

YOUR LIFE

... get inspired by other people's stories



*“Your mind is a powerful thing.
When you fill it with positive
thoughts, your life will start to
change.”*

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to explore...

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Hello from us to you



Hello, my name is Naomi and I am the social media director of the magazine. I make sure that all the content from our pages go online to our social media like facebook, instagram and issue.

Nothing inspires me more than listening to a new music on vinyl records with a warm cup of Yorkshire tea.



My name is Ayesha, born and raised in Bradford, West Yorkshire. I am a full time football fan and part time Journalist. I like cats, coffee and foreign movies.

I was also responsible for subediting the magazine.



Hello lovely people of Yorkshire, I am Tanja. As the art director it is my job to put everyone's features in the magazine. Making sure every letter has the right font, every green has the right shade and every heading catches your eye.

What inspires me? Sitting on a summit with a breath-taking view, smiling at mother nature, forgetting the time and reminding myself that life truly is beautiful.



“Sit
back and
relax”

Welcome to the first ever issue of Your Life magazine, our aim is to help people get inspired by others life stories. My team and I chose the idea of a magazine that will inspire every day to day people to achieve greatness in whatever they want to do. Whether it may be getting through a project, applying to that dream job or starting a new business. We have gathered peoples stories from Yorkshire who have never given up on their passions to achieve their goals. So the articles featured are 'written by the people, for the people. We have a range of different features in this issue from business owners, charity workers and inspiring little snippets from people on the street. There are a number of articles you can look forward to in this issues. We have a great feature on a Leeds based business man who despite having cystic fibrosis, manages to run his own digital company daily, and doesn't give up on any challenge that is thrown at him. There's also a feature on the lady who started the ice bucket challenge. Many people don't know who she is, or the fact she has dedicated her life to do charity work and inspire others to get involved. Another great feature is on a british guy whose love for traveling engulfs his every moment. His passion for traveling around the world will make you want to leave and explore every part of the world, discovering new things and breathing in new cultures. Apart from features, we have small stories on independent business owners and their motivating stories on how they started from scratch, becoming the greatest in business they can. We will also feature snippets of everyday people on what makes them happy in life, as well as some places where you can visit and wind down in Yorkshire. Me and my team have worked really hard to bring you the best stories we can find from yorkshire, so sit back, relax and lose yourself for a while in the magazine.

ACHIEVE BEYOND YOUR POTENTIAL

Ben Wolfenden, 33, has cystic fibrosis making his life filled with challenges. But with that comes a drive of success and determination.



Ben was a normal 13-year-old boy playing football with his friends. Then one day he remembered rushing to the hospital to be treated for a genetic illness that would alter his world forever. Ben Wolfenden, 33, founder of Visibilis, was diagnosed with cystic fibrosis as a baby. He was only 13 years old when he was told he would live to 30. In a split second he realised how significantly life altering the condition was. His childhood would never be the same as other kids, constantly being admitted to hospitals every month for a week

“Don't worry
as the next
day or week
will be
different”

Ben deals with a series of chest infections, digestive problems and diabetes from a very young age, so challenges were a constant in his life growing up. For example, just like any young boy, he would want to play football with his friends. When they would head out, Ben had to be rushed to hospital. “Everyone would go out but I would have so much more responsibility to think and consider my health first,” says Ben.

Visibilis back in 2010, with the main aim of building a good client relationship for their digital needs. This came about when he worked for digital agencies after graduating university, he thought: “It would be more beneficial for me and my health if I worked for myself. He dedicates all his time to the company, working seven days a week, he enjoys it and it doesn't seem like work to him.

He even won the Stelios award for disabled entrepreneurs in 2014 for his commitment. The prestigious award recognises disabled entrepreneurs in the UK who have shown an obligation to hard work as well as proving anyone can get along in business on their own. Ben was awarded a £50,000 cash prize to grow his business which was presented by EasyJet founder Sir Stelios Haji-Ioannou's and the Leonard Cheshire Disability charity. The award from a business perspective helped Ben massively for the company. It helped him take up permanent staff which

“There will
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lows”

This may have pushed him back socially, but he was far too determined to sacrifice everything in his life. He would allow himself some element of fun, whether it be hanging out with friends, playing a bit of football or going on a night out. This was just to prove to himself “despite having cystic fibrosis, I could achieve something and feel worthy, even like running a business or having a family,” he stressed.

as a result made the company grow double in size since 2014. But most importantly the award helped him take risks where he wouldn't necessarily have taken them, like moving offices to a bigger place, it has made him more confident in what he does.



Ben started his digital marketing business

But Ben faced many challenges along the way. “The number of times you get knocked back, get refused or don't even get work is really unbelievable,” Ben says. This happened to him all the time, especially in the beginning after university,

everyone would refuse taking him on. But Ben describes how you have to keep saying to yourself tomorrow is a new day, finding that you will become successful because you keep on trying. "It's all about how hard you work," luck will eventually come as you are working so hard. So when it came to him starting up Visibilia, he said: "It was about me taking back control, and as long as I feel in control, I'm happy"

He works his day around his condition, spending every two and a half hours in the morning getting ready for the day. Ben wakes up at 5:30am and does his physio, nebulisers, and pills.

You can meet Ben and won't even realise there's anything wrong, but then all of a

sudden two days later he's in hospital. This happens to him all the time, he will get sick but then better. "People with CF often look healthy, but it is a life limiting condition," Sophia Robey says from the cystic fibrosis trust. "The condition is caused by a genetic mutation in the cells of the human body that are unable to move water and salt around," this then can cause a significant "build-up of mucus in the digestive system and lungs."

People who suffer from cystic fibrosis usually inherit it from a faulty gene that is passed from both parents. It usually effects an individual's lungs and digestive system due to the sticky mucus build up. Although there are no possible cures, there are possible treatments that an individual can take. These include antibiotics to prevent chest infections, special techniques to

clear mucus from the lungs, medicine to absorb food better, and possibly a lung transplant. There is also a new drug on the market to treat cystic fibrosis called Orkambi which can reduce the amount of damage is caused to a patient's lungs. Research showed a 42% reduction. Although proving the drug is effective, the National Institute for Health and Care Excellence (NICE) have not approved it in the UK due to the high funding cost of the drug to each individual cystic fibrosis patient.

Cystic fibrosis has taken a heavy toll on his health over the years. Before he used to be in hospital once a year, now is in every three weeks. When this happens he takes a course of injections over a two-week period whereas a normal person would take antibiotics in a pill form for a couple of days. Over the years the

damage that gets caused to his lungs through infections make him weaker and weaker, as well as the routine getting tougher.

But his optimism doesn't seem to fade away. In fact, he says: "this helps me a lot in working life because you get refused but then you don't worry as the next day or week will be different"

With all the challenges life has thrown at him, he stresses it is important to keep on trying no matter how often you get pushed back. There will always be problems in life and it's a case of trying to make it with a smile on your face, even though it's not easy, tomorrow will always be another day." There will be highs and lows, but it's how you manage the lows" it's about saying "you know what I can go on from this," Ben describes.

By: Anam Azeem



“This helps me a lot in working life because you get refused but then you don't worry”

FUNDRAISING FOOTBALLERS

An estimation of one in every 25,000 babies born in the UK are diagnosed with CF, but what can be done to help?

Every year for the past four years, a group of football players from Goole, East Yorkshire, come together to in order to raise money for the Cystic Fibrosis (CF) unit at Leeds General Infirmary. They do this in the form of a charity football match. This started a year before their friend Kyle Akam, 31, sadly passed away after having CF in 2013.

Cystic Fibrosis is a life shortening genetic condition that slowly destroys the lungs and digestive system.

Kyle Akam was treated at Leeds General Infirmary (LGI), which is why the team chose the CF unit to raise money for. Jamie Ward, 24, a close friend of Kyle and fundraiser explained: "The CF unit at Leeds General Infirmary was going to be closed down. So we decided to start raising money for the unit as it meant Kyle would have had to go further afield to help with treatments and other things."

Since the football match began in 2012, the football team has raised £20,000 for the CF unit. This not only helped with Kyle's treatment until he passed away in 2013, but helped with many other people who have the condition. The money raised by the team has helped to provide vital equipment that is needed for the unit. Meaning that many people will benefit from the work that the boys has put in.

Jamie says: "It was really hard for me and a lot

of other people I know when Kyle passed away. But, if anything it has driven me to help out and raise more. Knowing what Kyle had to go through and how it effected such simple things in life that I take for granted, such as sleeping and breathing. That's why this will always be very close to my heart."

Each year the younger members of the team play against the older members at Victoria Pleasure Grounds, Goole. Entry to play for one of the teams, or for family members and friends to attend, is £2. This helps to raise a large sum of the money as there is a good turn out each year.

Although it isn't just the football match that raises money for the charity. The members of the match head back to a local pub with their family and friends to raise even more money. They do this by holding a raffle every year, with generous prizes being donated each year.

Jamie explains: "we also have a Facebook auction page where celebrities have generously given us things to auction each year at the event...Leeds United donated a shirt signed by all the squad which raised £250."

Local shops and businesses also donate hampers, pamper days and meals. This means that absolutely anybody can get involved to do their bit to raise money for the CF unit.

By Naomi Cotham



YORKSHIRE'S WONDER WOMAN

No matter who you speak to today, the majority of people will have taken part in the ice bucket challenge that started in 2014. But who exactly was the brains and drive behind the fundraiser that had the nation throwing buckets of freezing cold water and ice over themselves?



Paula Maguire is an extraordinary woman from Rhyll in Wakefield, West Yorkshire. She has jumped out of planes, completed charity runs, abseiled, you name it and she has done it. Although it is the ice bucket challenge that really made an impact.

Due to all her work, the ice bucket challenge raised over £7m for the Motor Neuron Disease Associations (MNDA) in just three weeks. This was a huge achievement in comparison to her original modest target of £500.

The work she did for charity meant that she won a deserving Pride of Britain award. Paula began fundraising for MDNA in 2009 after her uncle died from Motor Neuron Disease (MND).

Paula explains: "At that point I'd heard of it but didn't know what it was, and when I looked into it I thought it's horrible; an absolutely horrible disease and nobody really knows what it is or anything about it."

MND currently has no cure. It is a progressive disease that attacks the motor neurons or nerves in the brain and spinal cord.

"The day after he died is when I started fundraising for the MND association...I was a student midwife up until three years ago, and talking to doctors in the hospital some of them didn't even know what it was...I sat down

and thought right my aim is to get as much awareness out there and help as many people with it as I possibly can."

The purpose of the ice bucket challenge is to mimic the feelings that people with MND have to go through every day. The freezing cold sensation of the ice suddenly sent the message to nerve endings, and as the ice hits you, your body tries to shut down and goes into spasm. No matter how many times you do the challenge, and how much you try to prepare yourself, it doesn't get any easier. The one sensation that you feel for thirty seconds whilst doing the challenge, is what people with MND constantly feel.

Paula says: "It's the only thing we could think of that could make you feel like you've got MND, even only for a short while."

"It does affect people at different times and at different speeds" Paula explained. "I know some people who can still talk and can still walk, but they can't actually move their arms or their hands. Then I know some people in wheelchairs who can't walk or talk, and are very limited to what they can do. Some people communicate using their eyes or one of those special machines."

Initially the ice bucket challenge came from America, as Paula came home from work one

“Talking to doctors in the hospital and some of them didn't even know what it was”

night and turned on her television to see the Kennedy family pouring buckets of icy water over each other. She says she remembers thinking 'they're mental', until she saw them challenge the Obamas. It was at that point that Paula realized they were fundraising for Amyotrophic Lateral Sclerosis (ALS).

Paula knew about ALS as it was the most common form of MND, but only one form of the disease. "I thought that this has to come to the UK, but it has to come for the right thing. This was a chance to really get MND out there."



That Friday night, Paula set up the infamous ICED55 text number and the Just Giving page, before donating the very first £5. Little did she know during the summer of 2014, she would make history.

"The Sunday after I set up the Just Giving page it was cold and rainy, so of course I sent my husband out into the garden to do the first ice bucket challenge for MND. He didn't nominate anybody afterwards, he just did it," says Paula.

"This was a chance to really get MND out there"

She believed only a few friends and family would do the challenge and that they would be lucky to raise £500. However, by the end of the first week they had raised £470 and the Motor Neurone Disease Association (MNDA) wanted to get involved.

It just so happened that Benedict Cumberbatch, star of Sherlock and Dr Strange, is a patron of MNDA and wanted to get involved with the challenge to spread awareness.

"All I could see was the speech bubble in the background with my ICED55 number on it that I'd made up. So I couldn't even get past that, that was a real shock...from there people seemed to take it on board."

Benedict Cumberbatch was the first celebrity to get involved with Paula's ice

bucket challenge, and more followed including McFly and Robbie Williams. From then on there the challenge went viral on the internet.

People began uploading their challenges to social media websites such as Facebook, Twitter and Instagram. More people were nominating their friends and from there everybody wanted to take part in the challenge.

Eamon Holmes, also took part with the ice bucket challenge on Good Morning Britain, after admitting to Paula at the Pride of Britain awards that he had never taken part in the challenge. At that instance Paula took the microphone and said: "It is never too late to do it."

Paula won her Pride of Britain award for the category local fundraiser of the year. ITV asked their viewers through regional programmes to nominate inspirational people in their area.

On the night of the Pride of Britain awards, Sally Light, who is the executive of the MNDA, said: "Paula's long term passion and commitment to raising awareness and funds for the MND Association. Many of our amazing supporters who have been touched by the devastation of MND."



“It is never too late to do it”

She also told us: “I still get people messaging me saying ‘I never did it, can I do it now?’ and I say ‘You can do it whenever you want to!’ it is one of them things that will never go away, every summer somebody will try and sort of bring it back and I don’t think it will necessarily work and it won’t have the same impact but if some people want to do it and it raise another few hundred quid and a bit more awareness, then go ahead, because it’s brilliant.”

After a hectic past two years, Paula and her family are still carrying on with their fundraising. Her daughter Kelsey looks to be following in her mother’s footsteps and she has participated in the Great North Run every year since she turned 18. As well as her daughter Megan who joins in as much as she is allowed to, until she is old enough to take part with as much as she desires.

Paula’s husband, Robert, is also heavily involved with charity work alongside his family. Paula

tells us that today he usually stands on the sidelines cheering participants on with Megan and taking pictures, until Megan is old enough to fully join in.

The Maguire family have the Yorkshire marathon lined up for next October, and will be participating in a ‘cakeathon’. This is where you do as many laps of a 4.37 mile loop as you can over six hours. What makes this run unique is that after every lap you complete you can stop for as long as you like to eat cake. Paula is aiming to complete a full marathon in the six hours that she is given.

It can be hard work to organize events and fundraisers. Paula claims to have ‘got lucky’ with the ice bucket challenge as if England hadn’t of had a warm summer in 2014, the ice bucket challenge wouldn’t have worked as well as it did.

“That summer bank holiday in 2014 was boiling

“Don’t necessarily give up, just give it time”

hot, which lets face it, is rare in England!” Paula jokes.

The main advice Paula gives to anybody wanting to start their own fundraiser is to ‘just have fun.’

“Try and find something that interests you, something that you’re going to find fun, because if you don’t like it from the minute you start it then it’s not going to work, because you’re not going to be enthusiastic enough about it. So you won’t be able to get anybody else enthusiastic about it.....it is difficult and if you don’t raise a lot of money or you don’t get a lot of people coming, then don’t necessarily give up, just give it time and organise another one.”

Paula Maguire has raised over £7m in the space of three weeks in 2014 for the Motor Neuron Disease Association. Four million was raised through her Just Giving page, and the rest

was given directly to the charity by celebrities, companies and thousands of others.

The funds Paula has raised has meant that many projects have been pushed forward by the MND. It has funded work that will last for the next six years as well as another project which means young people in West Yorkshire affected by MND will be able to apply for a grant of £250 to help with any type of activity.

Fundamentally, the work Paula has done means that people living with MND will be able to live a little bit easier.

Paula is an inspiration to us all in England. Not only creating a summer that nobody will forget, she has raised millions of pounds for Motor Neuron Disease as well as spreading awareness through the nation. She is a true asset to not only Yorkshire, but to the country.

By Naomi Cotham

STEPHEN HAWKING: LIVING WITH MND

It is hard to believe that before the ice bucket challenge kickstarted in 2014, that there was very little awareness of motor neurone disease (MND). It is even more hard to believe this when one of the most famous people in the world has MND and is a patron of the motor neurone disease association (MNDAs).



There are few people who don't know who Professor Stephen Hawking is, or the work he has done.

Stephen Hawking, 74, was diagnosed with MND at 21 years old in 1963. He had a life expectancy of two years. Against the odds, Stephen carried on with his extraordinary work, also writing numerous books. His most popular book, *A Brief History of Time*, appeared on the best sellers list for a record breaking 237 weeks.

Between 1979 and 2009 he was the Lucasian Professor of Mathematics at the University of Cambridge, where he attended as a student earlier in his life. He announced in 2012 that he has no plans to retire.

In July 2015, Stephen also helped with breakthrough initiatives, in an effort to search for extraterrestrial life.

As well as this he has won many awards including the Albert Einstein award and this year won a Pride of Britain award. He is also a recipient of the Presidential Medal of Freedom, the highest civilian award in the United States.

Rachel, an expert from the MNDAs, explains: "Motor Neurone disease is a very individual disease in that it affects people differently. People experience different symptoms, in

different orders and with a different speed of progression." The disease effects the nerves in the spinal cord and the brain. This then causes a stop in the messages your muscles receive.

This then has a negative effect as the muscles will stop becoming active and become weaker over the years.

Over the many years that Stephen Hawking has lived with MND, the speed and progression meant that he has gradually become paralyzed. Stephen now communicates using a single cheek muscle attached to a speech generating device.

He has shown to the world that living with MND does not have to slow you down, and you can still achieve many great things when living with it.

This was even documented in a film based on his life called 'The Theory of Everything'. Which starred Eddie Redmayne who, as well as Stephen Hawking, is a well known patron of the Motor Neurone Disease Association (MNDAs).

If you are worried that you have MND, look out for these symptoms. It is important to realize not every symptom you experience may be caused by MND. You may have another problem which requires medical attention, so please speak to your GP:

However, it is important to realise not every symptom you experience may be caused by MND. You might have another problem which requires medical attention, so please speak to your GP:

Symptoms of MND include:

- Pain and discomfort
- Muscle cramps and spasms
- Stiff joints
- Incontinence
- Bowel problems
- Speech and communication issues
- Eating and drinking difficulties
- Saliva and mucous
- Coughing and a feeling of choking
- Breathing
- Cognitive changes

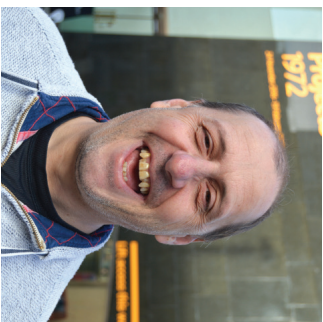
Emotional support, practical information and signposting is available for anybody affected by MND. This is provided by MND connect which is the helpline for the MND association. It can be reached by calling 0808 802 6262. Monday - Friday 9am-5pm.

By Naomi Cotham

A boost from the people of Yorkshire



"What I love doing is walking my kids to school in the autumn leaves."



"Meditation gives you a good nights sleep. Which is worth gold."



"Just being in the sun when it's warm, away from the all the stress. That makes me happy."



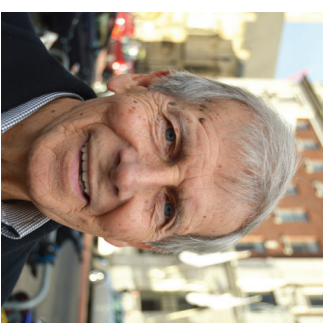
"There is a quote I really like: Make yourself a trail of sunshine."



"I am inspired by people who are passionate about what they do."



"I don't believe in worrying, because it only means you have to suffer twice."



"People make stupid decisions, you have to inspire them to make the right ones."



"There is nothing good or bad but thinking makes it so."

A full-page background image showing a stunning landscape. In the foreground, a rocky shore with patches of green moss and a small white boat with red and yellow accents sits on the left. A calm, turquoise fjord stretches towards the middle ground. In the background, steep, rugged mountains with patches of green vegetation rise sharply, their peaks partially hidden by soft, white clouds under a bright blue sky.

WALK ON THE WILD SIDE

*From a little island, out into the world. From existing,
to living. From being inspired, to inspiring.
This is Ryan Thorps story - a story that can come true
for everyone.*

“Clouds never make mistakes”

Is there anything better in life than happiness? Isn't that what everyone truly wants? Being happy from the first blink of an eye in the morning till they drift away to sleep at night.

There is a philosopher called Alan Watts who says: "regard yourself as a cloud. Clouds never make mistakes." Sounds odd? It is not, think about it. Have you ever seen a mishaped cloud? No, right. Because how could a cloud be mishaped, no matter how they look, that is how they are supposed to look like. And that's not any different to you. See yourself as a cloud for some time and you will realise, no matter what you do you can't make any mistakes. Even if you think you made the wrong decision, you didn't. In the end, all those little pieces create a whole. They fit together like puzzle pieces making you the person you are, living the life you have chosen for yourself. A life you wanted to live.

But the big question is: what do you want?

Are you ok with going to university, going home, watching netflix, maybe going to the gym once a week? Then later applying for a job you are working from nine to five. From Monday to Friday. Same faces. Same conversations.

If not...then don't. Do it like Ryan, travel the world and "raise yourself up to higher levels of awesomeness every day."

Ryan Thorpe is 21 and he actually looks like a guy from those travel videos. Adventurous, straightforward and always smiling. He is from a little island called Jersey close to France. He is British, you can tell by his accent, but not from the UK. Not a bad place to live, sandy beaches, rocky cliffs, an impressive castle, hidden valleys and just about 100,000 thousand people to share this little paradise with. Living on an island, you only have two directions, staying there and living the life everybody else is living which means going straight into a job after university and

being surrounded by the same people from childhood till retirement, or leaving this familiar, safe, comfortable environment.

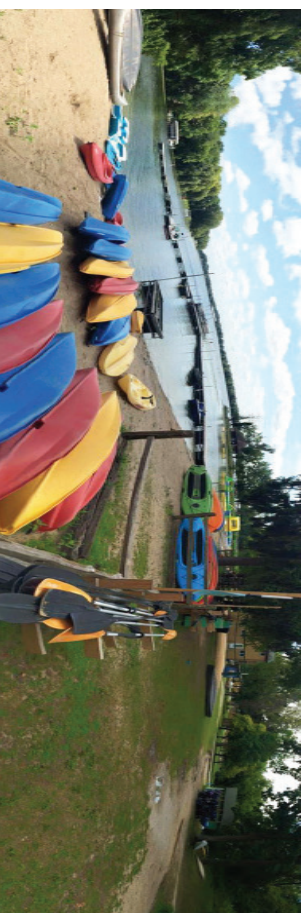
Ryan's story started just like any other story of you and me. He finished school and didn't have a clue what to do in life. Instead of rushing into a decision he might later regret, he took some time to figure out what his future should look like. He went to America, worked in a summercamp teaching kids how to play football, perfect combination since he is sporty, active with high energy and still just a 'big kid' himself. But you believe him when he says that underneath, he is a very deep thinker. Ryan shrugs his shoulders moonily looking out of his student's room window in Belgium "I really like to get to the bottom of who I am, what I like to do, where I want to go in my life." He believes when you find out about the things you like and don't like, you accept your weaknesses and completely focus on your strenghts.

When Ryan opens his mouth, you can bearly make him stop. He jumps from one topic to another as if he wanted to get every thought out in the world at the same time. It makes you want to press pause for a second to make up your mind about all those pictures he just brought up in your head. And that is exactly what Ryan would recommend warmly to you, give yourself some minutes to meditate on yourself. No other thoughts but you. Who you are, who you want to be, how you become that person. He believes, when you find out massively about yourself, about the things you like and don't, you accept your weaknesses and completely focus on your strenghts you become like a master in the areas you like and you are good at.

Why would you waste your time on something that doesn't make you happy? That, in fact, frustrates you. No need to be a master in every single job.







It is about finding this passion that satisfies you and makes you want to become better and better.

"That is the real drive of happiness", Ryan says smiling from one ear to the other: "these small victories of progress boost you every single day."

Unfortunately we are living in a world of comparison. We are not focused on ourself but all the other people around us.

It seems like we are more occupied by their lifes than our own. As if we can never be happy with what we have and who we are.

Ryan shakes his head on this thought.

He always does when he doesn't agree with an idea, as if he tries to get it out of his

head not wanting to

waste time on thoughts that are pulling him back. Running his hands through his hair, he clears his mind. "We need to fully accept that everybody has lived a completely different live to us and if we had wanted to do what they are doing we wouldn't have been able to have lived the life already in the past."

His words become tense, as if he was standing on a stage trying to convince a crowd full of sceptical people. "This is your situation, this is where you are, you need to fully accept that and then you need to make the best off what you have."

And if you want to change anything about your current life, do so! Not envy other people for what they gained, become active and create the life you want to live. But as Ryan says: "don't rush too quickly into something you are not fully, honestly committed to."

Take your time to understand yourself and your

goals. Listen to your inner voice. Only if you are honestly passionate about something, you are willing to work to your best ability to achieve this goal and make the life you want to live a reality.

For Ryan it meant leaving his island and going abroad, because he didn't have to spend a fortune on an education and because he found a programme that allowed him to travel and

study at the same time in International Business and Marketing across Europe in four different countries. Spain, Belgium, Bali and then England or France.

"As with everything I do, I went 100 miles per hour, like a steamtrain"

He opened himself to a whole new world. To new ways of living, new faces, new thoughts and perspectives by talking to unknown

people, everywhere and every single day. His eyes sparkle impishly "No matter how scary or intimidating they look. I have no filter when it comes to the person I am talking to. When you have a mentality that every person you come in contact with can give you some sort of new knowledge it gives you a big motivation to get to know that person."

And by that you not just learn about the person in front of you, you experience the mentality, culture and lifestyle you are surrounded by and you come across sites of yourself you didn't know by then. With every conversation you have you become a bit more aware of the person you are, your own state of mind, your views. And isn't that what travel really means? Openmindedness?

Thinking of Jersey and the people spending £9000 on an education in the UK because "they are not open to this perspective of living out



of their comfort zone," Ryan wanted to show people that there are other ways than the paths hundreds of other people have walked before.

miles per hours, like a steamtrain," he says. Very soon getting people involved he met along his way.

A year ago, it was his first semester at university, he was sitting on his bed in a small students accomandation in Barcelona. During that one night it just clicked.

Two easy words: Student.

Nomad.

He put together those two simple words thinking: Yes, okay, let's try it. See what happens.

A little smile rushes over Ryans face "I always

wanted to help others.

I want to install a level of confidence and motivation into peoples heads to give them the next level push. Go do stuff."

And so in that night and some that followed he set up a website and a bunch of social media channels and started this project all by himself. "As with everything I do, I went 100

Especially Matthew Smith. A former Leeds Beckett student Ryan first met in the summercamp and then

traveled the South Coast of America with.



One day Matt knocked on Ryans door in Barcelona. It was just some time after the idea of The Students Nomad started to get shape. And as Matthew says: "It was one of those special nights, you won't ever forget".

They were sitting in a small Belgian bar taking The Students Nomad to another level. Planning for hours, breaching out into other areas of travel and with every hour and every new idea convincing themselves more and more of the concept.

In Barcelona the people are more laidback. Same goes for the education system. So there was no hard uni work for Ryan, but even harder work to put in his own adventure.

For him, it is about "putting a world changing mission behind your passion," a powerful concept which makes you work hard and content to achieve your goals.

His own personal mission was to be creative while studying. So Ryan came up with the idea of a website combining the two

things he most enjoyed doing: travel and marketing. Making himself stand out from loads of other people working towards the same degree as he is and showing companies his motivation in the field of his study.

But already from the beginning it wasn't just a project for himself or his career. It was a chance to reach students all over the world telling them, be bold everyday and everywhere. Student Nomad at first represented the bolter from Jersey, but this soon "snowballed into something which represented more of a concept of being able to encourage young people to go abroad to travel, work, study and live."

It is a website for people to express themselves and inspire others, friends and unknown people from all over the world.

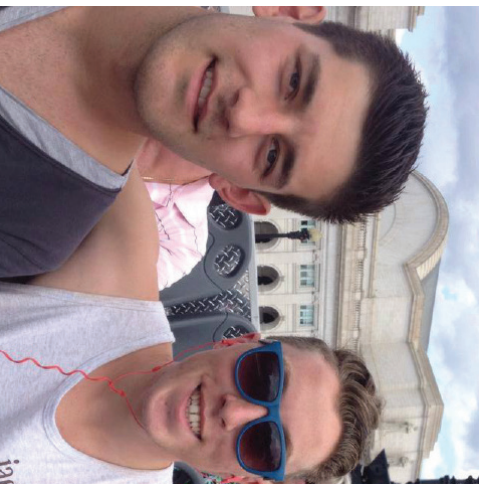
While Ryan is "the mastermind" of The Students Nomad, Matthews' part in the project was to create video footage from his adventures. Which he is still doing. Currently, from the

snowy mountains of Vancouver. Matthew has also thrown himself into the exiting unknown and by being part of The Students Nomad movement wants to encourage others to be

bold as well, to take the chances they have to make every moment of their lives memorable.

Those people are the support Ryan needs to "gather momentum and spread the world".

We all know those travel videos and we all know what fire they light in our heads.



By watching other peoples experiences you can nearly feel the wind in your hair, the warmth of the sun on your face, smell the rain dripping off the blooming trees and hear your footsteps on the rooty ground. And you long for making this imagination come true.

That is why Ryan set up The Student Nomad website, he wanted to motivate others getting to know the world they are living in by getting to know it's about people and their stories.

Through this experience you not just explore other places, you change the way you are looking at the world, yourself and the future laying ahead of you. Along your journey, you find the person you are and the path you want to go in life.

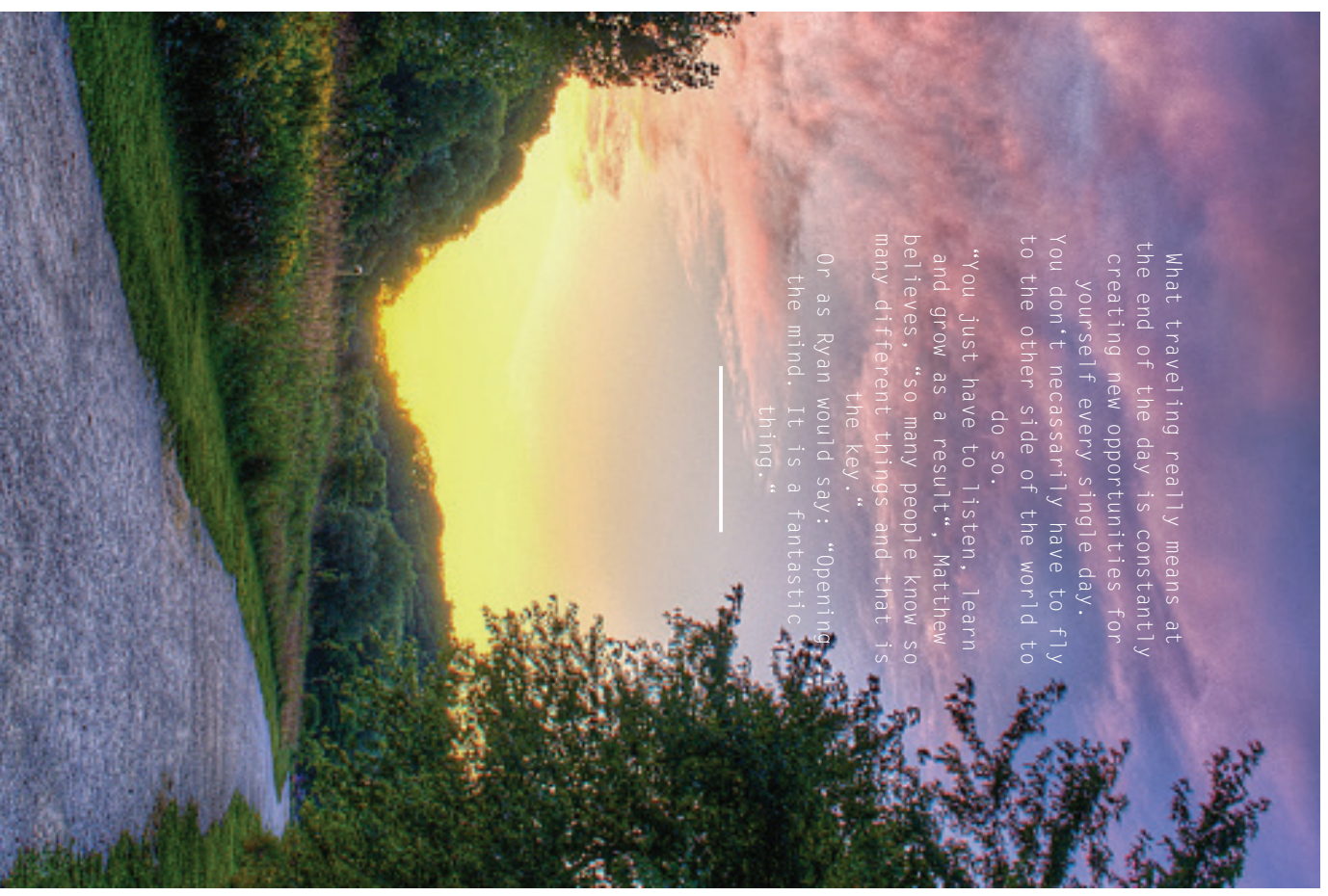
Don't see boundaries and stop signs everywhere, start to see open doors. And if the door is locked, search for the key. Build up the life you want to live.

By Tanja Weber

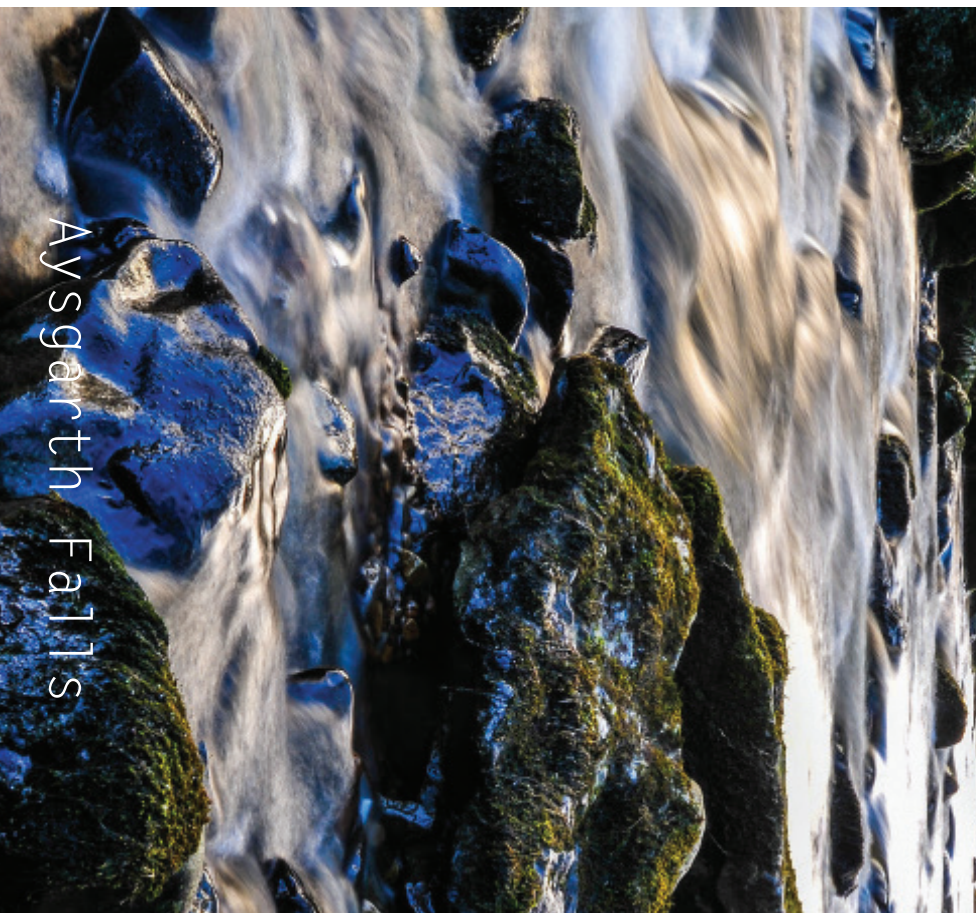
What traveling really means at the end of the day is constantly creating new opportunities for yourself every single day. You don't necessarily have to fly to the other side of the world to do so.

"You just have to listen, learn and grow as a result", Matthew believes, "so many people know so many different things and that is the key."

Or as Ryan would say: "Opening the mind. It is a fantastic thing."

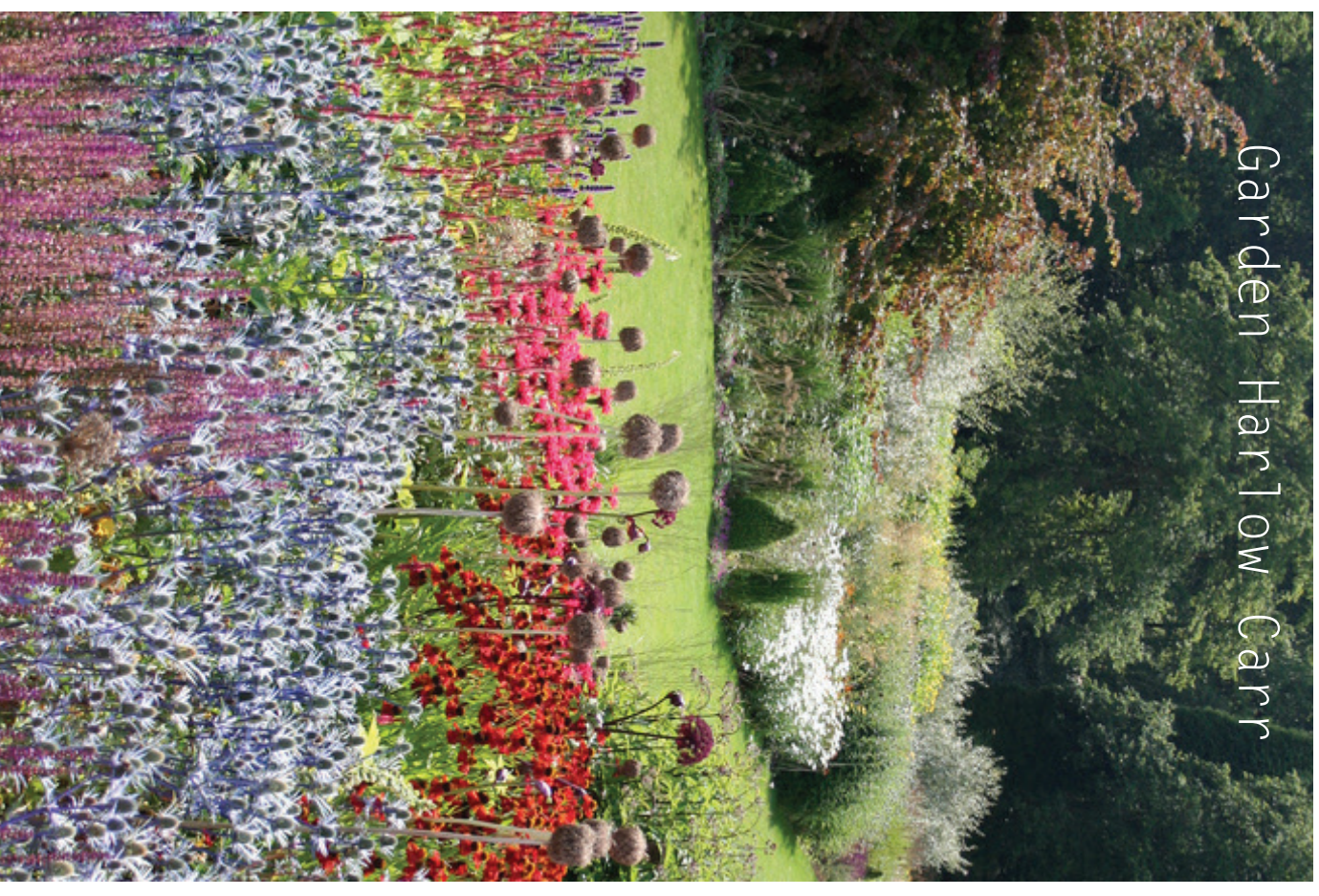


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Aysgarth Falls

Garden Harlow Carr

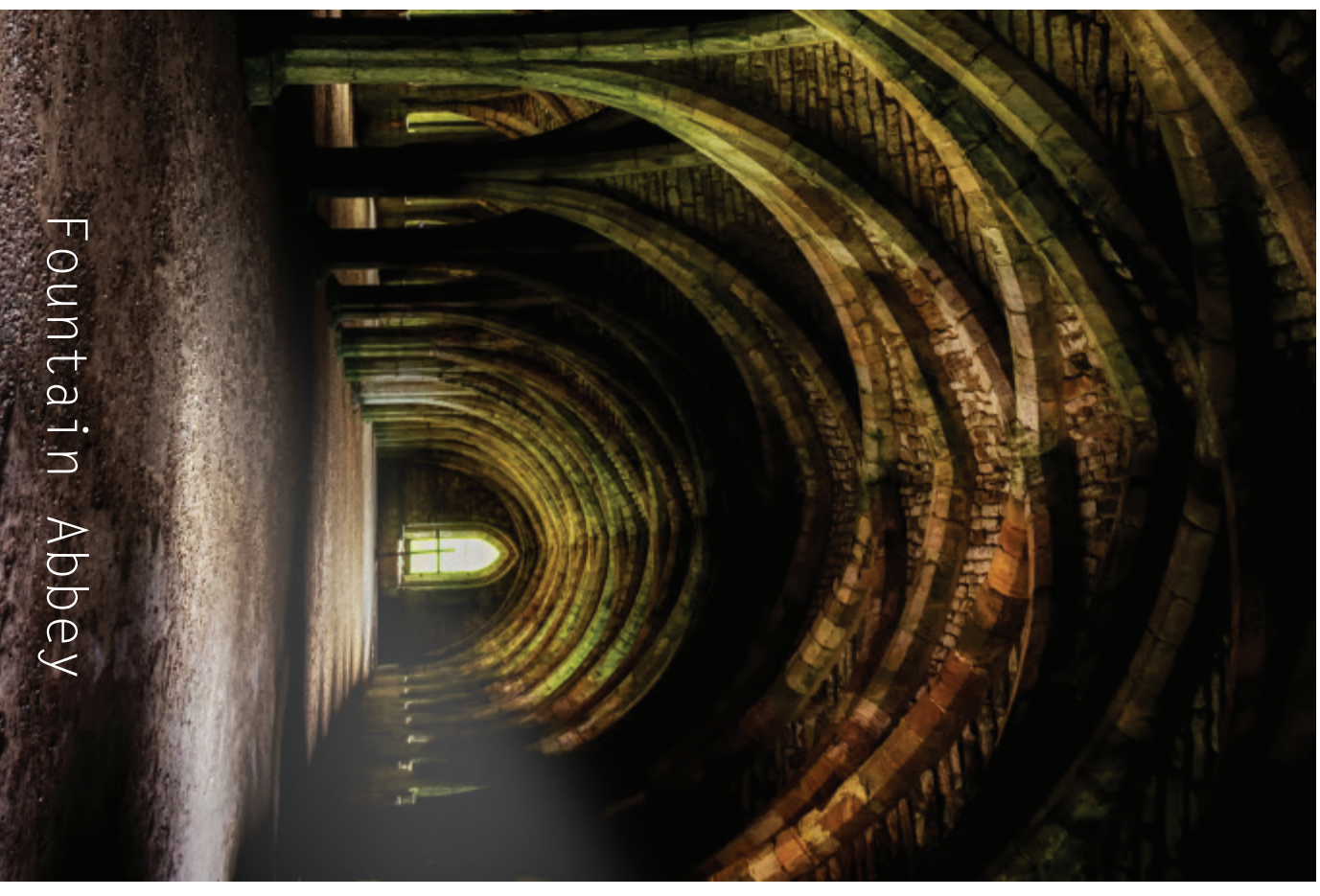


Yorkshire Lavender



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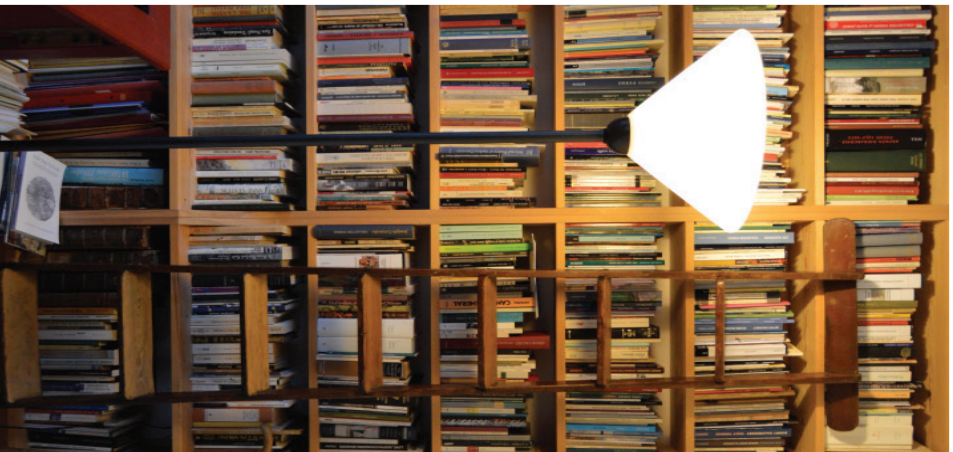
Fountain Abbey



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IN CONVERSATION WITH PETER RILEY

Peter Riley, 76 is a contemporary English poet, essayist, and editor. Riley was born in 1940, Stockport and now lives in Hebden Bridge, Yorkshire.



“It’s about
people on
the move”



Peter Riley is also known as a Cambridge poet but prefers to be referred to as a ‘writer’ than a ‘poet’.

Many view poetry as a powerful medium to express emotion. Peter states: “I write poetry in English and this kind

of poetry is difficult to

define but it’s not one kind and it’s not another.” He

continues to add, “what I write, is not always straight forward, it is not always

immediately accessible

but it’s not symbolic, it is not coded, it’s not mystical

either, it’s just poetry. I started writing in 1960,

when I was a student at Cambridge.”



having lived in Cambridge, Manchester and Denmark. Due North is a poem, split in 12 chapters, it interprets human movements northwards or rather, out in the quest for work, subsistence, settlement and gratification. It involves and features a number of type

of people ranging from

old to young, everyday

people including returning soldiers, growing children and travellers.

He worked in Denmark

for three years, and formed a group with other

poets. After three years of working in Denmark,

Peter returned jobless to England and later found himself back in Cambridge.

Peter sites that many of his research into Due North

was found in the Cambridge Library.

The poem mostly focuses on people moving and migrating during the 19th century,

focusing on northern manufacturing. Peter also embeds his own ancestry among the displaced Irish of Manchester and West Yorkshire.

When it comes to writing poetry, Peter says: “the general concept is based on experience, things I see, actual experience.” On his personal writing preference he adds “I like to echo signs of old poetry, not strictly, not methodically. But in the sounds of the lines, the measure of the line, which is sometimes

quite Shakespearean.”

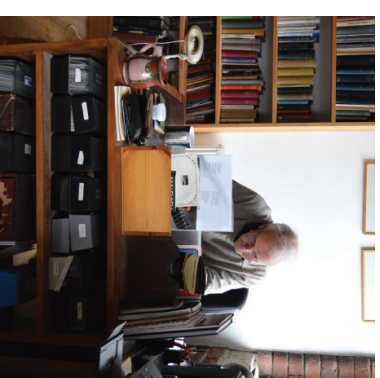
Peter provides us with an example of how his poetry differs slightly, he says: “I

had a period of avoiding writing various poetry,

and tried to focus on more avant-garde which

is scattered along the page, some here and some

there.”



His most recent poetry book “Due North”, published March 2015 has also been shortlisted for the Forward prize for best collection 2015.

‘Due North’ is all about moving. Peter himself is also very familiar to the concept of moving

“it’s not about immigration, it’s about people on the move. There’s all sorts of reasons why people don’t stay.”

By Ayesha Nazmeen

Regarding the past poets, he says “I’m interested in their methods. Due North is not the sort of thing I normally write, I normally write compact poems, but this is a scattered poem, there’s bits and pieces all over the place, which is another way of doing things.”

When referring to the books overview, he says;

“it’s not about immigration, it’s about people on the move. There’s all sorts of reasons why

WHO'S THAT GIRL? SHE IS A FLY GIRL

Fly Girls is an independent female led film company based in Wakefield, West Yorkshire consisting of Katie Sunlay, 26 and Amy Charles, 27.



It's a typical cold winter morning in West Yorkshire, but there's a sense of warmth about the inside of the Art House building in Wakefield, West Yorkshire. A state of serenity, as art work designed by school children can be seen hanging on the walls of the building. We await the arrival of Katie Sunlay, one half of the duo Fly Girls. Despite the duo now being based in Wakefield, they originally first met in Leeds. Fellow fly girl, Katie Sunlay who studied Film and Media at the University of Hull, this shows how the duo came together.

"In 2014 I applied to document a series of workshops run by the West Yorkshire Theatre Network in Leeds and to my surprise they accepted my application." Said Katie. Both Katie and Amy had been accepted at the West Yorkshire theatre network, but before they met in person, Katie was certain she would be working with male colleagues, as the film industry is incredibly male dominated. In fact it was to her surprise when she had discovered that she was going to be working with a fellow female, Amy. Amy, who studied English literature and Creative writing at Lancaster University now works alongside Katie, under Fly Girls films. As well as managing her own company, Amy Charles media. As the industry is

very male orientated, Katie tells us what it was like to be working alongside a fellow female: "I found I would be working alongside another filmmaker who I automatically assumed would be a guy, it's so refreshing to meet other female filmmakers in a really male dominated industry and to my surprise I met Amy."

"We had the same camera, the same interests and when I watched some of her films I couldn't believe how similar our work was too," Katie says on her first time meeting Amy, her now co-worker at Fly Girls films.

"Back at university in my second year, I interned at a production company where I met a good friend and amazing film editor Andi Olszen who would always call me 'Fly Girl'." When it came to deciding a name for the company, she had received a text from her film editor friend which helped kick start the name of her own film company. "I was racking my brains one evening trying to think of a name for the company and he texted me out of the blue. It just seemed like the perfect name to express what we were about. It tells our clients straight away that we're run by women and I think that's very unique." Being a female led, Yorkshire based company, Amy says they have experienced



challenges, but she and Katie have both had different experiences she says.

On the challenges of setting out an independent film business, she Katie says, "Like anyone first starting out with a new brand I found it really difficult to get the ball rolling. I don't think I was particularly sure of myself when I first set up Fly Girl and would shy away from telling people that I was a filmmaker." Katie explains how her friendship with Amy had helped her gain a more positive and encouraging mind-set "since meeting Amy it's been so easy to work as a team to prove to the world what we're capable of and I think that's something that naturally happens when you meet someone who has the same goals and values as you do."

She speaks on ageism and the issues surrounding it, "I think Katie and I have both made a difference."

On more current experiences, Amy says: "me and Katie have had this discussion amongst ourselves, and we know now that clients don't expect that much from us, but we are on that

level now, we know we are good at what we do."

Fly Girls have firmly stood their ground and represented their northern roots by keeping it up north. "I do believe there are opportunities here, there are stories that need to be told. I think you really need to be very passionate about what you do, because I would do this if there was no money involved." Fly Girls is open to the idea of working alongside charity organisations such as the big lottery fund and have also worked with the West Yorkshire Police on a campaign to tackle alcohol abuse titled 'The Sound of silence'. The short movie was viewed over 2,205 times on vimeo alone.

Fly Girls tends to embody awareness on everyday social issues that maybe overlooked or not as out there as they should be. Amy says: "We're quite keen advocates as well, we do a lot of work with communities to raise awareness on social issues that we're passionate about." Amy also recognises this collaborative project with the West Yorkshire Police one of her turning points within film

making.

Their most popular film project titled 'The

Sound of silence' is about

alcoholic abuse, Amy tells

us how the collaboration

with the West Yorkshire

police came around

"we did that (Sound of

silence) this year we

were commissioned by

the West Yorkshire police

to work with a group of

sixth formers in Castleford

West Yorkshire, and what

was interesting is that

it was all their stories around alcoholism and

domestic abuse."

"I feel like this was a big turning point, because

it was the first time we were taken seriously as

a company" Amy on the success of 'Sound of

Silence.'

On major turning points that have helped

form her career, Katie adds: "I think we've

had a lot of amazing milestones this year but

one which sticks in my mind is working with

Airedale Academy in Castleford with the sixth

form drama group to create a film on domestic

violence which was commissioned by the WY

Police and Crime Commissioner. We met some

amazing people and our film was introduced to

an audience by MP Yvette Cooper."

As Amy quite rightly puts it, "no matter what

type of background you come from, everybody

sort of has the right to express themselves

creatively, so we're quite passionate about

that."

Katie runs a workshop with Castaway Google,

every Wednesday however, Amy has decided to

step in for the role as Katie is currently away on

maternity leave.

When it comes to influences, many would

tend to put their childhood heroes first, for Fly
Girls it's always about putting the clientele and
friendship first. Katie said:

"Our clients are huge

influences. The projects

we have been involved

in are incredibly inspiring

and motivating. I think

Amy is a huge influence

for me too." Katie also

speaks on how Amy's

previous projects have

become influential to

her. "She's an incredibly

selfless person and

constantly reminds me

why we do what we do, to change people's

lives and perspectives for the better."

Fly Girl Katie, who is currently expecting her

first baby, also has new ventures to look

forward to with motherhood, something

she is new to "as I mentioned before, being

a Fly Girl is more a way of life than a job so

balancing becoming a mother and continuing

my career has and will

be challenging but

something I'm really

excited for."

On encouraging others

on getting careers in film

and media Katie advises,

"I'd encourage people

to get in touch! We

absolutely love to hear

from people who need

advice or experience and

always want to widen our

network of like-minded filmmakers." She adds,

"I think one of the best pieces of advice I can

give though is don't be afraid to tell people

what you do! Make as many films as you can,

practice your craft and try to meet as many

people as you can, but never let anyone take

your talents or good nature for granted."

Amy adds, "I think you should do whatever

excites you and whatever

you like and keep at it

then everything else

just starts to fall into

place. It's funny really, I

never imagined myself

going into this field, and

I did creative writing at

university. I don't think

your focus should be

money, just do what

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You can check out the latest updates and
information surrounding Fly Girls, via their

By Ayesha Nazmeen

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INDEPENDENT BUSINESSES

Discover the success stories from independent businesses on their growth and achievement



PAINT THE WORLD GREEN WITH LOVE

Kate Moree, 48, and Cat Pearson, 36, started the social enterprise business Seagulls Reuse to promote social justice and sell unwanted paint cheaply.

In an instant you see bursts of vibrant colour splattered on the floor, ingraining a unique pattern on each work surface. There's a smell of rusty paint mixed with fresh air that engulf the whole shop, making you think you're inside of a painters brush instead of a shop. Hidden away from view on kirkstall road, Leeds, lies the pink covered paint shop called Seagulls Reuse.

The owners Cat Moree, 48, and Kate Pearson, 36, met 15 years ago while doing volunteer work. Both immediately realised they had a passion for the environment and social justice while talking to each other, and their lifelong friendship began. They started Seagulls Reuse 12 years ago in Kate's kitchen, with the main aim of wanting to create jobs for themselves whilst having a desire to improve social justice, the local and global impact they have on the world. "So we set up a social business that could bring about reuse and recycling," Says Kate. They kept in mind the three Ps for their business which stands for the planet, people and profit.

Seagulls Reuse provide services from small house projects, mosaic classes and city projects. But their main purpose is to collect left over paint from the public to be resold cheaply. Aside from them they have a work force of

twelve and a volunteer program of fifty per year. Every single one comes from a different background which can include ex-offenders, mental health patients, people with learning disabilities, the unemployed and young people. The volunteer programme they set up isn't just about getting people back to work.

They highlight how they give people an opportunity to build on their confidence so they can feel what they are doing is worthwhile while believing in their working abilities. They also give advice and guidance on each aspect of their work, whether it could be to improve or something that should be done a little differently. So it's more like a community feeling then a working environment, everyone helps each other at seagulls reuse. "The best thing about the business is all the great people you meet along the way," says Kate as "it doesn't just become about us, many people rely on our support."

This part is vital to them and the business as "it's very important to help people, I can't place a number on how essential it is," says Kate. The human aspect to their business is the most valuable part. Whatever anyone's reason, they want to see people get back into the working world. They have constant communication

with prisons enquiring about x offenders who need help and outreach programmes in Leeds. They do this because "it's an important part in what we do, especially for x offenders as they find it hard to get work, people just want to change their life. We encourage people to like themselves," Cat explained.

They also encourage young people to do more in their free time as they recently had two young people do placement at the shop. Before both of them would just sit in their bedrooms all day, but now they have transferable work skills. Cat and Kate's vision is to involve many people as possible for installing a positive stamp on the community. "It is very satisfying knowing the work you put in isn't for someone else, it's for you, the volunteers, and the customers," States Kate.

But like any anyone starting up, "You have to have a passion for what you are doing, this

keeps you motivated," said Cat. If they didn't have passion about social justice and the environment, then they would had given up. So don't be afraid to ask for help if you want to start up a business, find someone who has the knowledge as nothing should hold you back. If you encounter problems, learn how to deal with them better.

Change your thinking, do not focus on what you don't have but in fact work with what you do have. Always build on yourself and never be complacent, always reinvent yourself with business as people will start noticing and admiring the changes you have gone through. Also, never give up, they had many problems in the past and will have more in the future. But their business has had an organic growth and both Cat and Kate believe whatever happens in the future they have faith it will be alright.

By, Anam Azeem



“You have to have a passion for what you are doing, this keeps you motivated”



JUST DO IT LIKE DUKE

A city with great creative potential, a bold couple, an idea - the ingredients for a success story. James Abbott Donnelly and Laura Wellington are the founders of DUKE studios, a co-working space for creative heads to realise their ideas.



"We are two sides of the same coin. I am the more reserved one that tries to think stuff through. Laura comes up with more crazy ideas and pushes us forward. It would not necessarily work as well without either half," says James Abbott Donnelly quick as a shot. He is sitting on a woody table in the middle of a busy café in 3 Sheaf Street in Leeds, in a red brownish brick-lined house not far from the Aire. James stands out from the people chatting behind the counter and humming over music in the background. He is more conservative. Presumably, he needs to be because he is the brain behind DUKE Studios the one who has to keep a cool head. In 2011 he and Laura Wellington, partner and girlfriend built up this co-working space with their hands and hearts. Five years ago, James worked for the police and Laura was managing a workshop site for

Leeds City College. Apart from that, they had their creative practices. However, following their passions for photography and interior design in their spare time was not enough; they wanted to move them into full time. "We generally don't plan stuff very long which is why we succeed. We just do it", James says as if it was the most obvious thing in the world. Spontaneously, the two decided to create a space for companies and individuals to work together. A "creative, collaborative, open, fun and friendly" environment. For James, being around other creatives – like web developers, film makers, writers or DJ's – is why people come and work at Duke Studios: "They want to share their ideas with somebody and might discover they can work together on a project or they can outsource work to someone with more knowledge in this field."

From day one, Laura and James have worked their hardest. Just the duo and their "ridiculously supportive" friends and family. No hidden investors or secret government founding to support DUKE Studios. 2011 wasn't the best time to get financial support since it was the middle of one of the biggest financial crisis in the UK. Laura and James stuck to their idea of building their own space where they could follow their own passions and where they could be in control of everything. What they couldn't influence was how the people would get on with each other, work together and what success stories would come out of this colourful location.

"We are definitely proud of the stories that came out of DUKE." It's one of the few moments where James has a little smile on his face: "We can't take all the credit of people's suces. A massive amount has been done by them but we put them in the scenario that made those things happen." They were the bold ones who took matters in their own hands. James' eyes flicker through the room, resting on signs with inspiring quotes hanging on the wall: "Many people have ideas of things they want to do or going to do 'some day when the time is right', but it's just ideas. It takes actions to make a difference."

By Tanja Weber



FEED BELLIES NOT BINS

Created by Adam Smith, The Real Junk Food Project café in Armley Leeds feeds anyone who is unable to feed themselves by providing warm meals and drinks.

The warmth and comfort of the tiny corner shop in Armley hits you straight away once you step in the front door. The staff hurry to set up the café, clearing the chairs of the tables, putting fresh fruit in a bowl placed on top of the fridge, and warming the kitchen food up ready to be served. There are flowers perched in a vase on every wooden table and fairly lights hanging from the ceiling. They glow bright sparks of yellow light which bring the tiny corner café to life.

The real junk food project was set up by Adam Smith, he is a qualified level three chef with over 10 years of experience in the food industry. His main aim was to feed bellies not bins. The idea came about whilst he was working as a head chef in Melbourne Australia. Adam witnessed the large amount of food that was wasted within the food and agricultural industry.

So when it was time for Adam to come back to the UK, he thought of setting up the real junk food project. At the start he sent out thousands of emails to companies about the issue of food waste, but only heard back from one. But that

did not stop him, he kept on going with his vision to feed bellies and not bins. Success soon followed with a board of trustees behind their backs.

Their primary goal at the Real Junk Food Project is to feed everyone and stop food going to waste, they get left over food from supermarkets, food banks restaurants and



any food events in the area. The staff members use their own judgement if they believe the food is appropriate for humans to eat. They don't turn away food just because the packet says expired on it, 99% of the time it is perfectly fine. They also "weigh everything that comes in, even a single tea bag," said Theresa Milligan, a senior staff member at the Real Junk Food Project in Leeds. They do this so they can record the amount of food they get in each time and note down if the amount is rising or decreasing.

From the very start the members didn't have a solid plan on how The Real Junk Food Project would work out. "It was just a little café in Armley," said Theresa, that helped hungry

people. It was individuals approaching them that said 'I like what you do, can I open one in Bramley, Pudsey or even Newcastle.' So from there, and a little help with social media promotion, The Real Junk Food Project began. They managed to set up over 125 shops worldwide with eight in Leeds alone in just three years since they began.

Along with their quick success came loads of by-projects that helped the local community they are based. One important project was the fuel for schools project they set up. This was set up last December with the aim to feed all school children that didn't have access to a proper meal at home.

The project involved every school in Leeds with all students getting involved. The real junk food project believed children would have a learning barrier from not eating properly which would then cause a knock on effect of not concentrating and learning in school.

The scheme went so well and had an overwhelming positive response from the local community that they know carry this out every Monday. Another by-product of the real junk food project is the social aspect to the café. People can come in, have a hot meal and drink, and talk to the staff or other customers. This gives people who are homeless or vulnerable people a chance to talk to new people and possibly friends for life.



"It's nice to see people getting along with each other, it gives us self-satisfaction," said Theresa. "Everybody should have access to food and not everybody does these days, and we are talking about on our own door step."

The amount of food poverty they see is unbelievable and more should be done about this growing situation, "the amount of food we get is horrendous and it's not even the tip of the iceberg," said Theresa. For example, they see a guy who is sleeping rough in a graveyard with rats. They have been in touch with an outreach programme, seeing if they can get him a place. They even got him a bus pass to travel but he still sleeps rough. "We haven't given up, we are still trying to get him a flat somewhere in this area so he doesn't have to travel far," said Theresa.



Proving to the public this isn't just a café in Armley, they have counselling sessions, reading lessons, writing lessons and socialising taking place. Lots of people need this café to survive everyday. Getting involved with The Real Junk Food project is easy aswell. You just have to pop along in the cafe and tell the staff I would love to help out. This is the way Theresa started and know she is a full time member. They are always looking for more people will join the project.

By Anam Azeem



Don't call it a dream,
call it a plan.