

# Shamed by illness

MILLIONS of adults live with what's been labelled "Great Pain Shame".

They have conditions such as irritable bowel syndrome but keep it to themselves, says a study.

A spokesman for hygiene and health firm Essity, which did the research, said: "Suffering in silence is not a great remedy."

## CAN'T GET STAFFED

DEMAND for hospitality workers is up 46% compared with pre-pandemic levels, Office for National Statistics figures show.



PAW-SOME: Gazing over Robin Hood's Bay with Paisley and Wilbur



By Catherine Lamb

# A Yorkshire terrier treat



**LOOKING for an action-packed adventure with your canine companion? The Yorkshire coast is the perfect place.**

Route YC offers a unique way to experience the rugged coastline, and the adventure outfit invited me to explore everything it has to offer with my husband and two dogs.

Our trip started at the Raithwaite Sandsend, a luxury hotel in Whitby. We were greeted with pet beds and bowls, as well as a Route YC bag packed with all the goodies we needed for our trip.

The hotel has a selection of pet-friendly rooms and a dog-friendly area in the restaurant where we tucked into a delicious meal.

After a good night's sleep and a hearty breakfast, we set off on a circular walk from the village of Grosmont to Goathland. After stretching our legs, we headed into the seaside town of Whitby for lunch and some exploring.

Hidden away off the high street, Sanders Yard Bistro, inset, serves delicious lunches and homemade cakes. Pups can join you inside, and also in famous Whitby Abbey, on the beaches and in local shops.

Our next base was Raven Hall in Ravenscar. We were staying in one of the country house hotel's pet-friendly lodges, overlooking Robin Hood's Bay. Dogs are allowed to join you in the snug for dinner, and



PET FRIENDLY: Raven Hall

there are many walks from the hotel grounds. For lunch we drove to The Cove in Robin Hood's Bay. The café overlooks the seafront and serves tasty homemade lunches.

Next stop was Scarborough to visit Hayburn Wyke waterfall and stay at the Bike & Boot.

Right by the beach, this modern hotel is ideal for hikers and dog walkers.

Our pups were greeted with toys and blankets and allowed to dine with us in the restaurant.

Next morning we drove to Oliver's Mount and visited the war memorial, top, before a lovely brunch at Oliver's On The Mount.

To plan your own personal adventure on the Yorkshire Coast, visit [RouteYC.co.uk](http://RouteYC.co.uk)



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