.co.uk



## LEEDS WELCOMES GIRL GROUP WONDERLAND

THIS ISSUE IS LOADED WITH IDEAS FOR THE SUMMER SEASON



LEEDS UNITED



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FASHION

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JULY 9TH  
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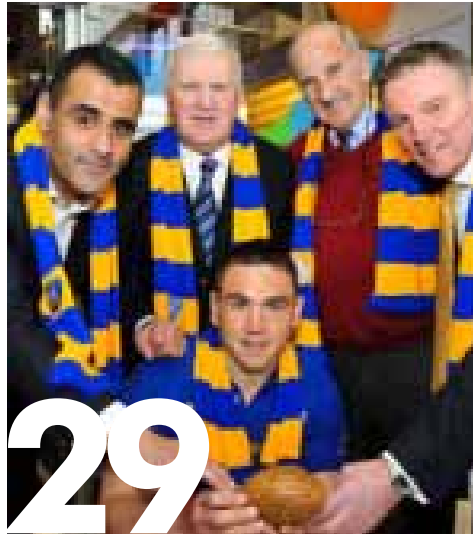
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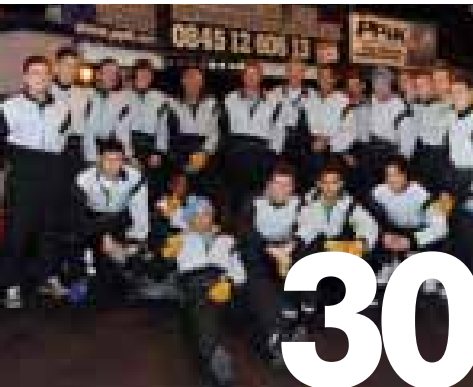
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PLEASE READ, PASS ON & RECYCLE

# Welcome...

Welcome to Issue 52 of City Dweller.  
For people who are passionate about  
Leeds and City Centre Living.



leeds-city dweller

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**CALLING ALL CITY DWELLER'S**  
**ARE YOU LOOKING TO FILL A FEW**  
**HOURS, MEET NEW PEOPLE, HAVE A**  
**LAUGH AND PERHAPS UTILISE SOME**  
**OF YOUR SKILLS?**

You can join some amazing volunteers who work for Leeds Children's Hospital Appeal. Whether it's help organising and running events, admin, bag packs or collections at sporting events the charity needs your help.

Leeds Children's Hospital Appeal aims to make a child's stay better, brighter and happier with the provision of the latest toys, games and state of the art equipment. If you want to help email [volunteer@leedsth.nhs.uk](mailto:volunteer@leedsth.nhs.uk)

**OR GIVE US A CALL 0113 3925140**  
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Leeds Magazine

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E: [sales@city-dweller.co.uk](mailto:sales@city-dweller.co.uk)

City Dweller  
32 Jack Lane, Leeds, LS11 9NP



# Wonderland in Leeds

**Radio Aire 96.3 and The White Rose Shopping Centre are hosting Leeds' biggest ever girls night in, on 20th April 2011. Females from across the city are invited to attend the exclusive free event taking place at the centre, which will see music, fashion and treats combined. Hosting the evening will be the ever entertaining JK & Joel, along with music acts The Hoosiers and Wonderland, both joining the party and performing special live sets on the evening.**

At first glance, Wonderland's arrival on the pop scene seems almost rocket-fuelled. The part-Irish, part English quintet - Sharon Condon, Corrina Durran, Jodi Albert, Kasey Smith and Leigh Learmont - were hand-picked at a 2008 audition in Dublin. Since then they've since sashayed before primetime TV

shows and stadium audiences of nearly 85,000 whilst supporting Boyzone, Westlife and will soon be supporting Olly Murs.

Wonderland's emergence owes plenty to their combined vocal effervescence. With five lead singers working in unison, this is a band big on wide-ranging harmonies and soulful pop hooks; a girl group taking their lead from substance rather than style. The girls have spent the past 2 years since their successful auditions, writing, recording and team bonding. They sketched out demos with heavyweight songwriters and producers, including Mark Owen and Shep Solomon, Steve Power and Bob Clearmountain.

Their first single Not A Love Song was a radio smash up and down the country, play listed at Radio 2 for 8 weeks as well as being added at a host of regional stations. Wonderland recorded Not A Love Song with songwriters Adam Argyle and Shep Solomon. It's an uptempo song, a

women-empowered song about not wanting to settle down. The 'Introduction to Wonderland' EP is a 4 track taster of what's to come - including tracks Not A Love Song, and acoustic versions of Need You Now and Nothing Moves Me as well as the single and the video.

**Wonderland have already supported Westlife on tour, and made an appearance at the 2010 Isle of Wight Festival. They also had their own ITV2 show - Louis Walsh & Kian Egan's Next Big Thing: Wonderland that aired last Autumn.**

**Album 'Wonderland' - out 6th June**  
**Next single 'Starlight' out on 30th May**





# CALLING ALL LANDLORDS!

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## JK & Joel's

## Celeb Diary



So last Issue we told you we were going to catch up with Shaun Ryder ahead of his gig at the O2 Academy before it was cancelled. So we made sure when he was heading to Leeds we'd have to catch up with him then...

that's what we did. Normally on interviews I normally chip in as much as Joel but on this one I took a bit of a backseat as I had no idea what Shaun was saying, so Joel took over. For once I asked the hard hitting questions that you wanted to know...why he did I'm A Celeb...is he doing old songs at his gig...and does he hate Leeds?



Are you going to tell us what he said then Joel or should I? You can. Ok then let's go in reverse order, he doesn't have any issue with Leeds as he is a Salfordian not a Manc. He was going to play all the hits

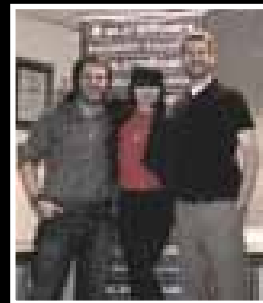
from Black Grape to the Mondays to the Gorillaz, if you went you'll be able to tell us if he was true to his word at the gig. Lastly he was very blunt about I'm A Celeb, why did he go into the jungle? Because he has a couple of records to sell and his agent told him too! Brutal, yeah but he did say that he really enjoyed it towards the end though! He was on great form and it was good to hear from him.

You might have heard recently that we have given away a brand new car on Radio Aire when we played Win The Car Win The Music a few weeks ago...a nice man call Steve drove it away. We also sent Diana to see Katy Perry too, and not only to sit in the stands but meet her back stage too! Where was our invite to that? I'm sure we should be meeting international superstars like Katy Perry...yeah but the restraining order she has on you meant that we couldn't go! But Diana took her daughter Kirsten with her; they made her cakes and presents too...probably best we didn't go we only had a few signed Jedward singles we could have given



her. Anyway have a look at the purple cat next to them...weird. Apparently Katy Perry gave them a big lolly to eat too. You'll know by now that Sam Atwater won Dancing On Ice and our girl in the know Hayley Tamaddon told us how good they were a few weeks ago and said they were the ones to watch...you say that as if it's a surprise JK, that is why we spoke to her every week so she, as a previous winner and expert, could tell us who to watch and what was going on behind the scenes. Yes Joel but

it's not guaranteed to happen is it? Otherwise no one would watch it! We had a great time speaking to her and we'll have to go and see her when she does the Dancing On Ice tour. Won't it be cold with all the Ice JK? No Joel, no. You might have seen us on your TV screens recently on Remote Control Star with a load of celebs being controlled by a bunch of kids. We had some great celebs on, Rav Wilding, Joe Swash and Craig Revel Horwood to name a few. The last one was with Jedward and what an experience that was...think of Joel but 100 times worse! They are exactly the same when the tape was recording as when it wasn't, hardest days work ever... but very funny.



We aren't the only ones at Radio Aire that get to speak to artists who pop in for a chat, this month has been a great month for Larry and Paul who got to interview Jessie J just before she got to number one. Griffio has had a chat with The Hoosiers the other day too when they popped in and as always Alex and Lucy stole the show as they had a chat on the phone with the one and only Lady Gaga, we tried to ring her but she was busy!

Oh and make sure you vote for our boys Danny Miller and James Thornton and the guys and girls over at Emmerdale in The British Soap Awards...don't forget your missus Suzanne too JK, she's up for Sexiest female, I've voted 20 times already.

JK & Joel

Wednesday  
20th April 6-8pm

# Beat your best

## Sports training tips evening

Are you training for the Leeds 10K, half marathon or other sporting event? Come along to this exclusive event and meet our team of expert practitioners for advice and guidance on:

- Effective training techniques
- Diet and nutrition
- Injury prevention and recovery
- Warming up, stretching and muscle therapy

**ONLY £5** per person

Places strictly limited -  
to book your place call us free on  
**08080 555 999 (24 hours)**  
**freedombackclinics.com**

Ground Floor, 14 King Street, Leeds,  
LS1 2HL (2 mins walk from the train station)



**Nuffield Health**

**Dr Jones'**  
**Health Solutions**

**ASK DR JONES**

**Your questions, answered.**

**Hi all, some common problems have been raised by a few folk but these questions caught my eye.**

Q

**Dear Dr Jones,**  
**I am thinking of having my eyebrow's tattooed, is permanent make-up safe?**

A

Hi There,  
As the link in your question suggests ( although this is an American site ) you do have to be careful with any form of 'permanent' product. You should always make sure the person is fully qualified and has been through a comprehensive training programme with a reputable company such as nouveau contour. Ask to see examples of their work before you commit.

Q

**Dear Dr Jones,**  
**I am an overweight woman age thirty. I am single and have tried every diet known to mankind. I'm really at my wits end. I go to the Gym regularly and feel healthy but just fat. I am really scared if the only option is to have a gastric band. What advice can you give me please?**

A

Hi There,  
Firstly, if you haven't already done this you should see your GP for a full check up including blood tests to rule out an underactive thyroid and other hormonal disorders such as polycystic ovaries syndrome which can affect your weight. They can check you over physically to see if there are any other obvious signs of any medical problems. You will also be able to discuss with them your diet and exercise regime. Gastric banding is usually only recommended as a last resort

for people who are morbidly obese (those with a BMI of over 40), or those with a BMI of between 30-40 who also have a condition that poses a serious health risk, such as diabetes, high blood pressure (hypertension), or heart disease.

Q

**Dear Dr Jones,**  
**Would you advise having laser hair removal, are there any side effects or can it cause any long term problems? I am a woman aged forty, have very dark hair on my upper lip which I have removed by waxing. I would love to get rid of it permanently?**

A

Laser hair reduction is normally performed in the NHS for patients who: have a proven underlying hormonal disturbance (eg, polycystic ovary syndrome) resulting in hirsutism (excessive hair growth in women on an abnormal place like the chin), have hirsutism leading to significant psychological problems, have a birthmark that has hair or have undergone reconstructive surgery leading to skin in abnormal places growing hair. Availability of this treatment varies depending on funding arrangements with your local primary care trust. Side effects can include pigmentation, reddening, crusting, scarring and wound infections. A cream is also available from some NHS centres for women with hirsutism called Vaniqa. This would be a viable alternative to laser treatment in some. Again I would see your GP first to look for any underlying causes.

If you have any questions for Dr Jones please email him at:  
**drjones@city-dweller.co.uk**  
For further information please visit:  
**www.nuffieldhealth.com**

## Ditch the razor and embrace the laser!



In just one year, Brits can spend a massive £1.8 billion[i] on razors for hair removal, and that's not including those who use waxing and creams to keep body hair at bay. That's why laser hair removal experts Sk:n ask you to banish the blades, swap your razor for a laser.

Beauty expert Nicky Hambleton-Jones, presenter of Channel 4's Ten Years Younger and founder of [www.lookandfeelyounger.tv](http://www.lookandfeelyounger.tv), is encouraging the nation to switch to laser hair removal: "Come on ladies and gents! It's time to throw out those razors and think about an alternative solution to unwanted hair. I'm a great believer in laser hair removal, especially as it's not always easy to find time to keep you body hair free. Laser hair removal is becoming more and more popular - especially with high street clinics like Sk:n providing such affordable treatments. In my view, it's the most convenient, safe and cost-effective way to keep unwanted hair at bay."

### The benefits of Laser Hair Removal include:

• **Cost-effective**  
- the estimated cost of waxing your legs in a lifetime is almost £8,000, but by switching to a course of laser hair removal you could save nearly £7,000[ii]

• **Convenient** - laser hair removal is a great time saver in today's busy world and, after a course of treatment, there's no more worrying about swimwear disasters or avoiding skirts, shorts or skimpy tops during the hot summer days

• **Safe** - laser hair removal at Sk:n is even suitable for sensitive skin Sk:n's Group Medical Director, Dr Sean Lanigan is recognised internationally as an expert in the field of laser treatment. He comments:

*"At Sk:n, we use the latest in laser technology and have a range of lasers which are suitable for all skin types, including Asian and Afro-Caribbean complexions. As the largest and leading provider of non-surgical cosmetic treatments in the UK, with 10% of the UK's dermatologists working for Sk:n, Sk:n is completely committed to providing a safe and professional service to its clients."*

**For more information just visit [www.sknclinics.co.uk](http://www.sknclinics.co.uk) or call 0800 028 7222 to make an appointment.**

**Laser hair removal starts at £25 for a test patch, with a course of six underarms costing from £450.**

**Sk:n clinics are open 7 days a week, with late evening appointments to suit those who work.**

## The Choice is yours

Breast enhancement is one of the most frequently preformed plastic surgery procedures today.

Women seek breast enhancement surgery for many reasons, including:

- To reshape their breasts
- To enlarge their breasts
- To restore their breasts following significant life events such as childbirth
- To balance breasts that differ in size or shape

Every woman is different and choosing whether to have breast enhancement surgery is a very personal decision. Any changes you are considering are usually to improve your confidence or give you satisfaction with your body.

If you have been considering breast enhancement surgery you will know the number of things you need to think about can be dizzying.

Do you want breast augmentation which involves inserting implants? If so what size, shape and type do you want?

Do you need a breast uplift or reduction? How do you know which consultant to choose? What are the issues you need to think about? How long will it take to recover? Which types of warranties are available to me? The list is endless...

Our aim is to give you all the information you need to help you decide.

If you have been thinking about breast enhancement but don't know what steps to take, why not come along to one of our free open events to find out more?

You can have a chat with our surgeons and specialist teams and you can review the range of options to make a more informed decision about what is available to you, all in a relaxed environment, with like minded people.

It's a great opportunity to get a sense of what's involved in breast enhancement surgery without any commitment or cost.



To find out more call:  
**0113 388 2059**



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oozes talent  
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Sunday Express

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**www.leedsgrandtheatre.com**

Eves 7.30pm

Mats Thu & Sat 2.30pm

£8.50 – £37 (bkg fee applies)

### Win tickets to see *Giselle*

We have two pairs of tickets to give away to see *Giselle* at Leeds Grand Theatre on Thu 26 May 2011 at 7.30pm. To enter answer the question below.

#### Who composed the music for *Giselle*?

**(Hint, if you're not sure, the answer can be found on Northern Ballet's website!)**

Please send competition entries to [leah@city-dweller.co.uk](mailto:leah@city-dweller.co.uk) with your answer, name and contact number before Fri 20 May. Winners will be notified by email/telephone on the contact number provided. If you would rather not receive further correspondence from Northern Ballet please write this on the email.

**www.northernballet.com**

Pippa Moore as Giselle  
Photo Jason Tozer

## City Homes JONATHAN MORGAN

### 'Leeds leads.'

The national economy is undoubtedly in a difficult place-people are uncertain about the future and are generally taking a very short term view when it comes to financial commitment. This is evident across the sectors, with holiday operators, transport companies, retailers and leisure outlets all reporting fickle and unpredictable trends.

Thank goodness, then, for the developers and investors who are currently taking a much longer term and confident view of Leeds. Whilst some other cities are struggling to get back on their feet, a number of high profile and active schemes in Leeds will serve not only to change the face of certain parts of the city centre but will also ensure that jobs are created and, in some scenarios, that the profile of the city itself will change. These include;

#### Leeds Arena

Ground was broken on the 5 acre site in February and the dream is fast becoming a reality. The impact that this will have on Leeds is obvious as sports, arts and music events come to the city on a scale never seen before.

Check out the animation at [www.leeds.gov.uk/About\\_Leeds/Leeds\\_Arena.aspx](http://www.leeds.gov.uk/About_Leeds/Leeds_Arena.aspx) and look forward to 2013, when the Arena will open. Kaiser Chiefs for opening night?

#### Railway Station

This striking structure will allow access to The Railway Station from both sides of the river Aire and it is anticipated that 20% of the 100,000 passengers each day will enter from the south, via lifts, stairs and escalators for step free access to all platforms. This will have a huge positive impact on Granary Wharf itself as well as Holbeck Urban Village as a whole and will significantly reduce the congestion for those using the original entrance to the North.

#### Trinity Quarter

With 120 stores, around 1m square feet and a combination of flagship stores for retailers such as Top

Shop, River Island, Next and M and S, restaurants, a cinema and new outlets for the likes of Apple, Cult and Hollister, Land Securities, the developer, are confident that Trinity Quarter will lift Leeds to 4th in the national retail league. The centre is due to open in Spring 2013.

#### The Majestyk

Famously and latterly a nightclub, Leeds developer Rushbond is shortly to start work in converting this iconic building overlooking city square into a live music venue with bars or restaurants above. This, along with the proposed redevelopment of the Square on the Lane, just on Boar Lane, will have a major impact on the look and feel of this otherwise slightly edgy part of the city, particularly at night.

#### City House

For those of you who don't know, this is the big ugly building which sits above the railway station. Latterly a failed redevelopment site, it has recently been bought by Bruntwood, who have a reputation for high quality and innovative buildings. Certainly, if the computer generated images are anything to go by, their redevelopment will have a dramatic impact on the skyline as commuters enter Leeds-take a look- <http://www.bruntwood.co.uk/cityhouse/office/>

There is a great deal to be confident about and if this were any other city, we would be shouting it from the rooftops.

Come on Leeds!!

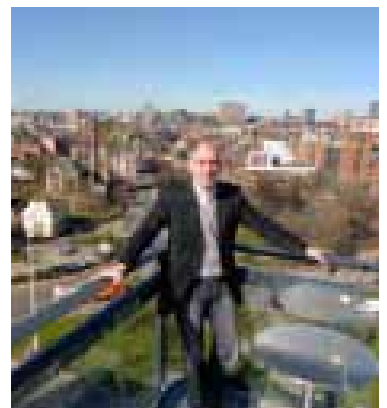
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## City Homes

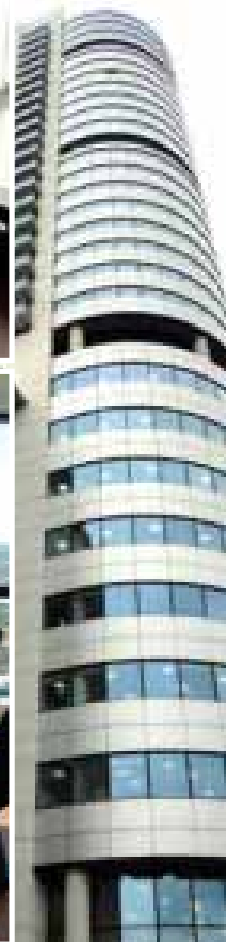
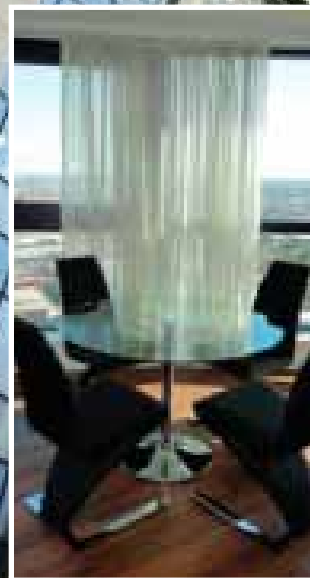
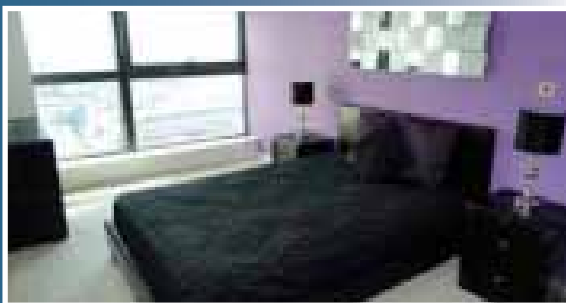
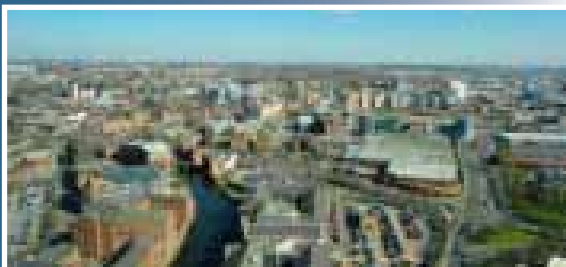
### Bridgewater Place Leeds Affordable Penthouse Living

**Martin & Co are delighted to bring onto the rental market this Large Two Double Bedroom Penthouse Apartment within the Iconic Bridgewater Place building. The Apartment has Exceptional Panoramic Views of the city from all windows!**

#### Viewing is essential to avoid disappointment!

This stylish apartment offers spacious accommodation for professional sharers and couples alike. Located on the 30th Floor and occupying the curve is the extremely large lounge/dining/kitchen with floor to ceiling windows giving amazing views of the city! The master bedroom has an en-suite with his and her's sinks, wc, bath and separate walk-in shower. The second bedroom joins onto a Jack and Jill bathroom with a shower over bath! This beautiful apartment also comes with an allocated parking space located beneath the development.

Bridgewater Place is located at the top of Water Lane which is only a short walk from the train station. On site is a Starbucks, Casa Mia, Tesco's and other amenities. Bridgewater Place also has a wonderful 24 hour concierge service!





Katherine Busby,  
City Dweller,  
Fashionista  
and hard working  
Harvey Nichols  
Marketing and  
Events Manager.

**I used to dream about being a princess, who am I kidding, I still dream about being a princess!**

Flouncing around in a castle, kissing frogs and turning them in to princes, maybe sleeping for 100 years and then waking up to a handsome prince....what do you mean that's not real life?

With a new princess and an extra bank holiday I think this April we should all embrace our inner princess ...frog kissing optional.

With this in mind Harvey Nichols is frantically sewing the bunting ready for a 'Right Royal Breakfast Affair'.

Join us from 10am on the 29th April in our Fourth Floor Café. Watch the build up, main event and royal procession whilst enjoying a glass of Babbington English Sparkling (the chosen tippie for Will and Kate) followed by breakfast canapés and then, as the guests tuck in to their Royal Wedding breakfast, you can dine in style on a wedding brunch fit for Royalty, with more Bibbington (to toast the newly weds)

**Tickets are £35 and available from the Fourth Floor by calling 0113 204 8000.**

If you can't wait that long, from the 4 April we will be serving quintessential afternoon tea fit for a Princess for the princely sum of £30 per person which also includes a free limited edition Harvey Nichols celebratory Mug Talking of which, my sister still uses her Lady Di and Prince Charles commemorative mug for her morning cup of tea so I will definitely be investing in one of these for her!

Created by our exceptionally clever Harvey Nichols designers these fab mugs are also available priced £20 each, from the Foodmarket.



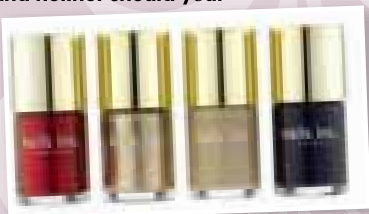
And that's not all. On the big day not only will I be donning a hat and sipping my Babbington from a commemorative mug, I will also be patriotic from the tips of my fingers to the ends of my feet!

Nails Inc, the original British nail bar has created a limited edition range of products and services all to celebrate the big day.

My favourite is 'Will' Union Jack Crystal Cap Nail Polish (£15)

A glitzy crystal Union Jack top teamed with a wonderfully classic (and on brand) pillar box red.

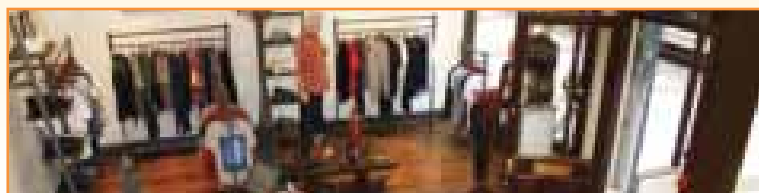
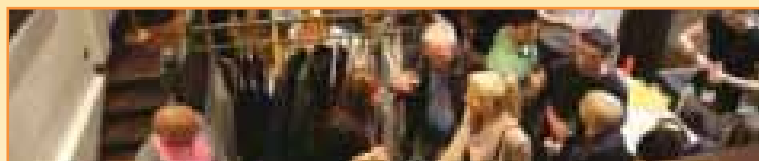
So, maybe I won't ever get to wear crystal slippers or live happily ever after with prince charming but that doesn't mean I can't allow myself the opportunity to be queen for a day, and neither should you!



## A welcome addition to Leeds Victoria Quarter...

**...Seasons Designer Mens & Ladieswear shop launch on 31st March guests and city dwellers were treated to 20% off all purchases plus drinks, canapes and treats. The official after party was at Normans Bar Call Lane.**

It's not only merchandise that will impress. The interior of the VQ Seasons store is stunning. Three themes over three floors create the ultimate shopping experience. The ground floor offers an industrial early 20th Century feel; for the basement think Gentleman's Lounge with a chequered floor and Italian nautical light fittings, whilst the top floor is more opulent decadence with mirrored walls, fittings of walnut and brass, and on a marble top table sits a vase displaying a riot of contemporary blooms. There really is something for all Seasons!



7-11 Cross Arcade • Victoria Quarter • Leeds  
www.seasonsclothing.co.uk • leeds@seasonsclothing.co.uk



Designs Men & Ladieswear

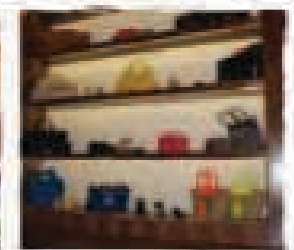
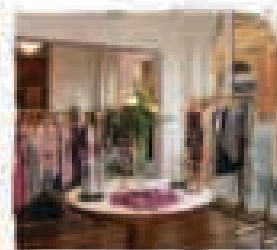
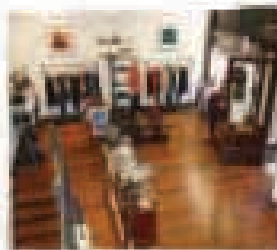
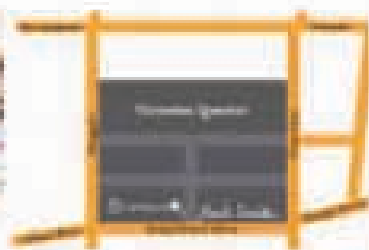
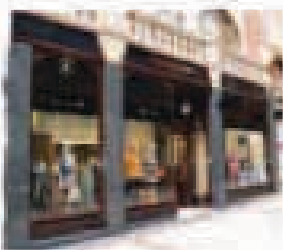
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| <ul style="list-style-type: none"> <li>John</li> <li>Oliver</li> <li>Pauline</li> <li>Paul West</li> <li>Mike Wilson</li> <li>William Douglas</li> <li>Kevin Walsh &amp; Co Ltd</li> <li>Mark &amp; Mark Jewels</li> <li>Walter &amp; Walter Jewellers</li> <li>Tom Stone</li> </ul> | <ul style="list-style-type: none"> <li>John</li> <li>Alan Hinchey</li> <li>William &amp; John Hinchey</li> <li>Edward</li> <li>Ray Rogers &amp; Associates</li> <li>John &amp; Mark Jewels</li> <li>Walter &amp; Walter</li> <li>John &amp; John</li> <li>Thomas &amp; Thomas</li> <li>Thomas &amp; Thomas</li> <li>Thomas &amp; Thomas</li> </ul> |
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# SEASONS

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# Leeds Waterfront Festival 2011

## & Dragon Boat Racing

### Sat 25th & Sun 26th June

Fantastic arts, live music, food and on the water events will take place all along the waterfront on this festival weekend at **Granary Wharf, Brewery Wharf, Clarence Dock and Thwaite Mills Watermill.**

Sponsors and partners are welcome to get involved:

The Dragon Boat Racing sees some of Leeds' biggest employers taking to the water to raise money for Leeds based community initiatives.

To enter or sponsor a Dragon Boat team call Amanda Bennett on (0113) 2422426 or email: [amanda@leedscommunityfoundation.org.uk](mailto:amanda@leedscommunityfoundation.org.uk).



For further information on Leeds Waterfront Festival opportunities contact Rachel Clunas on 07917 780 151 or email: [rachel.clunas@aireactionleeds.org.uk](mailto:rachel.clunas@aireactionleeds.org.uk)

## CLUBBING GUIDE

April and May is looking like there going to be one of the busiest and best months for clubbers in Leeds, with Easter and May bank holidays, as well as the Royal Wedding, offering us lots of chances to go out and party and spend the next day recovering at leisure!

It all kicks off on Good Friday, the 22nd of April, with House and Techno legend Carl Cox headlining The Revolution Continues at the Vox warehouse, which is sure to be a sell out event. He'll be bringing with him one of the hottest DJ's of the moment, Yousef, whose own club night as well as his remixes of big names such as Fatboy Slim, have helped put him firmly on the map.

Easter Sunday the 24th sees Radio 1 superstar Judge Jules bring his wildly popular Ibiza night, Judgement Sundays, to Gatecrasher Seven for a night of mayhem. Always at the forefront of new music, Jules is sure to entertain the crowds in the way only he knows how!

If you fancy something a little more underground, the same date sees Leeds based brand Mono\_cult throw another of its all day parties out on the terrace at The Lounge with an afterparty sure to follow!

The Royal Wedding sees numerous parties kicking off in Leeds on the 28th, with Steve Lawler at Mint Club leading the pack. Lawler is one of those rare DJ's who manages to be both loved by fans around the world and highly respected by his industry peers. Darius Syrossian will be joining him on the night at DJ Mag readers "Best Small Club" and both will be proving just why they are in such high demand.

Mission, on the other hand, will be playing host to the highly popular Dutch House master Laidback Luke. The man needs no introduction and will no doubt ensure a lively sell out event with the younger crowd.

Finally, with the May bank holiday falling on the 2nd, the day before sees club nights Technique and Asylum team up and put on an all day garden party with a line up any promoter would be jealous of. Jamie Jones tops the bill, bringing his deep and minimal techno style to the undoubtedly loyal music fans at The Faversham.

So there you have more than enough opportunities to party and a musical mix to satisfy any tastes over the next month...enjoy!

**Alex Jukes**  
Press/Pt/Promotions  
Jukebox Media

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Visit **Millgarth Police Station** (next to the Bus Station), contact **0113 2413101**, or text **07950 080242** starting your message with CANPT.

Alternatively, visit [www.wypnpt.org](http://www.wypnpt.org) and follow the links to City and Holbeck and Leeds City Centre or find us on **Twitter - Millgarth NPT** and **Facebook - Leeds City Centre Neighbourhood Policing Team**.

# City Dweller

Lifestyle Magazine

**32 Jack Lane, Leeds, LS11 9NP**  
T: 0113 234 4300  
F: 0113 242 6964  
E: [sales@city-dweller.co.uk](mailto:sales@city-dweller.co.uk)

## KEY GUIDE

- SHOPPING
- CIVIC
- FINANCIAL
- EXCHANGE

City Dweller provides you with the guide to the bars, restaurants, clubs and hotels in Leeds. Our website & Facebook are regularly updated with events.

visit [www.city-dweller.co.uk](http://www.city-dweller.co.uk) or add us on Facebook **"Leeds-City Dweller"**

### Bar Guide

- 1 THE COMEDY CLUB
- 2 VIVA CUBA
- 3 WALKABOUT
- 4 BOURBON
- 5 YATES WINE LODGE
- 6 STICK & TWIST
- 7 VARSITY
- 8 NEW PENNY
- 9 TWILIGHT AT ALEA
- 10 EDWARDS
- 11 SANDINISTA
- 12 THE GEORGE
- 13 HOGSHEAD
- 14 O'NEILLS
- 15 SELA BAR

- 16 ZEBRA
- 17 COURTYARD
- 18 TERRACE
- 19 TIGER TIGER
- 20 PARKROW / SHOOTERS
- 21 LIVING ROOM
- 22 OK KARAOKE
- 23 ALL BAR ONE
- 24 PROHIBITION
- 25 QUID PRO QUO
- 26 BECKETT'S BAR
- 27 THE SLUG & LETTUCE
- 28 HENRY'S
- 29 THE RELIANCE
- 30 ORACLE
- 31 THE OLD STEPS
- 32 BABY PLATINUM

- 33 PLUSH
- 34 PURPLE DOOR
- 35 FAB CAFE
- 36 FLARES
- 37 BAR CENSSA
- 38 YATES WINE LODGE
- 39 MOOK
- 40 BAR 4
- 41 SQUARES
- 42 DRY DOCK
- 43 WARDROBE
- 44 HAKUNA MATATA
- 45 CALLS LANDING
- 46 CASA MIA
- 47 FIBRE
- 48 QUEENS COURT
- 49 LOUNGE

- 50 NORMANS
- 51 ARTS CAFE
- 52 REVOLUTION
- 53 BOUTIQUE
- 54 ELBOW ROOMS
- 55 BRB
- 56 JAKES BAR
- 57 OPORTO
- 58 DISTRIKT
- 59 MILO
- 60 CHILLI WHITE
- 61 PIN BAR
- 62 ADELPHI
- 63 AIRE BAR
- 64 REFORM
- 65 PACIFIC
- 66 SANTIAGO

- 67 MOJO
- 68 FAVERSHAM
- 69 RISA
- 70 BROWNS
- 71 BRIDGE
- 72 HARVEY NICHOLS BAR & RESTAURANT
- 74 YUM YUM DELI & CAFE BAR
- 75 GOLF CAFE BAR

### Restaurant Guide

- 1 FUZZI EXPRESS
- 2 PIZZA HERO
- 3 TEPPANYAKI
- 4 THAI SIAM
- 5 HANSA GUJARATI

- 6 TRIPTI
- 7 TONDOORI MAHAL
- 8 CAFE GIARDINO
- 9 THE LOUNGE
- 10 SHALIMAR
- 11 WONG'S
- 12 EGO
- 13 LUCKY DRAGON
- 14 FAIRUZ LEBANESE
- 15 AKBARS
- 16 SHABAB
- 17 DA MARIOS
- 18 BISTRO FIORI
- 19 CIAO BELLA
- 20 BELLA PASTA
- 21 LITTLE TOKYO
- 22 AZUCAR

# The Map of Leeds

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City Dweller is here

- 23 SAENGARUN
- 24 PIZZA EXPRESS
- 25 LIVEBAIT
- 26 CALLS GRILL
- 27 BRASSERIE 44
- 28 POOL COURT
- 29 BIRD AT ALEA
- 30 FIG AT ALEA
- 31 VIVAS
- 32 LA COMIDA
- 33 MALMAISON
- 34 MAXIS EXPRESS
- 35 BRASSERIE BLANC
- 36 SIMPLY HEATHCOTES
- 37 SOUS LE NEZ
- 38 NO.3 YORK PLACE
- 39 LA GRILLADE
- 40 56 ORIENTAL
- 41 PIZZA EXPRESS
- 42 BLACKHOUSE
- 43 BIBIS CRITERION
- 44 LA TASCA
- 45 STRADA
- 46 TAMPOPO
- 47 BRIO PIZZA
- 48 BRIO
- 49 THE FOOD EMPORIUM
- 50 ELEPHANT CURRY CAFE
- 51 MA POTTERS
- 52 NANDOS
- 53 WAGAMAMA
- 54 THAI EDGE
- 55 CHINO LATINO
- 56 GOURMET BURGER

- 57 TEMPURA
- 58 CHAOPHRAYA
- 59 MIA MODO
- 60 NAWAAB
- 61 RESTAURANT BAR & GRILL
- 62 LOCH FYNE
- 63 NO.1 ORIENTAL BUFFET
- 64 WASABI TEPPANYAKI
- 65 AAGRAH
- 66 MALIKS
- 67 PRIMO
- 68 CAFE GURU
- 69 MUMTAZ

- Club Guide**
- 1 O2 ACADEMY
  - 2 CASA LOCOS / CLOUD 9
  - 3 FIRE
  - 4 THE COCKPIT
  - 5 MISSION
  - 6 MINT CLUB
  - 7 THE SPACE
  - 8 HI-FI CLUB
  - 9 RIOS
  - 10 MEZZ CLUB
  - 11 BIRDCAGE
  - 12 OCEANA
  - 13 STYLUS
  - 14 GATECRASHER SEVEN
  - 15 WIRE

- Hotel Guide**
- 1 CHAMBER'S
  - 2 BEWLEYS
  - 3 MARRIOTT
  - 4 JURYS INN
  - 5 NOVOTEL
  - 6 TRAVELODGE
  - 7 WESTERN MERRION
  - 8 IBIS
  - 9 HILTON
  - 10 CROWNE PLAZA
  - 11 COSMOPOLITAN
  - 12 RADISSON SAS
  - 13 MALMAISON
  - 14 42 THE CALLS
  - 15 THE QUEENS

- 16 VICTORIA
  - 17 LE MERIDIEN
  - 18 DISCOVERY INN
  - 19 QUEBEC
  - 20 PARK PLAZA
  - 21 ETAP
  - 22 THE MINT HOTEL
- Record stores**
- 1 CRASH RECORDS
  - 2 JUMBO RECORDS
  - 3 RELICS RECORDS
- Hospitals**
- 1 NUFFIELD HEALTH
  - 2 LEEDS GENERAL INFIRMARY

# City Fashion

## True Colours

Finally, the grey, cold, wintery days look like they're leaving us, and we can hopefully look forward to some sunny days, (although, probably not warm!)

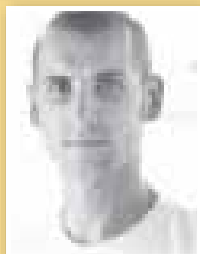
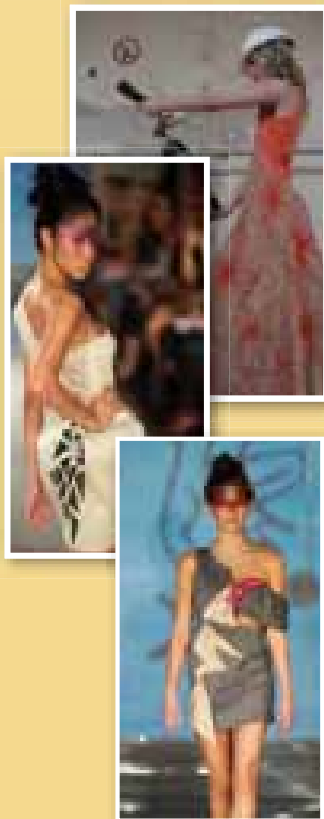
So which colours are going to inspire and brighten up our lives? Which are going to calm us and make us feel lyrical? And which ones will provoke no emotions at all but are still interesting in their own unique way? Prepare yourself for the colours of Spring/Summer 2011.

Orange appears to be the most exciting color trend of Spring/Summer 2011. It's vibrant and energetic and most designers have used orange in their collections. From delicate tangerines, to neon and deep terracotta - this season, fashion is warming up. Now you don't have to wait for the summer holidays to don this zesty shade, whatever the weather, orange will bring your outfit to life. It oozes confidence and fun, be it a small accessory or totally head-to-toe. There's no other shade that could outperform the visual effect of orange for the summer and if you're brave enough go for the head-to-toe colour-block dresses look to Versace or Prada, for inspiration, having used the hottest tints of orange in their collections, while Jil Sander (being one of the most iconic collections of the season) combined bold stripes and colour blocking... this is the pinnacle of in-your-face orange style! One of the great secrets to rock out the trend is to pair the right shade to your complexion tone. Those who were blessed with olive or dark skin would have more success sporting the darker and more profound shades, creating a great visual effect. On the other hand, pale and fair skin should appeal to the power of muted and more lighter orange hues to balance out the contrasts. Proceed gradually, and you can rock the transition from Neutral to neon. Max Azria and Alberta Ferretti opted for softer hues and combined them

with neutral colours like black and beige to make outfits more versatile.

Besides the power of the Orange, other colours that are screaming summer and will liven up any wardrobe over the coming months are white, lemon and shades of pink and purple... from Deep purple to neon pink, and although they're not the hottest of the season, we can't ignore them....Just as we can't ignore Grey and stone. While grey and stone tints may be considered dull and boring they look incredibly good in combinations with other tones. Floral prints, undoubtedly, have become a new hot trend. Alberta Ferretti used huge flower patterns to decorate her dresses, Dolce & Gabbana reminded us of "The little House on the Prairie" with their take on the all over printed Maxi and Marc Jacobs used the motif to create belts and headwear....Remember the thing about florals though, is that you don't want to overdo it.... one floral piece is enough, you don't need to match everything. It's all about balance and harmony!

Thanks James



If you have any fashion questions don't hesitate to contact me

[jamesstewardcouture@googlemail.com](mailto:jamesstewardcouture@googlemail.com)  
[www.jamessteward.co.uk](http://www.jamessteward.co.uk)  
Tel: 07979 961906



## From high street to glitzy catwalk - Fashion for Real People ...

Move over Gok Wan and make way for the real make-over of Spring/Summer 2011. The renowned Professionals Fashion Show Ball is back taking place on Friday 13th May at the Royal Armouries, Leeds.

This spectacular black-tie charity event will see hundreds of professionals attend and take part in celebrating all that is good about Yorkshire, highly supported by Yorkshire's leading businesses and fashion brands. The catwalk will feature real people showcasing the latest trends from Harvey Nichols, French Connection, Reiss, Aqua, Coast, Hawes & Curtis and Firetrap with hair styled by Saks and cosmetics by Max Factor, Benefit, Chanel to name a few.

The Spring/Summer collections are amazing with quality exuding in style, colour and fabrics. With attention to detail and influences by leading catwalk designers we are in for a real treat!

Forget the model stereotype as fashion is all about real people and styling for you, moving away from size but building true style and glamour. Men and women can explore these collections with fun and dare trying new looks and transforming yourself for summer!

Key colours for this season include nude, coral, tan, pink, peach, white and black, with an explosion of vibrant hot pinks, yellows and blues. Key fabrics are silk, cotton, lace with over sized shimmery shirts and tailor fitting suits. Hats, belts and brightly coloured shoes are cutting edge accessories that can excel your look.

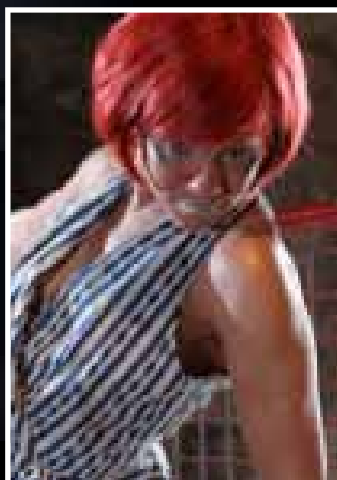
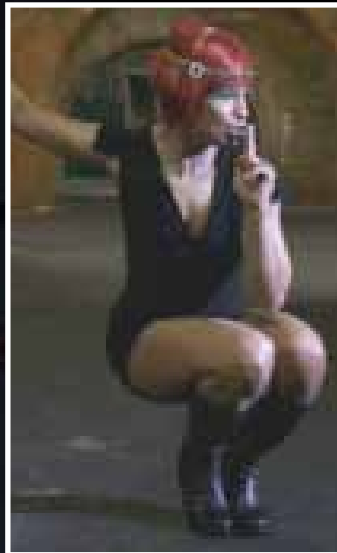
The fashion show promotes real people wearing the latest fashion proving that anyone can transform their image and create a brand new you. Step out this season with a sexy attitude knowing what to wear and sprinkle a little glitz and glamour into your life. Come and join us for an enjoyable evening of style, celebration and damn good fun!

I hope to see you there let's mix business with fashion. I would LOVE TO HEAR FROM YOU so drop me a line for good advice and hot fashion tips.

Thanks Lisa

Lisa Crampton,  
The Style Company  
[lisa@the-style-company.co.uk](mailto:lisa@the-style-company.co.uk)





## Fashion Pony

Bringing the fun back into fashion.

Chris Hall jumped in on the Fashion Pony photo shoot with new poster girl Capital Radio's Jojo to have a quick chat.

Two designers offer up a much-needed dose of fun and individuality back into fashion. Combining their passion for something different and their wealth of knowledge in the fashion industry, creating a platform for young upstarts to get their designs on the rail.

Fashion pony is crammed full of new exciting designs that will make you stand out from the crowd, and help avoid that awful moment when the girl across the room is wearing exactly the same outfit.

“Radio broadcasting to Yorkshire for 13 years I've had a lot of early mornings, meaning I need a lot of make up and great clothes. I love dresses and I love dressing up, I'm like a living doll, but not quite like Barbie. You can put anything on me and I'll love it and I'll do anything for a free dress! I'm not a label kind of girl, I take each piece of clothing on face value. Although I've worn some great dresses by Kelly-Ann & Katie Newsam today, which are two labels available with Fashion Pony. I also love vintage clothing,

if I can find a 70's dress that's already lasted 40 years I'm rockin it. Being an online boutique, Fashion Pony keeps its independence and individuality. The fact that you can buy something that is one of a kind makes Fashion Pony something really special.”

Thanks Jojo

Chris Hall  
Life style Journalist

All clothes pictured here are available to buy now at [www.fashionpony.co.uk](http://www.fashionpony.co.uk)

Photography by Underground Studios



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# City Fashion

**Kiosk 78 the Drapers Award Winning Menswear Store has now moved into the Corn Exchange, in the heart of Leeds City Centre.**

KIOSK 78, recently voted top five UK independent by Esquire magazine felt the Corn Exchange was the perfect place to open their new store to take the customer experience to the next level.



Co owner Damon Bryan said " We quickly out grew our old store in terms of space and felt the historic and beautiful Corn Exchange was the place to take the store to the next level. The space is nearly 4 times larger than

our previous store and maintains its original features such as fireplaces, arched windows and wood floors. The new store allows us to showcase each of our brands as befitting of their design and quality."

"Our brand list is growing all the time and we now carry over 40 of the best brands from around the world such as APC, Folk, Carhartt, Fred Perry, Nudie Jeans, Edwin, Heritage Research, Our Legacy, Passarella Death Squad, Kitsuné, Pointer, Sperry Topsider, Levis, Bleu de Paname, Universal Works and much more..."

Check out Kiosk 78's website [www.kiosk78.co.uk](http://www.kiosk78.co.uk) for all incoming brands, sign up to the newsletter or search Kiosk78 on facebook to be the first to receive all the latest info, promotions & competitions.

**Kiosk 78 choose some of their favourite new arrivals for Spring Summer 11:**

1. Heritage Research Longline Parka
2. Fred Perry Classic Pique Polo
3. Common People Desert Boot
4. Passarella Death Squad Tee's
5. Uniform Wares Watches



1. Heritage Research Parka
2. Fred Perry Pique Polo
3. Common People Desert Boot
4. Passarella Death Squad Tee's
5. Uniform Wares Watches

**All items are available instore or online at [www.kiosk78.co.uk](http://www.kiosk78.co.uk)**

# KIOSK<sup>78</sup>

SEARCH KIOSK78



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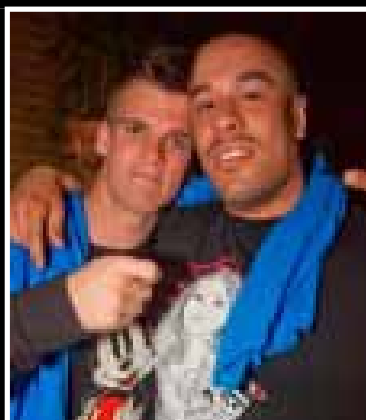
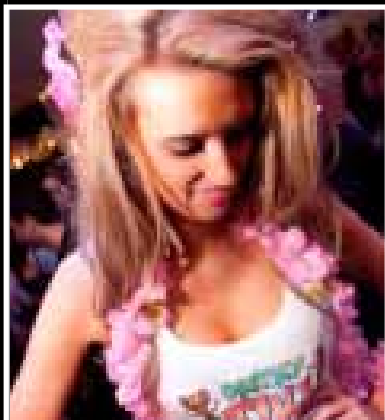
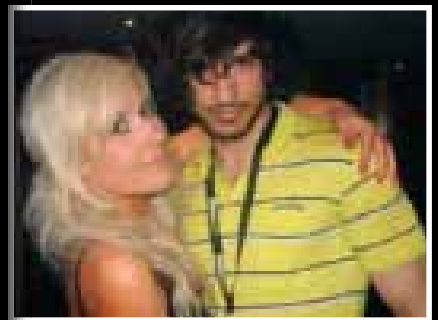


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# CityDweller Bar Review

## All Eyes on The Aire

– City Slickers

Jonathan Hedley

& Jenny Mcphee

to review Aire Bar Leeds...

This is their verdict...



Situated half way down the Calls, Aire bar is a popular retreat for sports fans who want to avoid the louder surroundings of the other city based bars. However our latest visit to Aire Bar uncovered some features that not everyone may be aware of.

It has a large, south facing balcony, which overlooks the River Aire, which provides the perfect setting for an after work drink or three, as the warm weather slowly creeps upon us once again. The huge balcony is perfect for Alfresco dining, a first date or a secluded affair and is undoubtedly the best location to cure a Sunday morning hangover... .."Aire" of the dog!!

With large, comfortable sofas, huge plasmas and a pool table, it is also a favourite haunt on weekends, where you can be sure to catch up on the recent goings on with your mates.

All this and I haven't even mentioned the three real ales the bar has on draught at any one time. Black Sheep is the resident ale, on sale all year round, and like all good residents, is a big hit with the regulars. Aire bar also has two guest draughts available at any one time, which tend to switch with the seasons.

Spring has seen in a rather aptly refreshing light ale called Yorkshire Blonde, from Ossett Brewery. Those looking to pop their ale cherry could do much worse than to try this fine ale and lager converts alike will be suitably impressed. Word of warning – it goes down incredibly well, so perhaps soak up some of the alcohol with a bar snack or two – of course we wouldn't want to suggest anything other than responsible drinking!?

So our final piece of advice is to get down to Aire bar, select your preferred ale, and relax in the sun – we'll see you on the balcony.

Thanks Jonny & Jenny

Aire Bar, 32-34 The Calls, Leeds, LS2 7EW

Telephone: 0113 245 5500



# aire

THE CALLS

Aire Bar, situated in the heart of Leeds City Centre in the fashionable Calls area & located in the basement of a stunning brick vaulted converted warehouse with amazing views of the River Aire

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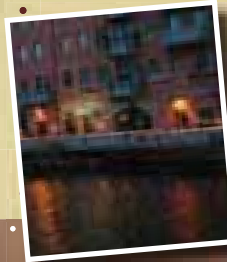
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# Dixie and Gayle's Real CD Review



1

## ELBOW – BUILD A ROCKET BOYS!

Elbow; the five album overnight success! They are living proof that if you stick to your guns it will pay off eventually. 'Build A Rocket Boys' follows the monster Mercury Prize winning 'The Seldom Seen Kid,' a wonderful album which has seen 'One Day Like This' pummelled into each and every one of our music psych through every imaginable form of media exploitation. Don't get me wrong, it worked on us, we love it! So, is a hit album really a seldom seen kid in these parts or do Elbow have what it takes to crossover? In short, yes. Anyone expecting a sell out from Elbow will be very disappointed; they remain, deep and thoughtful, orchestral and empty and on first listening you think 'Build A Rocket Boys' is dull, much like we thought on first listen of 'Seldom Seen Kid,' but two plays later your musical senses start tingling and you awaken to the hidden beauty of each of the songs. 'The Birds' is understated to the extreme and clocking in at 8:04 mins long, it certainly lays their stall out very firmly. No compromise. There is an enthralling reprise later, just wonderful. 'The Lippy Kid' encapsulates everything about Elbow. Like so many of the pieces on the album, it has the feel of a noir film soundtrack or a song from an off Broadway musical, so traditional yet so far away from tradition. Everything about the album is impressive; the production is flawless, lyrically it is totally engaging, musically it's arranged unpredictably with ocular delights for your perseverance.

'Jesus is A Rochdale Girl' is without a doubt a title-and-a-half and a wonderful song to-boot, but the track that we should all succumb to now, and believe me, fighting against it is totally pointless. 'The Night Will Always Win,' stunning in its simplicity; beautiful in its delivery and a classic to the core.

'Build A Boat Boy' is a great album and a more complicated closing statement is not needed; just buy it.



2

## THE ZOMBIES – BREATH IN BREATH OUT

It's been a while since we have heard from The Zombies; 'She's Not There' was the biggie for them back in the day. No surprise that the release of this album coincides with the bands 50th Anniversary so 'Breath Out- Breath In' is a real landmark.

The Zombies are, at their nucleus, Colin Blunstone and Rod Argent. The former has a gloriously rich voice and following the first break up of the band scored a number of great hit singles in the 70's including 'Say You Don't Mind' and the lovely 'I Don't Believe In Miracles'. He's also been guest vocalist on lots of other hits including 'Old & Wise' by The Alan Parsons Project (Dr Evil!!!). Rod Argent had a huge hit with rock anthem 'Hold Your Head Up' via his own inventively named band, Argent. He also wrote some TV theme tunes.

'Breath In - Breath Out' is a funny one as we defiantly like it but how such esteemed writers and producers didn't look at each other when they had the play back and say; 'oop's, loose that one, it sounds just like House of The Rising Sun' or 'Ooo, cut that, it sounds like A Whiter Shade of Pale' or even, "Let's drop that one too, it sounds like The Long and Winding Road" is, quite frankly, beyond me!

The album opens with the title track which is very good. It is a mirror image of a Steely Dan production, wonderfully layered tight harmonies, lovely jazzy keys; even Colin's voice sounds like Donald Fagen; brilliant. 'Any Other Way' produces a good vocal from Colin Blunstone and some lovely Spanish guitar playing and 'Play It For Real' rocks along nicely but 'Shine On Sunshine' is too close to The Long and Winding Road. All the push points and elements of the melody are the same and Gayle and I can, as awful as the thought is, sing it over the top! If 'The Long and Winding Road' had never been written, this would be a classic.

Rod Argent takes lead vocal on 'Show Me The Way' which is good and track seven is a reworking of Argent's 'Christmas For The Free.' Now call us cynical but it's tough enough to listen to Christmas songs out of season at the best of times but after the winter we've had, I want my music to be sunny and we want to think of spring and hot summer days. So it's a big no on this one. And so it rolls on through 'Another Day,' 'I Do Believe' and 'Let It Go' which sees Rod Argent weave Bach's F minor piano concerto throughout the song but it just sounds like 'A Whiter Shade of Pale.'

In conclusion, very disappointed. The pedigree should have offered much much more so we would say this is really one for the fans.



3

## THE HOOSIERS – BUMPY RIDE

After a small hiatus, The Hoosiers are back better than ever and doing it for themselves. Having sold over a million records through Sony, and achieving the smash hit singles, 'Goodbye Mr A,' 'Cops & Robbers,' and 'Choices' to name but three smash singles and the monster Trick To Life and top 10 album 'The Illusion Of Safety', the band have now flown the coup and gone it alone.

Gayle and I were delighted to be able to introduce The Hoosiers for our latest 'Intimate Performance' show in Sheffield in March. They were great guys and put on a fantastic show. You can see the pictures on Real Radio's website.

So, they are making no bones about it, 'Bumpy Ride' is 'The Illusion Of Safety' repackaged with the addition of 4 new tracks. Tracks one to 12 remain the same and they have then tagged on the 'newies' on the end. First up is the old Soft Cell classic 'Say Hello Wave Goodbye,' I'm not sure how they can call this a brand new track as it was originally a bonus track on 'Illusions!' But it's great all the same, an even more pumped up electro, hi-nrg version which Marc Almond would be delighted with. 'Sister Sister' is a great little pop song and along with 'Used To Be Love,' and 'Squeeze' brings the album to a close.

Bumpy Ride is a must for fans and if you are thinking of buying 'The Illusion Of Safety,' don't because as well as the extra tracks there is a nice bonus CD with nine acoustic songs. The band describe 'Bumpy Ride' as their 'Glee' moment, and with an incredibly catchy and powerful chorus, they are working very hard to make it a hit and we believe it could be the one to bring them back on a smoother road!

**Dixie and Gayle present The Real Radio Breakfast on Real Radio every weekday from 6am to 10am.**

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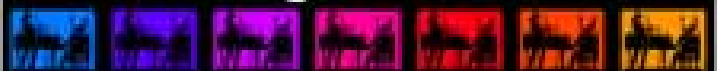
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...Has a date at The Malmaison Hotel for Cocktails in The lower Briggate area of Leeds which is fast become a safe, sophisticated and fun area of Leeds Ideal for that special occasion or Night out.

Malmaison already holds the reputation for one of the finer places to dine and drink in Leeds. I have recently heard lots of great things about their Breakfasts, Sunday lunches and evening menu, however, it was their home infused spirits that inspired my recent visit. We wanted a place to have a classy cocktail to start my friend's birthday evening night out. Not only did we get class, we got a whole new experience!

We were welcomed to the bar by the experienced Shaun who introduced us to their collection of kilner jars containing various wonderful looking concoctions. He explained that they are the happy outcome of long periods spent combining different ingredients with liquor and then tasting the results. Sounds delightful doesn't it... Fresh strawberries, liquorice, rhubarb and custard, lime and chilli are just some of the ingredients infused into their sprits and on offer to sample.

After considering the cocktail menu and realising that we wanted

to sample it all we decided to choose a selection and share. We sampled cocktails made using their raspberry and cucumber infused gin, strawberry and vanilla infused Bacardi and their pineapple and ginger infused vodka muddled with fresh ginger. The menu offers an accurate description of each cocktail reducing the indecision of which one to sample and making it easy for you to choose one to suit your taste buds. The cocktails make



very unique drinks made all the more satisfying when you're aware of the care that went into producing them. We were so impressed with our delightful cocktails that we ended up taking more friends back later that evening to introduce them to our new find... we are already planning our next visit.

Most bars offer a standard cocktail menu but Malmaison go the extra mile. Their menu is refreshing in the product and the concept. I love home infused spirits and have attempted to make my own in the past. The great thing about Malmaison is that they have done

all the hard work and the end product is well worth the money. When I go out for a meal I like to be spoilt by having something I couldn't create myself at home... now I can do this with my choice of cocktails too.... cheers!

### Shauns comments....

#### 1. Strawberry and Vanilla Daiquiri

"This is our best seller of our home infused cocktails. It is recommended to those with a sweet tooth. The sweetness of the vanilla coats the mouth whilst the lime and strawberry puree give it real substance".



#### 2. Rose Garden

"Refreshing, fruity and zingy twist on a gin and tonic. The cucumber adds a real summery "Pimms" refreshment to the drink".

#### 3. Pineapple Collins

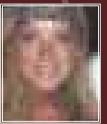
"The muddled fresh ginger gives a real spicy kick to this drink making it another really refreshing cocktail. Ginger isn't something you would assume to work well in a long cocktail, especially paired with pineapple, but it works to maximise the benefits of having that break from work.



Cheers & Good Health

*Suzanne Kaye-Vaughan*

Food, Entertainment & Lifestyle  
Journalist City Dweller Magazine



photography by Thomas Harvey

# City Jobs

## Choose your attitude

### Craig Burton offers us some helpful hints!

You know the kind of people; I won't list the utterly miserable, boring, toxic attitudes and mutterings that some people come out with, it will put me in a mood. See; there you go, I just proved it. Attitudes are contagious; is yours worth catching? We work with some great funny, caring, driven people but sometimes people confuse driven and focussed, with downright rudeness. Don't fall into that trap of a false sense of urgency. Dale Carnegie sums it up in the Three C's; Don't Criticise, Condemn or Complain. "Everything OK?" colleague; "Yeah why?" me; "You might want to tell your face then"

**Tip:** before you leave for work choose your attitude, tell yourself what a great day you're going to have and

that there's always a choice about the way you do your work even if sometimes you can't choose the work you do. OK you can always leave a job (but I wouldn't recommend that) however you do have a choice in the attitude you bring to the job. A local, very famous, supermarket chain has that just right. Test it out. A famous Pizzeria and French sounding Sandwich/Coffee shop all have a dogged determination in recruiting for attitude and what a difference it makes. Having a good attitude just isn't optional. Dig deep, have fun at work, you're there a very long time!

**I haven't had a pay rise for over a year now and it's about time I did. How do I ask for a raise?**  
Alex-Moortown

That's a biggy Alex. First, have a look at your CV, how have you improved it in the last twelve months? You should have some clear Key Performance Indicators or some kind of measurement system so you know how you are doing? Also check the market place, call a couple of agencies and see where you are in the salary scale. Leaving a job for money ranks #7 so look at what

we call "Hygiene Factors" of your job. Is it a great place to work? Do you have fun? Is it interesting? Challenging? Is it easy to get to? Is it offering you great development opportunities? These are all things that you can't put a price on yet are actually reasons why people leave a job if the balance isn't right. Weigh them all up, even grade them 1-5. Rather than ask for a Performance Review I'd ask for a meeting with your boss and politely ask "What has to happen or what do I have to achieve, to qualify for a raise? As an employer of over five hundred people I'd be a fool not to respect you for asking in the right way. (Hopefully the answer won't be GO WORK SOMEWHERE ELSE)

**I work next to a guy who pongs, as the week goes by it gets worse and when the heating is turned up its making my eyes smart. What should I do?**  
Katie-Gipton

Soap dodging isn't the way forward in an office environment. We have an acceptable dress policy and without it I know we'd have a couple of Lady Gagas and Stiggs of the Dump, but, it's actually not your

issue to deal with. It's your Manager. However if you're the boss or team leader, I'd have a quiet word and maybe ask if their shower is broken as there's been a couple of people mention they smell of bins and to save embarrassment you thought you would mention it. It still makes me giggle that some people state on a CV they pay particular attention to their personal hygiene. Who wouldn't? (Or you could just move desk)



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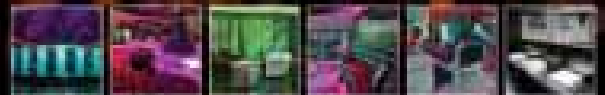
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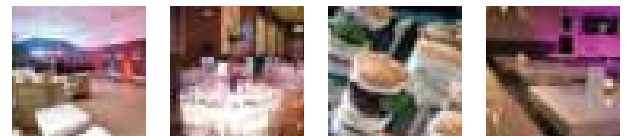
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# VoVo

First up – important cake news! I have been given the honour of designing a cupcake for charity alongside some other faces from Leeds as part of The Cupcake Collab, initiated by the fabulous Bethanie Lunn! Throughout the week leading up to Easter you will be able to sample some individual cakes exclusively designed and available from the Sunshine Bakery on Harrogate Road in Chapel Allerton. As it's all for a good cause, this is a guilt free indulgence and a win win situation, as all the proceeds of every specially designed cake will go directly to CLIC Sargent, a social care team based at the LGI who help children suffering with cancer. I absolutely loved taking part in this scheme and to be honest got a bit carried away sketching my potential cupcakes. Not being the world's greatest at drawing (GCSE D grade in Art) I was a little apprehensive to put pen to paper at first, but before I knew it I had 12 brilliant doodles including, my Bun Loving Criminal and Chicken in a basket – don't ask. I finally opted to go with my Sausage and Mash design, which is basically a chocolate cupcake, topped with vanilla cream which signifies the mash potato, with half a dozen chocolate flavoured mini sausages sticking out. Then, and this is the best bit, sprinkled with lime flavoured pretend peas and then drizzled in chocolate sauce, which of course represents the gravy. I like the idea of something looking savoury but tasting sweet. I think my inspiration came from the great Heston Blumenthal and from my son, Rudi B whose favourite food is sausage. What better gift to give my son at Easter than his favourite food in the form of a cake? If you would like to sample my cupcake it will be available to purchase from The Sunshine Bakery on Saturday the 23rd of April from 10.30am! Remember all profits from the sales of these cakes will go to charity and if you want to check out a picture of my effort and all of the other sketches from The Cupcake Collab, including one from fashion designer James Steward, then go to [www.bethanielunn.com](http://www.bethanielunn.com).

I've been saving up to get a deposit together for a house so have been unable to have the luxury of eating out or indeed eating, but now I have reached my deposit target I have treated myself and others to a couple of meals out at some of the fantastic establishments Leeds has to offer. One of which is Fazenda down by the Dark Arches. It was my hubby's birthday and I wanted to treat him to a Brazilian. No - not that type! Fazenda is a unique type of dining experience. You simply pay a set price and have constant tableside service of different cuts meat brought to you and access to a well stocked salad bar. You

even get your own set of tongs to retrieve your chosen meats as it carved at your tableside from giant skewers by Gaucho chefs. As a customer you can control the service by displaying a small green and red sided card. Just display the red side when you want the service from the chefs to stop and the green when you would like it to resume again. This is a carnivores dream and you may eat as little or as much as you can manage. Try the chicken hearts as they are a Brazilian delicacy.

Another place I have sampled is AM Kitchen & Bar. This is situated in the stunning Dyson Clock building within the Marriott Hotel on Lower Briggate and offers authentic Indian cuisine. The space has had many guises over the years; I think it has been a Thai restaurant, Chinese and even Malaysian and now Indian. If my memory serves me right it began life as a high class jewellers and clock maker back in 1875 and as a listed building it is expected to maintain its many exquisite features. It's hard to imagine how the most glittery silver, Bollywood style wallpaper could possibly sit well with architecture from the 19th century, but somehow it works. The food is fresh and gorgeous -especially the lamb chops starter – slurp! AM Kitchen is a brilliant addition to Leeds' restaurant arena and I think that Atif Malik, the man behind AM Kitchen, has done a brilliant job of combining traditional Indian food with one of the most historic buildings in Leeds. Thank you to my waiter Farooq who was both charming and attentive. In the words of Arnie – I'll be back!

Well that's it from me. I need to get my washing out on the line as it's a beautiful day.

Roll on the summer! Xx

Remember to listen to me Hirsty and Danny on Capital when you wake up and checkout the website [www.capitalfm.com](http://www.capitalfm.com)



Welcome  
to Yorkshire  
[yorkshire.com](http://yorkshire.com)

**It looks like  
summer's  
here at last  
– and it's about time.**

And don't worry, there's nothing Fawcety about the column this month – other than funny man John Cleese coming to town.

Leeds Grand Theatre & Opera House will host him on June 3, tickets are selling fast so grab one while you can.

There's more funny business at the West Yorkshire Playhouse with the Courtyard Comedy Club. Affable host Silky will guide audiences through some of the best comic talent around on May 15.

If you fancy a complete change of pace, then Opera North at Leeds Grand Theatre & Opera House is for you.

This month sees the production, *From the House of the Dead* – a volatile mix of restless tension and the crushing boredom experienced within the confines of a prison camp. Described as *Big Brother* for its time, it runs on May 5, 7, 12 and 14.

If it's a tasty drink with a European flavour you're after, then descend the stairs to the recently opened Bierkeller – part of the refurbished Parkrow complex.

Or to get to the meat of the matter, pay a visit to the upstairs First Floor Grill at Brooklyn Bar for a huge range of steaks. If two people book between 5pm and 7pm, you can get a free bottle of house wine if you order two courses. Bon appetite.

If you prefer your steaks minced up, shaped into circles and topped with a range of delights, give Gourmet Burger Kitchen a go.

And Salvo's in Headingley are showing their extensive range of food offer with two special nights on May 10 and 11. To celebrate Coeliac Awareness week, they are putting on special gluten free "Cenare Con Amici" dinners for diners. Contact them for more details.

**So enjoy a month of  
theatre, food and,  
hopefully, some sun!**

*So whatever you're doing, enjoy!  
From the Welcome to  
Yorkshire team*

To find out more about these events  
and many more, visit

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# Experience Leeds Markets



Leeds Markets have so much to choose from you'll be spoilt for choice. From daily produce and Farmers Markets to Specialist Markets at certain times of the year, you're not far from a market in Leeds wherever you are.



Kirkgate Market in the city centre is the jewel in the crown and the largest indoor market in Europe, with over 400 stalls (and another 200 outdoors). A real gem in the Leeds landscape oozing with atmosphere it attracts over 100,000 visitors per week. The listed Victorian market hall is a sight to behold, boasting ornamental wrought iron casings and grand stone archways. Traders in the market hustle to sell fresh yam, crab claws, succulent joints of meat, exotic spices, remote-controlled cars, pet gerbils or the latest must-have shade of lipstick.



**Open 9am-5pm Monday to Saturday.**

Further details at [www.leedsmarkets.co.uk](http://www.leedsmarkets.co.uk)

**Leeds Visitor Centre  
Breaks Income  
Record!**



Leeds Visitor Centre, the tourist information centre for Leeds, has broken through the £1 million income barrier for the first time in its history. From April 2010 to March 2011 Leeds Visitor Centre has been able to buck the trend of other national Tourist Information Centres and shown a great increase in its overall income. This has been the result of Leeds Visitor Centre delivering such services as the sale of Metro and First travel passes, tickets for major events such as Leeds Festival, the sale of Leeds Rhinos, Leeds Carnegie and Yorkshire CCC tickets, theatre bookings, accommodation bookings, sale of gifts and books, as well as a whole host of other services. Footfall too has increased at Leeds Visitor Centre, to way over 500,000 visitors a year (second busiest TIC in England); with a noticeable increase in the amount of overseas visitors, and students attending our city universities and colleges using the centre, as well as the continued strong support of our local residents here in Leeds.

Leeds Visitor Centre has been in Leeds City Station since 1995 and has grown its levels of services dramatically over the years. The aim of Leeds Visitor Centre is to help the visitors and locals of Leeds to get the most out of the city and surrounding areas, as well as contributing to the local economy. The vast majority of the £1 million income intact, has gone back to local companies, attractions, sports teams and hotels who work in partnership with us at Leeds Visitor Centre.

This current success has come on top of the team at Leeds Visitor Centre being nominated for 'The White Rose Award Information Service of the Year 2010'! So all in all its been a great year for Leeds Visitor Centre and one which we are aiming to build upon for 2011/2012!

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on Mondays) – 10am-  
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**RHINOS STAR SHOWS OFF  
HOMETOWN SIGHTS**



**Leeds Rhinos rugby stars swapped  
tries for tours recently to relaunch  
the Leeds City Sightseeing Bus.**

The service was launched last year by Welcome to Yorkshire – the county's official tourism agency – to help promote the city as a tourism destination, and has returned this year to run daily services throughout the summer.

To celebrate, Leeds Rhinos star and Leeds lad Carl Ablett gave his new teammate, New Zealander Weller Hauraki, a whistle stop tour of his home city on board the bus.



After welcoming aboard thousands of passengers last year, the service has now been extended to run seven trips a day, with 13 stops – making it easier to hop on and hop off.

It will take in city sights on the five mile route including Millennium Square, the Corn Exchange, City Square and Victoria Quarter.

Tickets for the service will be frozen at last year's prices, with discounts for seniors, students and children. Tickets are also valid for 24 hours.

Gary Verity, Welcome to Yorkshire's Chief Executive, said: "We're delighted to be able to support the bus's return for 2011. Last year, more than 90% of passengers rated the overall experience of the tour as good or excellent which bodes well for this year.

"This service is about promoting the city as a leading tourism destination to support city centre businesses and help strengthen the tourism economy. The bus is popular with visiting groups, like sports fans, so it's great to have the Rhinos help us relaunch the service."

Rhinos star, Carl Ablett, said: "It's great to be able to showcase our fantastic city and offer visitors and local people a different view of it – and you can learn something new too."

Weller Hauraki, who moved to Leeds this winter, said: "Being new to the city, it's always good to get to know what's going on and where there is to visit, so the sightseeing tour is perfect for that."

The bus is being run in partnership with Transdev, who also run a sightseeing tour in York.

**The bus is now running daily until October.  
For details of timetables and prices,  
visit [www.yorkshire.com/sightseeing](http://www.yorkshire.com/sightseeing)**



**City Travel**

**British Breaks**

If you have something to celebrate this year and you're looking for something a little different how about hiring a cottage? Most places can only be booked for a minimum of one week during the summer, however if you are looking to book within four weeks and there is availability then many of them will look at selling short breaks from Friday – Monday or midweek breaks. Prospect House sleeps 12 people in six twin and double rooms, it boasts a lounge, fully fitted kitchen leading on to an enclosed patio, four parking spaces, Wi-Fi and en-suite rooms. You can hire the whole property at the end of May for just £1728.50 – that's just under £145.00 per person if there are twelve of you. Prospect House is a delightful Grade II listed Georgian terrace just 200 yards from Scarborough's harbour.

Or for a gourmet delight Le Manoir Aux Quat'Saisons in Oxfordshire is hard to better. With menus created by Raymond Blanc and holding 2 Michelin Stars for a remarkable 27 years, Le Manoir is a firm favorite with the great and the good. The gracious individually furnished rooms start from £595.00 per night including a five-course dinner, sumptuous French breakfast and the boring old vat. It gets booked up quickly here so if you are thinking of treating yourself then it's best to book ahead and perhaps have a few different dates in mind.

For those Royalists amongst us how about a snoop around the Palace? One night stays at the 4\* Cavendish Hotel in Mayfair with breakfast, an exclusive tour of Buckingham Palace with an Official Guide book and a glass of champagne in the garden afterwards for just £159.00 per person. Dates are the 4th, 12th and 20th August. Provided there are at least two people travelling, you can also add discounted rail tickets for £38.00 pp from Leeds & Wakefield and £47.00 pp from York. A great way to round off day's sightseeing, the tour starts at 5pm and lasts a couple of hours.



**Egypt**

I've recently returned from a fantastic week in Dahab, in Egypt, a wonderfully relaxed place with a great atmosphere. It's just over an hour's drive from Sharm el Sheikh airport and much more laid back than it's busy neighbour. No building is taller than the minarets of the mosque, and the resort has been popular with divers and backpackers for many years helping

to contribute to the chilled vibe in this Bedouin town. Think of beach bars and restaurants where you can step from your sun bed into a warm sea that is teeming with the most amazing marine life; the sun shines, the drinks are chilled and the prices are most reasonable.

I stayed at the Sea Sun Hotel, about 5km outside the centre, a great stroll along the beach or £2.50 in a taxi. Expertly run by Brigitte, a Belgian woman who's had a baptism of fire since taking over the hotel less than a year ago, having had to cope with a mud slide flooding the hotel and then the political upheavals. Not that anyone in Dahab minds those upheavals one bit. There was a real sense of pride among the people for what they had managed to achieve and a palpable sense of excitement for the future. There was also huge gratitude towards the British people, and Polish too, as they'd continued to go on holiday to Egypt throughout the period of unrest, when pretty much every other European country had pulled out.

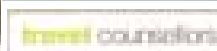
The Sea Sun hotel has rooms for a week in May, June & July from £270.00 for two people sharing a double room on all inclusive, or just £130.00 if you prefer bed and breakfast. In August & September a week's all inclusive is £340.00 and October & November is £295.00. Flights are extra and have been selling around £250.00 pp so it is great value. Plus you can stay for up to two weeks on the Red Sea Peninsula without the need for a visa, you just need to have at least



six months validity in your passport.

The situation throughout Egypt is much calmer now and I can't emphasise enough how perfectly safe it felt there. Tourist numbers are going to be down this year for the Egyptians, but if you are looking for a break with pretty much guaranteed sunshine, world-class diving and snorkelling opportunities, or you'd like to visit some of the world's most iconic sights without hundreds of other people sharing your view; you could do a lot worse than book to go this year. No getting up at the crack of dawn to bag a sun bed, great prices in the shops and restaurants, and a genuinely warm welcome. Like the sign said on Dahab seafront: "Support Freedom – Come to Egypt"

**For help and advice on any travel matter contact Michael Croft on 0113 277 8004 or email [michael.croft@travelcounsellors.com](mailto:michael.croft@travelcounsellors.com).**





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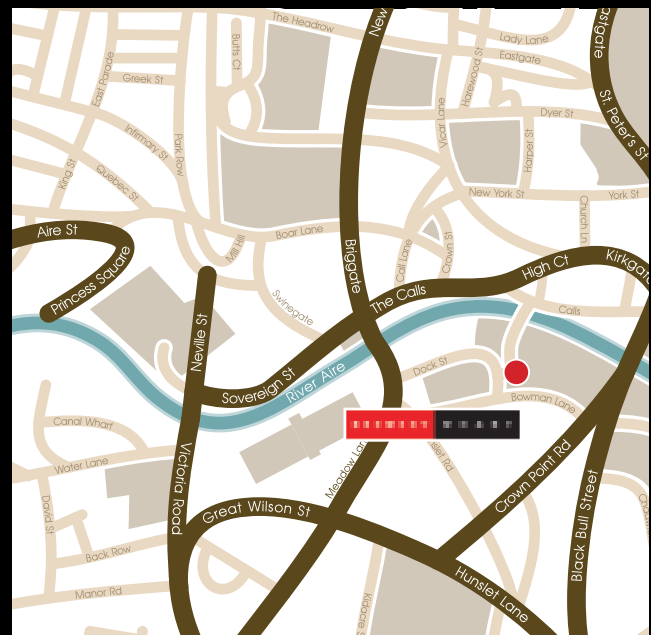
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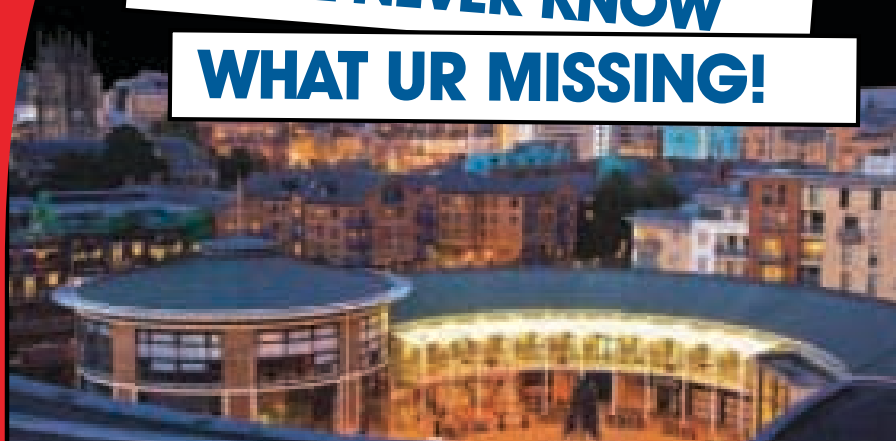
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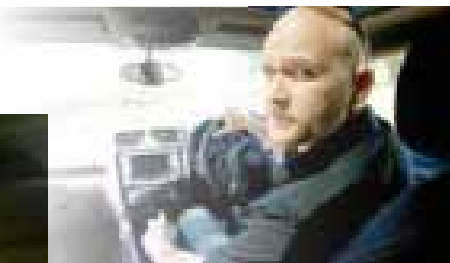
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# City Dweller Car Review



## Hyundai ix20 1.4 CRDi Style

By Tim Barnes-Clay, Motoring Writer

### PROS 'N' CONS

- **Economical** ✓
- **Roomy** ✓
- **Comfortable** ✓
- **Debatable looks** X
- **Unexciting drive** X

### FAST FACTS

- **Max speed:** 104 mph
- **0-62 mph:** 14.5 secs
- **Combined mpg:** 65.7
- **Engine layout:** 1396cc 16v, four-cylinder, turbocharged diesel
- **Max. power (bhp):** 89 at 4000 rpm
- **Max. torque (lb.ft):** 162 at 1750-2750 rpm
- **CO2:** 114 g/km
- **Price:** £15,420 OTR

**THE LIBYAN CRISIS** has pushed up the cost of a gallon of petrol in the UK to **£6 for the first time. And the AA has warned that with unleaded now costing an average of 132.12p per litre and diesel increasing to 137.92p, thousands of drivers could be forced to leave the car at home.**

However, Hyundai is doing its bit to help ease the cost of everyday motoring by producing the thrifty new ix20. The latest model to join the South Korean company's 'i-range' line-up of vehicles has the style of a supermini, the space of Doctor Who's TARDIS and the economy of a city car. Every manual model features Intelligent Stop & Go technology, low rolling-resistance Continental tyres and an Alternator Management System (AMS), giving it the lowest emissions and fuel consumption in the class. In fact the ix20 is so fuel efficient it can actually better or match the figures for rivals' city cars.

Made at Hyundai's newest European plant in Nošovice, Czech Republic, the ix20 is essentially a compact MPV (Multi-Purpose Vehicle) with a healthy dose of fashion and functionality. It is not, in my opinion, good-looking but it does have a chic sporty profile, which sets it apart from the boxy 'minivan' image typically associated with other MPVs. Inside, the ix20 is firmly screwed together and matches the spirited design of the exterior. The well-

appointed cabin features a height adjustable driver's seat, air conditioning, six airbags, active head restraints, radio/CD audio system with six speakers, plus CD, MP3 and USB-/AUX-/IPOD-input capabilities. More importantly, the car provides excellent legroom and headroom in the front and rear. It is also very easy to achieve a comfortable driving position. And once on the move, the ix20 delivers an alert and supple ride, even over the most pothole ravaged roads. That is no surprise though because the car is the first in Hyundai's history to be extensively tested on the worst of British roads.

But back to the fundamental running costs of the car; Hyundai has developed three exceptionally efficient engines which power the ix20: a 1.4-litre with 90PS in

both petrol and diesel, and a 125PS petrol mated to an automatic transmission. Hyundai expects its new 'U2' common-rail diesel engine to be the most popular choice among British buyers looking for exceptional economy. The U2 engines use high-pressure common rail injection, electronically-controlled Exhaust Gas Recirculation (EGR) and a Diesel Particulate Filter (DPF) to ensure they meet Euro V emissions regulations. What's more, fitted with Integrated Stop-Start technology and a six-speed manual gearbox, the 1.4 CRDi Style version of the ix20, on test here, records CO2 emissions of just 114g/km and returns an average fuel economy of 65.7mpg. These class-leading figures will bring reduced motoring costs through lower road fund licence costs as well as saving pounds at the pumps.

Ok, by their very nature, MPVs, large or small, are never exhilarating to drive, and the ix20 is no exception. But the car is impressive in so many other respects. It is roomy, tremendously economical, it has a five-star Euro NCAP safety rating, it has 20,000-mile service intervals and comes with Hyundai's five-year unlimited-mileage warranty, plus five years of roadside assistance and free vehicle health checks. Phew! By my reckoning all that makes the ix20 ideal for anyone looking for a cost-effective, practical, modern day motor.



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## LEEDS LOVES RUGBY SIXTY YEARS ON!

**A sixties themed event was held on the 30th March, to launch the Leeds Loves Rugby Festival.**

Current Rhinos team captain, Kevin Sinfield joined players from the 1961 team – Lewis Jones & Derek Hallas and veteran fans at the event held at the Leeds Visitor Centre to launch the festival, being organised by Marketing Leeds, Leeds Rugby and Leeds City Council.

Leeds Loves Rugby, a celebration of rugby will take place from 14th – 28th May and will celebrate Leeds Rugby League's first ever Championship victory with Lewis Jones leading the team to a 25–10 victory over Warrington in the Final at Odsal in May 1961. This was a momentous occasion in the clubs history and the end of a 66 year wait for league glory! 52,000 fans were in attendance on the day.

Nick Bates, Advisory Board Member of Marketing Leeds and Partner at Irwin Mitchell (pictured far left) said;

"We are incredibly proud of Leeds Rugby and of their fine sporting heritage. The 1961 win was an incredible achievement and Leeds Love Rugby is a way of celebrating the anniversary. The festival will be a terrific platform, giving businesses in the city the opportunity to promote themselves to new audiences, nationally and internationally, through rugby themed activities, offers and promotions.

"I was so pleased to see fans old and new getting together at today's event to share memories about our great city. I'm sure Leeds will be buzzing with all things rugby in May!"

**The launch also featured an appeal for missing footage of the match by Derek Hallas of the victorious 1961 team.**

**Memorabilia can be taken to Leeds Visitor Centre between 30th March - 14th May by fans. Fans are advised to use photocopies not originals as they can't be returned.**

## LEEDS VISITOR CENTRE



## City Dweller Fitness Tips

By Tom Frost

### Summers on its way, get ready to hit the beach!

Last month my article was missing as I have been extremely busy trying to get my new website up and running, unfortunately this meant I didn't have time to write my usual article, but I'm back permanently and I'm extremely happy to report the website has been finished to a high standard.

On the site is a gallery of my body building photos as I have had a few enquires from my lovely readers wanting to see some of my show pictures, also I will be opening a you tube channel with online videos and tutorials with links to and from my site, this is the key factor in enabling me to captivate a wider audience and provide a new service through online programs, enabling my clientele to see how to perform each exercise with correct form and posture.

I won't preach too much about my services but I am particularly proud of the website and hope you get time to have a look and see what I offer.

[www.tomfrostpersonaltrainer.co.uk](http://www.tomfrostpersonaltrainer.co.uk)

### Does the weather affect our mood?

Personally when the suns shining and the sky is clear my training gets an extra injection of vigour and a radical boost in intensity, my sleeping patterns become more regular and waking up in a morning becomes less taxing, but is there any science behind it?

In October 2008 a group of German scientists examined how six variables, wind, temperature, sunlight, precipitation, air pressure and length of the day could effect mood on more than 1200 participants .

The results concludes that the effect of good weather on participants mood was relatively minor, however windy dark and cold days in many cases negatively effected the mindset of the participants. Its been a long hard winter in Leeds this year, if you have felt the impact of the gloomy winter, make sure you utilise the full potential of the upcoming season being constructive with the months to achieve your maximum potential.

### What factors do you consider when choosing a gym?

Price? Convenience? Facilities? Pool/sauna? location? All these are very important, however after working and training in many gyms around the country, I can conclusively say the environment should be the deciding factor on choosing your gym, if you wish to get the most out of your training.

Do any of you feel that the gym you currently train at is incredibly clinical and empty of character?

Gyms are springing up left right and centre with their primary focus to make money. If you go to view a gym, ask yourself this question, "has this gym been created with the user in mind or simply to make wads of cash?"

Being a personal trainer I have used more gyms than the average bear. Some of these gyms were fortunate enough never to have a visit from the health inspector, as I'm confident they would have been instantly condemned. Despite them being tired and a little dirty, something kept drawing me back. Workouts are always a pleasure with the atmosphere filled with everyone chasing that ideal physique and an abundance of experienced trainees there to offer help and guidance.

These are often the establishments situated in more obscure parts of the city, in locations you would never expect to find a gym, these are the hidden gems. So get yourself on a treasure hunt and I guarantee it will supercharge your training.

Thank you for reading

Tom

"To improve is to change; to be perfect is to change often."

Winston Churchill

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# Leeds United



## Leeds United manager Simon Grayson is hoping to "Run With Eddie" later this year - and is urging the club's fans to join him.

Subject to his summer plans, the Leeds boss will be taking part in the Jane Tomlinson 10k in June, and is hoping the Elland Road faithful will follow him by signing up to support two good causes.

Club legend Eddie Gray is leading a campaign which will see all fans who register to "Run With Eddie" raise money for both the Jane Tomlinson Appeal and the Leeds United Foundation.

A number of Leeds fans have already signed up to take part and now the Elland Road manager has pledged his support to take part the race, which takes place on Sunday June 19. "Providing I'm in the country I'm planning to take part in the 10k run with Eddie, although I'm sure Eddie will be miles in front of me," said Simon.

"I think this is a great opportunity for Leeds fans to get involved. It's for a great cause. Jane was an inspiration to a lot of people and Mike has carried on all her good work. Obviously the Leeds United Foundation will also benefit from the people who take up this challenge and that will allow for increased work within the city and the communities.

"It's an opportunity for people to get out there, get themselves in shape, and raise money for good causes. It doesn't involve loads of training - it's given me a goal to aim for - and it's a great opportunity. Leeds is a fantastic city, this is a fantastic occasion, and it's a fantastic cause."

The race is now in its fifth year and has raised over £2m for charities both locally and nationally since its inception.

Jane's appeal benefits a number of charities around the region while the Foundation is a charitable trust, and funds raised will be ploughed into social inclusion courses around the city. All monies raised by those who "Run With Eddie" will be split equally between the Jane Tomlinson Appeal and the Leeds United Foundation.

To register to join Simon and Eddie Gray, you should visit [www.regonline.activeeurope.com](http://www.regonline.activeeurope.com) and where prompted enter the pin LU92FC or e-mail [media@leedsunited.com](mailto:media@leedsunited.com) for a link to the registration page.

New loan signing Jake Livermore is relishing the prospect of pulling on a Leeds United shirt and playing his part in the club's promotion push.

The Tottenham youngster joined on loan until the end of the season and completed the formalities on transfer deadline

day before joining his new team-mates for his first training session as a Leeds player.

And with eight games still to play, Jake says he is here to help.

"It's what you play football for, the big games, and I want to help," said Jake.

"There was a few clubs interested, but Leeds is a massive club with a massive fanbase and a good set of lads and I want to do my best to help them.

"There's eight games left, they're all cup finals and if we can't do it automatic, there's the Play-Offs."



Jake arrives with plenty of experience in the Championship, having had loan spells with both Derby County and Ipswich Town. The 21-year-old arrives having 44 career appearances to his name.

"I broke my leg at 17 and was out for a year, and since then I've been on loan to a few clubs and been back and forth to Tottenham.," he explained.

"I've been recalled a few times, and this seemed like a good idea for both clubs to come here.

"The manager is quite close with a few coaches at Tottenham and they were keen for me to come and work him. Leeds are doing well and fighting for something which is good.

"I spoke to Aaron (Lennon), Danny Rose, and Jonathan Woodgate only had positive things to say about the place."

Jake's first day had something of a twist with the morning training session being followed by an afternoon trip to Pole Position in Leeds for a Go-Karting session.

"I had a good day," he said. "Training was good, we went Go-Karting in the afternoon, and although I do know a few of the lads here, it was a good way of getting to know people."

## COUNTDOWN

### TO THE GREATEST CLUB GAME OF THE YEAR

As Wembley gets set to host the greatest game in the club football calendar, the remaining English teams are giving their all to make sure they will be competing in the final. But will they be able to overcome the Spanish giants, Real Madrid and Barcelona.

With Manchester United, Chelsea and Tottenham all flying the British flag in the quarter finals, the odds that at least one English team will be at Wembley come May is highly likely.

Following the first leg of the quarter finals, the chance of seeing Tottenham Hotspur in the semi finals are very doubtful, following a 4-0 drubbing in the Bernabeu to the mighty Real Madrid.

Ronaldo and co taught Harry Redknapp's men a footballing lesson, putting them to the sword following Peter Crouch's red card inside the first 15 minutes. After Crouch's stupidity and with Madrid already a goal up, the task was near on impossible as Madrid set up camp inside the Spurs half.

Former Arsenal star Emmanuel Adebayor hit a brace as he continued his magnificent goalscoring record against his former rivals. Angel Di Maria hit a stunning third and the ever recognisable Ronaldo continued his amazing goalscoring record for the famous men in white making it 71 goals in 78 games in all competitions. With Jose Mourinho at the helm you can never count him out making it three Champions League victories with three different teams.

With Manchester United and Chelsea squaring off in another of the quarter finals, there will definitely be one team representing Britain in the semi finals. Following Manchester United's crucial away goal last week at Stamford Bridge, it is advantage to Sir Alex Ferguson's men going into the second leg, taking a vital 1-0 lead to Old Trafford. With Wayne Rooney serving a domestic 2 game ban following his foul mouthed rant into a television camera he will be fresh to lead the line and fire his side into the semi final.

Barcelona will more than likely to be in the semi final, following their 5-1 victory over Shakhtar Donetsk in the Camp Nou last week. With an abundance of stars such as Lionel Messi, Andres Iniesta and David Villa then not many would back against the Catalan giants being crowned Champions of Europe once again.

All the games through to the final are a must watch, with the Elbow Rooms showing all the games on their two big projector screens. Plus with the matches being played at the same time, Elbow Rooms numerous televisions mean that you will not miss any of the action.

What is better than watching Messi or Drogba terrorising the opposition defence, while having a few chilled beers, with 2-4-1 drinks offers between 5pm and 8pm, 4-4-2 will not be the only formation you need to remember.

The Elbow Room is a sports bar with style and if you plan to see what could prove to be some of the best football played in the world this year - you won't find a better option!

**Patrick Courtney Sports Journalist**



City-Dweller's

# Fletch checks into The Headingley Lodge



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**With Winter finally gone, and the sunshine starting to come out, it can only mean one thing. Summer is nearly upon us, City Dwellers! With that in mind, I decided it was time to move out of my comfort zone of the city and venture into nearby Headingley for a day of beer, sport, beer, food (and wine) and....more beer - In that order.**

Known as a Mecca for Yorkshire cricket and rugby fans, Headingley is also Leeds' number one student area. Now don't let that put you off, as there is enough diversity in this compact area to suit all tastes. The majority of students you do see round these parts tend to be the ones that know how to brush their hair and have a proper wash so you know you're going to be in good company.

The focal point of my trip was to watch the rugby, so where better to stay than The Headingley Lodge Hotel? Tucked away on St Michael's Lane, this impressive four star hotel is part of the newly redeveloped Headingley Stadium complex, and attracts sports fans, business travellers and Leeds folk alike.

At just £55.00 for a twin room (£65.00 for a family room), it provides value for money and convenience, and did I mention the views are amazing? Each room is rather cleverly named after a famous cricketer, which is quite apt as it overlooks Headingley's world famous cricket ground. Myself and my mate (who was celebrating his birthday all that weekend and was pleased to finally get something free out of me - have I mentioned before I'm a Yorkshire man born and bred?) stayed in the Darren Gough room, and it didn't disappoint - just like the man himself.

The view of the grounds is nothing short of breathtaking, and is at times quite overwhelming when you consider the history that has played out on this turf in years gone by. In fact I was so taken with it, I decided to do what I normally deem tragically sad and sent a photo via my mobile phone to a friend, who was also suitably impressed and rang immediately to get the low down. The room was spotlessly clean and well equipped with Sky Sports, and as I'd mentioned my mate's birthday to the lovely manageress Dale whilst booking, there were even some complimentary beers on ice in the room on arrival - now there's a woman after my heart!

Just when I thought it couldn't get any better, I spotted the latest issue of City Dweller Magazine on the table - The Lodge really is an establishment with impeccably good taste. With our bags dropped off and beers swiftly necked, we headed off down to the ticket office next door, where the friendly staff were happy to engage in some pre match banter as well as hand us our all important tickets. We then headed to our seats (via the bar of course)

and settled down to watch the match, which was Leeds Carnegie Vs London Irish.

Any Union followers will know that Carnegie have not fared too well of late, and Irish seemed to dominate the first half of the match and scored a cracking try after 32 minutes. Leeds came back fighting in the second half, the turning point being Daniel Browne's try which spurred the underdogs on, to eventually win 27-19, what a result for Leeds!

With a spring in our step we set foot around the corner to the bar in Trio, where guests at The Lodge receive a 20% discount on food. In case you've had your head in the sand for the last few years (or perhaps you just don't come from the area, in which case I'll let you off), then Trio is part of a hugely popular Leeds chain. Don't let the word chain put you off, mind, as each of its eight bars (and growing) is as different in name as it is in character.

With its cool décor and woody surroundings, Trio really does set the scene for a good cocktail, or any other beverage that tickles your fancy for that matter. Avoiding the upfront dance and chart music favoured elsewhere in Headingley, it opts for anything ranging from a moody Doors classic (my personal favourites) to a rousing Hot Chip number.

We then headed upstairs to the restaurant, where our friendly waitress seated us and let us take a quick glance of their wine list. Opting for the rather fine Pinot Noir, we glanced through the newly revamped food menu. For starters we decided to share two dishes (I hate to feel I'm missing out) - the chicken and chorizo skewers and chilli prawns. Both were beautifully presented, and were as tasty as the menu promised, with the portions just the right size to leave room for the main.

As a few ales had been downed that afternoon, we both opted for the pizza, which I have to say were a cut above the rest. I chose the Manhattan which was a veritable meat feast, and my companion went for the Kiev Calzone. Both went down a storm, but I have to say the Kiev won hands down. I normally find Calzone too greasy, but this had the perfect balance of ingredients and had me wishing I'd ordered that instead.

Never one for pudding, we settled the bill and headed out for a couple more drinks in Headingley, before retiring back to the comfort of The Lodge. With the prospect of work the next day (oh the perils of Sunday afternoon drinking) I tucked into my bed for a decent night's sleep. I awoke feeling surprisingly refreshed, in a bed which turned out to be so comfortable I didn't want to get out. I did feel slightly more human once I'd had my power shower and set off down for breakfast - a full English fry up in the café bar next door. What better way to start my least favourite day of the week?



**FACT BOX**

- The Lodge is a four star accommodation rating.
- Rates are £55 for Twin/Double & £65 Family Room children under 12yo only.
- Cafe Bar - Is only open Mon to Fri for breakfast. (open match days)
- Continental breakfast delivered to the room for an additional £6 charge.
- Continental breakfast consists of croissant, danish, yoghurt, cereal, fruit juice @ £6
- Carnegie Cafe Bar - Full breakfast @ £7.50 - Can be charged to room, or they can pay direct for bacon roll and coffee for a few pounds

**For bookings at Headingley Lodge**  
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or visit [www.headingleylodge.co.uk](http://www.headingleylodge.co.uk)

**For details on forthcoming Rugby matches**  
visit [www.leedsrugby.com](http://www.leedsrugby.com)

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**If you have any questions or review requests for myself, please email [Jordan@city-dweller.co.uk](mailto:Jordan@city-dweller.co.uk)**

Jordan Fletcher

Food, Entertainment & Lifestyle  
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