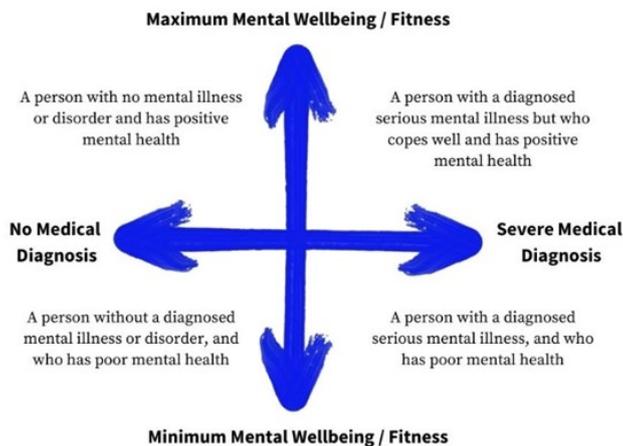


Spotting people who may be suffering with their mental health in the workplace is not easy. Andrea Dodds, Founder and Managing Director of SHEQworx Ltd, is a specialist in this area based in Wetherby. She writes:

“We all have mental health. Just like physical health, there are times when we need to rest, recuperate, and maybe even visit the doctor. There will be days when we feel on top of the world, and other days when we feel low or “meh”. And that’s OK, it’s normal, it’s all part of life.

Thinking about your mental health right now, where do you sit in the picture below? (The vertical axis is how you’re feeling, and the horizontal axis is if you’ve had a medical diagnosis). This is the Mental Health Continuum.

The Mental Health Continuum



Because our mental health can change – the time of the year, stress, financial or family pressures, hassles at work, looming exams, bereavement etc, it’s important to look after our mental health when we’re feeling well so that when we’re faced with adversity we can cope better.

Things like genetics, how we think, our environment, and social skills can play a big part in how we react and deal with the vicissitudes of life. As someone who’s battled anxiety and depression for many years, when I changed my food in 2013, within 10 weeks my depression had lifted, and my anxiety levels had significantly reduced!

Please check

out Nature’s Way Lifestyle Ltd (www.natureswaylifestyle.com/blog/) latest blog post “Food to Boost Your Mood”.

As a practicing health, safety and wellbeing professional I’ve been helping businesses keep their workers safe and free from harm for over 20 years. In recent years, the world’s attention has turned towards mental health. Prevention is always better than cure, and sometimes we need to know how to help someone experiencing a mental health crisis, and this is where becoming a Mental Health First Aider can help.”

The next course is on Monday 7th & 8th March at the Mercure Hotel. Details at

<https://www.sheqworx.co.uk/training-and-workshops/mhfa/>



HEALTH FIRST AID

2022

SHEQworx

MHFA England
INSTRUCTOR
MEMBER

**Adult Mental Health First Aid
Training Courses**

£250 +VAT per person

expecting to be held at the Mercure Hotel, Wetherby
10 & 11 January 7 & 8 February 7 & 8 March
18 & 19 April 9 & 10 May 20 & 21 June

For more information and to book visit:
<https://www.sheqworx.co.uk>

Leeds North East - West Yorkshire Police

Email: nel.npt@westyorkshire.police.uk Twitter: @WYP_LeedsNE

Facebook & Twitter Messages relating to Wetherby

21 Jan - 3 Feb

(27 Jan - Tweet about Holocaust Memorial Day)

28 Jan - Details about next Wetherby PACT meeting on 1 Feb

They sometimes respond to comments and questions on their posts / tweets.

Website Neighbourhood Priorities for Wetherby (5 Jan)

Public Priority - Road Safety – speeding has been raised as a concern across the ward. We are currently working with colleagues from Safer Roads, in an initiative funded by local Councillors, and are conducting dedicated days of action targeting excess speed. The local NPT will conduct high visibility patrols and use both the Pro-Laser and a speed indicator device to raise awareness of the dangers of speeding. We will work with the local authority to seek post implementation reviews of 20mph zones to assess the effectiveness of these areas in reducing speed.

Antisocial behaviour – we will conduct intelligence led, high profile patrols to deter antisocial behaviour and instances of damage and will be focusing on Wetherby and Stables Lane.

Police Priority - Residential Burglary - In the residential communities in Wetherby itself and the villages of Boston Spa, Clifford and Bramham. Day time offences of opportunity, e.g. sneak in burglaries. We will tackle this through crime prevention to target harden and intelligence led patrols at the key times to disrupt and deter offences.

BARDSEY TREE SERVICES Ltd

01937 573689

Tree Surgeons & Arboricultural Contractors

- All aspects of tree surgery & felling
- Hedge cutting/removal
- Stump grinding
- Site clearance for the Construction Industry
- Suppliers of woodchip
- TPO/Conservation area checks
- Tree Surveys & Reports/Free Estimate
- Emergency Call Out
- £10 million Public Liability Insurance

www.bardseytrees.co.uk

info@bardseytrees.co.uk

Director: Andrew R Ward

TRANSPORT NEWS

Fuel prices for Unleaded: Correct on Thurs 3 Feb to nearest penny

Morrisons £1.48 Shell £1.50

The same as 2 weeks ago

Seacroft Tesco £1.43

Difference b/w Supermarkets to fill av. tank is £2.75



Strike action by TPE Staff set for Sun 13, 20, 27 Feb & 6 Mar

TransPennine Express customers are being asked to plan carefully for travel on four consecutive Sundays in February and March after RMT announced plans for its conductors to hold industrial action.



One of their newer trains P Kirby

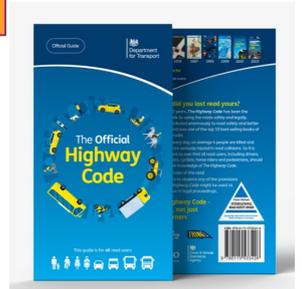
Check www.tpexpress.co.uk/travel-updates/strike

New Rules of the Road

The changes to the Highway Code has caused much debate in the media.

Pedestrians now have a higher priority, especially at junctions. Do we need signs at potential accident sites, like Horsefair, to remind motorists?

Most car drivers are careful but it just takes a speeder and a walker who knows their rights but not paying attention for disaster to happen. And are cyclists riding 2 abreast going to cause more irritation on our narrower country roads? Let's hope not. Details at www.gov.uk/guidance/the-highway-code



Better Wetherby Partnership Ltd

We asked *Better Wetherby Partnership Ltd* for details of exactly what improvements they would like to see in public transport in Wetherby ie bus services and infrastructure.

And whether they have any comments on the incompetence of Metro/WYCA regarding bus stops in Issue 2 of WFP and any of the other issues in 'Transport News', like vehicles blocking the bus station exit.

They have public transport as one of their issues on their website.

They did not answer our questions or make any comment.

£ Fares on Harrogate Bus Co still only  after 7pm until 31 Mar 

The Alec Shelbrooke Half Page

Alec Shelbrooke is 45 and been our Conservative MP for 11 years. In the last election he got 58% of our vote beating Labour by over 17,000 votes. He campaigned to remain in Europe. His basic salary is £82K. Alec.shelbrooke.mp@parliament.uk is his email. From Dec '19 to Nov '21 he has voted 357 times (out of 392) and has never rebelled against his party whip.

Space in this box for Alec to inform us of anything he wants, unedited. Nothing sent.

Below are Alec's Tweets from 20 Jan to 2 Feb. He has 15,800 followers

- 20 Jan - New step-free access at Garforth rail station
 - 25 Jan - Alec looking for a debate on fulfilling the recommendations of the Cumberlege Report to raise awareness of Women's health issues, including vaginal mesh
 - Retweet of constituent's (C. Hartwell) praise for Alec when he needed help.
 - 27 Jan - Retweet about Holocaust Memorial Day
 - 31 Jan - Sue Gray's initial report published. No Tweet
 - 2 Feb - Retweet about endometriosis debate
- Still no Tweets about Boris Johnson. Does he support him? Julian Smith, Tory MP for Skipton, has made comment.



Debate on Sue Gray's initial report on 31 Jan
Alec left at least 30 mins before it ended

In Oct 2021 we asked for opinions on Alec. We shall print all of them in order received. We remove anything inappropriate eg personal insults.

"In my experience he has done nothing of note for Wetherby.

His own website is evidence of how little he does, generic information about COVID-19 is this year's only update on local news. He's a career politician flown in from down South who wants to climb the greasy pole. One of his big achievements he keeps shouting about is a 12 page 'dementia directory' that has been viewed by a total of 82 people, one of which is me. It's nothing that your severely underfunded GP wouldn't be able to tell you about, and is a reference to groups that do a great job in publicising their own work, it really is useless. Not a lot to show for someone who has been our MP for 11 years.

He doesn't reply to emails or letters from me.

He has voted against free school meals over holidays during the pandemic. His voting record on the environment is shameful, he's happy to go around the world promoting arms sales but not take in refugees when the arms he helped sell wreck their havoc. You can't have it both ways. He fully supports everything the Tory party does and very very rarely votes against them, he stands for nothing.

I am not a member of any political parties."

If Alec wishes to dispute anything, he has a Right to Reply which will be published in full

Pub News

A
J D WETHERSPOON
Free House

Rumours that talks between a property owner and Wetherspoons have broken down are unfounded. 'Discussions are ongoing' and 'we remain interested' a spokesman for the Group told us.



Bar Three tenancy ends on 30 March

We have heard good things about Bar Three so it is a shame the current tenants are not allowed to carry on that good work. We hope that a 'managed house' reaches the same high standard of service.

BAR THREE
COFFEE | BAR | KITCHEN

We are aware of the various whispers and rumours about our business during recent months, we are now able to give some clarity.

In 2020 our previous landlord El Group was purchased by Stonegate Group. Our current agreement/tenancy with the landlord runs to 30th March 2022.

During the course of the last 12 months we have been waiting for Stonegate Group to make a decision as to whether they will offer us a new agreement.

Unfortunately it is with great sadness that we must inform you all that our 8 years here is to cease 30th March 2022. Stonegate Group have informed us they will not offer us a new tenancy and will be taking the bar back for their own use as a managed house.

Our understanding is that a period of closure for approximately 1 month will ensue from our agreement end date and the bar will then reopen under new management.

At this point all the team at Bar Three would like to convey our heartfelt thanks and appreciation for all the help and support you've shown us over the past 8 years.....and we hope you will continue to support us during our final weeks of trading!

ALL THAT'S LEFT TO SAY FOR NOW IS.....WATCH THIS SPACE FOR WHAT SHOULD BE SOME SPECTACULAR FINAL EVENTS!

Comic Sans, Arial and Times New Roman walk into a pub. The landlord yells, "Get out! We don't serve your type in here!"



Man goes into a bar with a small amphibian he just bought.

"What's your new pet called?" the landlady asks.

"Tiny", came the reply.

Why that name asks the landlady.

The man replies, "Because he's my newt."

What's On

Engine Shed: www.engineshedwetherby.co.uk

Wetherby Film Theatre



BELFAST

Rating: 12A Duration: 1 hr 40mins

Kenneth Branagh's most personal film to date. A boy of 9 must chart a path towards adulthood through a world that has suddenly turned upside

down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain. Directed by Kenneth Branagh. Starring Caitriona Balfe, Jamie Dornan & Judi Dench.



NIGHTMARE ALLEY

Rating: 15 Duration: 2 hr

When charismatic but down-on-his-luck Stanton Carlisle (Bradley Cooper) endears himself to clairvoyant Zeena (Toni Collette) and her has-been

mentalist husband Pete (David Strathairn) at a traveling carnival, he crafts a golden ticket to success, using this newly acquired knowledge to grift the wealthy elite of 1940s New York society. With the virtuous Molly (Rooney Mara) loyally by his side, Stanton plots to con a dangerous tycoon (Richard Jenkins) with the aid of a mysterious psychiatrist (Cate Blanchett) who might be his most formidable opponent yet.

Mental Health First Aid Course - 7 & 8 March

Risk Assessment Workshop - 2 March & 6 April

Details at www.sheqworx.co.uk/



Whether to Believe the Weather

We keep an eye on both local news TV programs, BBC Look North & ITV Calendar and we are often perplexed as to why the weather forecasts are so different. Surely they have the same data from the Met Office so why aren't their predictions more similar. If they use different models to interpret that data, then surely they should know by now which is more accurate.



BBC Look North & Calendar - Why the Difference?



You may ask who cares and, of course, minor differences don't matter. But in the image above you can see a difference of 4 degrees in York and 3 in Leeds!



Leeds City Council Gritter P Kirby

That could mean public money wasted if York or Leeds City Council decide to grit the roads when it is not necessary ie above freezing.

We asked Paul Hudson (pictured) and Jon Mitchell for comment and hope to bring them to you in the next issue.



Problems with Bridleways

It is reported that the Spofforth Park to Harland Way bridleway (right) has not been finished satisfactorily by builders Bellway's. It is not pleasant for walkers and cyclists, and particularly difficult for wheelchair users.



At the other end of Wetherby, the oft flooded A1 underpass (see last issue) is being visited by a Leeds City Council officer, thanks to resident Tony Page. It is still flooded on 3 Feb and the Town Council have done nothing to make it passable.

Archaeological Works Delay House-Building

Foundation work by Taylor Wimpey on the 800 homes to be built on Racecourse Approach (between the Services & Racecourse) cannot start for some months. An Open Day (publicised in Issue 10) last month saw over 100 Wetherby residents visit the site to experience the work undertaken by West Yorkshire Archaeological Service.



Please Donate in the Collection Boxes at Costello's, Bob Shop & Film Theatre



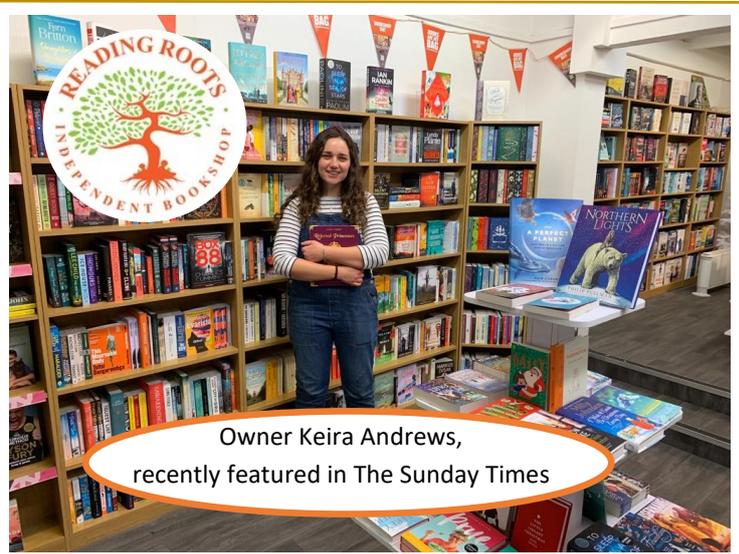
Adverts **50%** of *On Your Doorstep* rates:
 1/8 page (size A) - £25 or £80 for 4 issues
 1/4 page (size B/C) - £40 or £130 for 4 issues
 1/2 page (size D) - £60 or £200 for 4
 Sponsorship on front page - £25



We can design
 your ad **FOR FREE**
 Just send us the
 details & images



Email: WetherbyFreePress@PM.me
 Twitter: [@WbyFreePress](https://twitter.com/WbyFreePress)
 Tel: 07840 862861



Owner Keira Andrews,
 recently featured in The Sunday Times

A Book Club with the Author!

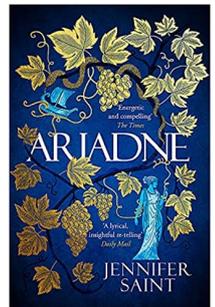
Reading Roots Bookshop runs a monthly book club (in-person & online) where the author joins the conversation too!

Next meeting: Thurs 17th February 2022, 7pm

Ariadne by Jennifer Saint

A mesmerising retelling of the ancient Greek myth of Theseus and the Minotaur

Simply buy the book from the bookshop (with a 15% discount) and get added to the list!



Market Place, Wetherby



01937 918140 www.readingroots.co.uk

A Well Known Local Resident & Businessman Writes:



“You will no doubt claim your publication is not political, but it is apparent to myself and other readers there is an undercurrent of political concerns bubbling beneath the surface of the editorial content, and in your specific case these appear to be left wing concerns.

Have you considered that this could be the reason some local businesses are reluctant to advertise and/or distribute the publication, and why some organisations appear to be uncooperative?

Whatever your personal political views or allegiances are, surely a small local publication reliant on advertisers, is really not the place for them, and the publication would be better received if it didn't show or hint at them in editorial content.

I hope my views help, as you have the potential of a really good and useful local newsletter. As a businessman and well known local resident I feel it better I remain anonymous.”

WFP Comment: Thank you very much for taking the time and trouble to write. There is much apathy about and it's great to hear your views.

Firstly, we would indeed deny any political bias. The only thing we are interested in is making those, who are paid for by the public or elected by them, accountable for their actions. And to encourage discussion on the big issues of the day and in our town. How we would treat an MP or councillor of a non-Tory party can only be shown when it happens. We can assure you we would. If you are referring to our coverage of issues like the Wetherby Foodbank, it's interesting to note that the Wetherby News covered that too (after us), and you could never say they have left-wing bias. It would have been better if you had provided an example of the 'undercurrent of political concerns' which 'appear to be left-wing'. You are welcome to balance this perceived inequality by writing something with a right-wing bias. We publish all views.

*Secondly, we are surprised you are suggesting many businesses in the town give so much importance to a publication's alleged political views. Sad if they do, but we think you do them a disservice. **Professional business people should only care about the quality of the content of the Wetherby Free Press and its readership.***

On 30 Jan we asked Wetherby Business Association for comment on the letter and as yet have received no response.

Incidentally, private individuals who write to us are guaranteed anonymity, if they request it.



Democracy in Action - Spotlight on Our Town Councillors

We are introducing you to all our 15 town councillors in alphabetical order. It is a chance for them to tell residents who they are and what they do for us.

Like all previous councillors, Cllr Victor Hawkins did not answer our questions directly as we put them to him. His response is bottom left.



- 1 How long have you been a councillor? About 8 years
 - 2 On average how many phone calls or emails from constituents do you receive or send every month? *No answer*
 - 3 Roughly how many visits to constituents do you make or receive every month? *No answer*
 - 4 On average how many hours do you spend on council duties per month? It varies.
 - 5 Areas of specific interest: History of Wetherby
 - 6 Achievements / Difficult Case where you helped resident: *No answer*
 - 7 Frustrations and Joys of being a town councillor: *No answer*
 - 8 What role does party politics play in this Town Council? ie why is it relevant what party you belong to? *See Q11*
 - 9 Any specific plans for improving Wetherby before the next council elections: *No answer*
 - 10 Your preferred methods of contact by constituents (email, phone, social media etc): *No preference*
- In addition, please could you also:
- 11 comment on Cllr Chapman's assertion that WTC is non-political. Will you be standing as an Independent in the next election? "I can assure you that our political allegiances do not enter our work on the Wetherby Council, but I hope we do reflect the overwhelming political views of the Town in general." *Does that make no sense? If politics don't matter, why*

does Cllr Hawkins hope to reflect the political views of the town?

12 comment on WTC website not being updated (eg photo of a former Cllr who left 4 years ago). "The website is updated when necessary and when the heavily worked Council staff have enough time. I think that because of the workload of the staff, retaining a picture of an ex-member of the council is not too serious a situation, bearing in mind that the person referred to is a prominent business owner in Wetherby and with his knowledge could direct any questions made to him to the correct location."

Again, a strange reply, not sure what he means about directing questions to the correct location. Cllr Hawkins seems to be excusing misleading information on the website which is well out-of-date. I have told the Town Clerk of other instances over the years, particularly regarding public transport (I gave them the information myself in the end). The website should be updated at least every 6 months, if not continuously, with responsibility on all councillors to inform the Town Clerk of new information.

Cllr Hawkins wrote:

"Thank you for your email regarding my work as a Town Councillor.

I have lived in Wetherby for over 50 years. I have been a councillor for about eight years and have an interest in the history of Wetherby. As a member I hold the Wetherby Historical Trust's photo archive which I maintain with frequent donations of photographs and memorabilia from residents and ex-residents.

My Council duty hours vary (sic), as do the hours of all my council colleagues, with some very busy months and some not so busy, but of course we all have varying sub committees to attend as well as the monthly Town Council meeting, which are of course open to any resident to attend with the first ten minutes set aside in the agenda for questions from the floor from attending residents.

You seem to be very preoccupied with the national political allegiances of the councillors. *See Q11 for this content*

The Town Council Website has all the relevant contact details of all the councillors which is presumably the method you used to contact us all for your publication. *See Q12 for this content*

Thank you for your interest.

Victor Hawkins

Victor.hawkins@wetherby.co.uk



Current Town Hall refurb - no info on 'Wetherby Town Hall' or 'News' or 'Home' pages on WTC website

What Wetherby Town Council does according to WTC website

"Major services are provided by Leeds City Council." *So we contact our 3 Leeds City Councillors on WTC then about these services? This should be stated.*

WTC is "consulted on many issues affecting the town including **roads and planning applications.**" *A full list of the main issues would be useful.*

WTC looks after **recreational land and play areas.** "Main sites are at Scour Bank, Sandringham Road, Mason Field, off Quarry Hill Lane and at Nidd Approach. "

WTC "**operates the cemetery** on Hallfield Lane."

WTC is the "**Trustee of Wetherby Town Hall**, a registered charity." It "dates back to 1845" and "houses the Town Council office and has rooms hired out."

WTC "**operates**" **all the Markets** around the Town Hall. *Is this right? Private company Little Bird operates the Sunday ones.*

General WTC meetings are monthly (2nd Tues) with 7pm start

The last meeting where minutes are available is 12 Oct 21

The meeting in December was cancelled

No documents are available for the meeting on 11 Jan

The next meeting is 8 Feb - no documents available

Sports

Leeds United had a poor game on 22 Jan in front of the Elland Road faithful. They had their chances



Bus from the 90s at Elland Road

against a struggling Newcastle side but failed to take them. A disappointing 1 - 0 defeat left Leeds 7 points above the relegation zone. After a 2 1/2 week rest their next fixtures are:

Aston Villa v Utd on Wed 9 Feb at 20.00 **BT SPORT 1**
Everton v Utd on Sat 12 Feb at 15.00



After Town lost in the FA Trophy by a single goal, then lost 3 - 0 at Stevenage, then drew 0 - 0 against Mansfield, they need to get back to winning ways. A tasty Yorkshire derby coming next at Wetherby Road.

Town v Bradford City on Sat 5 Feb at 13.00 * Note 13.00 *
Town v Crawley Town on Tues 8 Feb at 19.45
Rochdale v Town on Sat 12 Feb at 15.00
Exeter City v Town on Tues 15 Feb at 19.45



Mid-table York City have only won one of their last 5 matches, leaving them 9 points off the play-off places.

Blyth Spartans v City on Sat 5 Feb at 15.00
Bradford Park Ave v City on Mon 7 Feb at 19.45
City v AFC Telford Utd on Tues 15 Feb at 19.45

Rugby League is Back!



And for the first time ever Super League matches will be on free-to-air terrestrial TV, namely Channel 4. The first one is appropriately in C4s new home of Leeds when the Rhinos host Warrington Wolves at Headingley. Back this season are scrums and the league welcomes



the second French team to reach the top flight, newly promoted Toulouse Olympique. The Rhinos second fixture against Wigan Warriors will also be televised on Sky. Let's hope for another

cracking season of full-blooded entertaining encounters against our rivals over the Pennines. Tickets from £24, South Stand standing

Rhinos v Warrington Wolves on Sat 12 Feb at 12.30 live on **4**
Wigan Warriors v Rhinos on Fri 18 Feb at 20.00 **sky sports arena**

Wetherby Races

Sat 5 Feb
First Race 12.50
Last 16.10

Wed 16 Feb
First Race 13.00
Last 15.50



www.wetherbyracing.co.uk

You're having a larf!

There's a spate of road signs being stolen in West Yorkshire. Police are baffled and are looking for Leeds. Ken Bruce, Radio 2



Killer Trains

Thanks to the people who support this wonderful initiative and put these signs up



One by the river

the truth will win



Free Press
Est 2021 Facts & Integrity

Email WetherbyFreePress@PM.me
Twitter @WbyFreePress
Fridays Every 2 Weeks - Online & Print

Useful Contact Info

W'by Town Council: 583584 www.wetherby.co.uk admin@wetherby.co.uk
Facebook: @wetherbycouncil Twitter: wetherbytc

Leeds City Council: 0113 222 4444 www.leeds.gov.uk
Facebook: @LeedsCouncil Twitter: @LeedsCC_Help

W'by Library: 583144 libraryenquiries@leeds.gov.uk

W'by Tourist Info: inside library 582151

W'by Leisure Centre: 0113 378 1265 wetherby.lc@leeds.gov.uk

W'by Health Centres: Hallfield Lane 585669
Crossley St 543200

Buses: Connexions: 01423 339600 www.connexionsbuses.com
First Leeds: 0345 646 0707 www.firstbus.co.uk/leeds

Harrogate Bus Co: 01423 56 60 61 www.transdevbus.co.uk/harrogate/
Metro: For all West Yorkshire bus times & all issues with bus stops, shelters and stations 0113 245 7676 www.wymetro.com

W'by Social Media: Facebook: Wetherby Grumbler 22,100 members

W'by Foodbank: info@wetherbyanddistrict.foodbank.org.uk
Twitter: WBYFoodbank

If anyone asks you not to deal with us, pls ask them why and tell us