



W: justbeverley.co.uk
E: info@justbeverley.co.uk

FREE

ISSUE 13



**CINEMA LISTINGS
AND MORE**

VALENTINE'S DAY OFFERS

**DISCOUNTS FOR
MENTIONING
'JUST BEVERLEY'**

WIN!

**DAD'S ARMY GOODIES
CINEMA TICKETS
CHOCOLATE SURPRISE AND FIZZ**

FEATURES

**DAD'S ARMY
LENT, PANGAKES, ASH WEDNESDAY
SPRING IS IN THE AIR
SPORT FOR EVERYONE**

NEWS, WHAT'S ON, LIFESTYLE, FEATURES, PUZZLES, PHOTOS



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CONTRIBUTORS

Julian Minshall, Linda Johnson, John Fewings, Jane Dale, Richard Manville, Aaron Gilpin, Claire Hastie, Rachael Williams, Robert Wadsworth, Paul and Ann Fox, Sham Alom.

You can pick up the magazine from:

Beverley Parkway Cinema, Beverley Tourist Information Centre, Beverley Library/Treasure House, Tesco, Morrisons, Browns café, Beverley News, Boyes, Tesco café, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, The Game Bird, Maple News, Leconfield Post Office, Poundland, Halfords, East Riding Community Hospital, Bishop Burton Post Office, The Altisidora, Health Centres, cafés, hairdressers and more!

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Letter from the editors



February is the time of the year when we start to move from winter to spring; there's an air of excitement as the nights draw out and we can look forward to longer days when we can get out into our beautiful countryside, enjoying the fresh air. You all know that I love cycling, so I'll be getting out on my bike – and getting even more excited about the Tour de Yorkshire! Starting in Beverley on April 29th, the local economy could be up to £1m better off as millions of people come to experience the spectacle. And those who aren't here can see beautiful Beverley on TV! There's a whole host of ways in which people will be able to get involved and we will be highlighting those opportunities here at Just Beverley!

This year, the Caravan will go through ahead of the race, creating expectation and a carnival atmosphere – so just imagine what Beverley will be like building up to that last Friday in April!

It's Valentine's Day soon and for the romantic people in Beverley and beyond we have teamed up with number of our advertisers to deliver you a treat! There is a great choice of restaurants in Beverley, and this month, several of them are offering an extra something if you mention 'Just Beverley' when you book your Valentine's Day meal. So check out the adverts in this month's magazine to find out where!

Have a great February!
Julian.



Have you been to the new Parkway Cinema yet? Here at Johnson Towers we are considering cancelling our Sky Movies because we are seeing so many films at our wonderful new Flemingate facility! The quality of the picture and sound in all of the screens is amazing – look at our feature on page 26 to find out why. Plus there is our double page cinema spread on pages 6/7 and snippets and photos related to the cinema all over the magazine.

It's Pancake Day and the Christian season of Lent coming up, which leads us towards Mothering Sunday (or Mother's Day) and Easter. There's a VERY easy pancake recipe for those of you who fancy having a go at making them – just make sure you loosen the pancake in the pan before you try tossing it! All this is on page 8.

Talking about recipes, Sham Alom's recipe last month created lots of positive feedback, so we've twisted his arm and he's sent us another one on page 27. I don't think I shall be giving up Asian food for Lent!

From this month, as well as celebrating good news and new businesses we are highlighting our fund-raising superstars. Beverley has such wonderful community spirit and we would like to know more about it – after all, helping others is happiness-enhancing, for the giver and the receiver. See stories from 3 Charity Champions on page 21.

Here's to happiness,
Linda.

Get in touch with us:

Website: justbeverley.co.uk
Email: info@justbeverley.co.uk
Telephone: 01482 679947
Twitter: @JustBeverley
Facebook: facebook.com/justbeverley



Armstrong Social Club changes to meet Community needs!

Situated next to the new Flemingate development and East Riding College, Armstrong Social Club is changing with the times to offer something special within the locality.

As one of the last remaining entertainment and community clubs in the area, Armstrong Social Club provides a safe, friendly, exciting environment for members and non-members.

It already offers a well-equipped, large function room for events, parties and

celebrations but can now cater for weddings with all the trimmings at very affordable prices.

New for 2016 are fortnightly Bingo Sessions on Monday afternoons from 1pm – 3pm, alternating with the Tea Dances which raise money for Alzheimer’s – see our What’s On and Charity Champion pages for dates and details!

Contact the club on **01482 882999** or e-mail **armstrongsbeverley@hotmail.co.uk**



Co-op Funeralcare community involvement expands!

Last year, Co-op Funeralcare was able to get involved with many local organisations – and 2016 will be no different.

Dove House Hospice, St Mary’s Church, Beverley Minster, Hull Royal Infirmary Children’s Ward, Beverley Nursing Homes and Beverley Town Bowls Club all benefitted in 2015 from their community support. So this year, June O’Connell, who will be joined by Janice Halliday and Lucy Harrison at the Beverley Branch, are looking for other worthy community projects. Being part of the wider Co-operative movement means that projects can be supported in kind rather than in cash, but that support can be quite creative. For example, the Bowls Club have been presented with a welcome banner, mats and score cards whilst St Mary’s Church were supplied with the oranges, candles and sweets for their Christmas Christingle services.

So, if you belong an organisation which could use a bit of practical help, please give June a call on **01482 874082**.



Oneworld Travel celebrates its first year – with a party!



Beverley town centre’s only independent travel agent Oneworld Travel celebrated at Lazaat Hotel.

The party, organised to thank customers who had booked holidays with the firm over the last year, attracted over 80 guests who enjoyed dinner and specially organised entertainment. Oneworld travel, which was established in 2002 has two other successful shops in the region in Wakefield and Yarm. The company prides itself on its customer service and competitive prices together with a 24/7 customer care line which means help is always on hand when needed.

Based on the customer feedback, the company has a bright future in the town, with its local team being particularly praised for its professional approach and top quality advice headed by young branch manager Laura Hitchman. Oneworld Travel’s Managing Director, Samantha Harvey, says she is delighted with the positive response to the new shop and is looking forward to another successful year in the town.

The company also keen to get involved in the local community and is already

supporting the Jacob’s Well Appeal, a local organisation which helps deprived communities in the third world. Over 300 pounds were been raised at the party through raffle ticket sales with the top prize of a 7- night Italian cottage stay which was won by Catherine Cooper.

Julian Minshall the editor of Just Beverley, complimented Oneworld Travel on the event, maintaining that it was just the sort of thing to develop a long term relationship with its customers.



From Brownie to Brown Owl

Coming from a Guiding family, Alice Buckenham has been involved with the Girl Guiding movement since she was 5 years old when she joined Rainbows.

This naturally evolved into moving into Brownies and then Guides as she grew up, only having a break when she went to University and followed a career path. She moved back to Beverley in 2012, when she found herself unemployed, which coincided with a plea from the local Division Commissioner at the time, Christine Milburn, for more leaders for the 4th Beverley (St Mary's) Brownies, which was threatened with closure.

Alice (30) knew she could give something back to the movement, which she loves and which has given her so much. Guiding enables young girls to experience the joy of learning new skills and life-lessons, but in getting involved as an adult, Alice knew she would further her leadership, organisational, management and communication skills as well as give her enjoyment in working with children. Alice got in touch with Christine, volunteered to help and in 4 short years, has worked through her leadership training and is now taking on the challenge of being 4th Beverley (St Mary's) new Brown Owl!

Alice says "Girls now-a-days do far more than I did when I was a Brownie. We learn crafts and baking, have days out and sleepovers, do at least one skills-based badge a term, sing songs and play



games. There are so many resources to help the girls develop into confident young women by giving them opportunities they wouldn't otherwise get."

"What have I got out of Guiding? What have I NOT got out of it!"

There are waiting lists in Beverley and the surrounding villages for girls wanting to join Rainbows and Brownies, so if Alice's story has inspired you or someone you know who is female and over 18 years of age to help with the Guiding movement check out www.girlguiding.org.uk/get_involved/volunteer/faqs.aspx or www.girlguidingeastyorkshire.org

'The First Film' fascinates film-goers!

The Director of 'The First Film', David Wilkinson, introduced his own documentary about Louis Le Prince recently at Parkway Cinema, Beverley on Independent's Sunday.



David is an internationally-famous film-maker, who is passionate about Yorkshire and its film-making heritage, which was pioneered by Louis Le Prince. Louis was a Frenchman who married a Yorkshire woman and, whilst living and working in Leeds, took the first ever moving pictures with his invention of a single-lens camera.

This was in 1888, years before Edison or the Lumiere Brothers! Yet Louis' achievements have not been recognised globally, despite holding patents, because he disappeared off the face of the earth! Fortunately, small snippets of the films, which were taken in Roundhay Park and on Leeds Bridge, remain, as does the original camera. David was able to use a replica of the original camera to shoot film at one of the original locations and superimpose the original onto the new footage!

Also at the showing was contributor Quentin Dowse, an ex-detective from Tickton who suggested what may have happened to Louis and soundman Johan Maertens from Goole, who had never before seen the finished film.

There was a lively discussion after the showing – people love a good mystery – and David signed copies of his book 'Made in Yorkshire', 3 copies of which were prizes for one of last month's competition. See page 22 for winners!

Increased tax for second property owners

Property investors have been targeted by HMRC for the second time this year.

The autumn statement announced that anyone buying an additional residential property, either a second home or a buy-to-let will have to pay an additional 3% stamp duty from April 2016.

This means that at the lower end of the market, an additional property purchased for under £125,000 will carry a 3% charge (currently free from stamp duty).

The worst hit could be property developers who aim to buy cheaper homes, renovate and then sell these on for a profit.

An additional 3% stamp duty on each

transaction will likely not be recovered through increased sale prices.

Earlier this year the Chancellor announced that buy to let landlords would only be able to claim tax relief on mortgage interest at the basic tax rate.

The government is also looking into the possibility of requiring lenders to place limits on buy to let lending.

It appears that there is a concern about the growth of buy to let in the property market.

If you would like to discuss how this could affect you, contact Gareth Botterill on **01482 862240** or email gareth@botterillco.co.uk

Beverley Community Lift Plans to Expand

Beverley Community Lift (BCL) is a charity which aims to reduce loneliness and social isolation by transporting people who cannot easily use public transport – people who are frail, elderly, disabled (even temporarily disabled through accident or operation) or who live in rurally-isolated areas – to a whole host of places, not just to medical or dental appointments.

The charity also seeks to enable independence for their users; for example, users with learning difficulties might not be able to work without transport to their place of employment. BCL also organises shopping trips and days out, which many of the users appreciate greatly, as without the charity, they could be housebound and perhaps not see anyone for days on end.

Passenger lifts are either by volunteers with their own cars (who are reimbursed their fuel

costs) or by mini-bus with a trained volunteer driver and assistant. There are 7 mini-buses, all of which are wheel-chair accessible. Users are not charged for the lift, but a donation is always welcome!

The charity recently held a consultation evening for supporters to discuss ways in which more funds could be raised to support the service not only as it is at the moment, but also to grow awareness in Beverley and expand the areas it covers, so that more people can use it; this would also require more volunteer drivers and probably more mini-buses. BCL now helps people in the Market Weighton area but recognises the need for its service towards the south. This would also require more office support and more sophisticated IT systems – a further cost!

Attendees at the consultation evening had

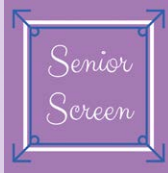
nothing but praise for the wonderful work the charity does and came up with ideas for discussion. Just Beverley held a sponsored Bicycle Ride last year to raise funds for BCL and helps sponsor one of the mini-buses; this is the kind of support where other businesses can get involved, too. If you or your business could be a supporter and help raise funds, please get in touch with BCL.

If you are in need of a lift anywhere or a day out and meet the criteria listed above, why not give BCL a call? Or if you could volunteer to help such a worthy cause, call **01482 868082**.



EVERY THURSDAY AT 10.30am (doors open 9.45am)
Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4 with drink and biscuits included. Aimed at 55s and over!

Thursday 4th February
The Dressmaker (12a)
SPECTRE (12a)
Thursday 11th February
Rear Window (PG)
The Dressmaker (12a)
Thursday 18th February
Joy (12a)
Rear Window (PG)
Thursday 25th February
Bridge of Spies (12a)
Joy (12a)



The Dressmaker (12a) 1h58m

Director: Jocelyn Moorhouse
Cast: Kate Winslet, Liam Hemsworth, Hugo Weaving
A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong.

SPECTRE (12a) 2h 30m

Director: Sam Mendes
Cast: Daniel Craig, Christoph Waltz, Ralph Finnes
A cryptic message from Bond's past sends him on a trail to uncover a sinister organisation. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind Spectre.

Rear Window (PG) 1h52m

Director: Alfred Hitchcock
Cast: James Stewart, Grace Kelly, Raymond Burr
A magazine photographer, housebound on account of a broken leg, becomes voyeur to the apartment building facing his rear window for lack of anything to do. Soon, he draws his visiting girlfriend in on the thrill and eventually they witness a murder in progress that gets them into hot water.

Joy (12a) 2h4m

Director: David O. Russell
Cast: Jennifer Lawrence, Robert DeNiro
This is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right.

Bridge of Spies (12a) 2h21m

Director: Steven Spielberg
Cast: Tom Hanks, Mark Rylance
The story of James Donovan, a Brooklyn lawyer who finds himself thrust into the center of the Cold War when the CIA sends him on the near-impossible task to negotiate the release of a captured American U-2 pilot.

TOP SECRET



MYSTERY MOVIE MONDAY

MONDAYS @ 8.15pm

Starts Monday 11th January
More 'what is it' than 'whodunnit'

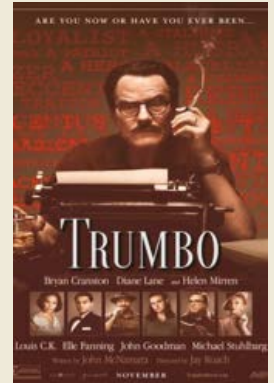
Fancy a film but not sure what you want to see? The try our Mystery Movie Monday! You won't know what it is until it starts! It could be a classic you love or a gem you have never seen; perhaps even the first screening of an upcoming film. The fun is in the discovery and it's only £4 per person.

Look out for clues on our Facebook page and on Twitter @parkwaybeverley

Most screenings will be 15 and over only. However, and this is a big clue, some will be over 18 only due to content.

New Releases for February (dates and films subject to change)

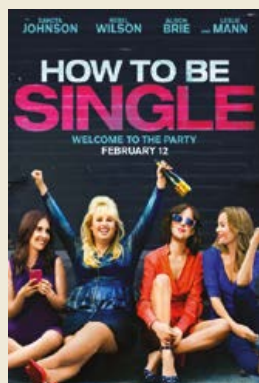
5th February -



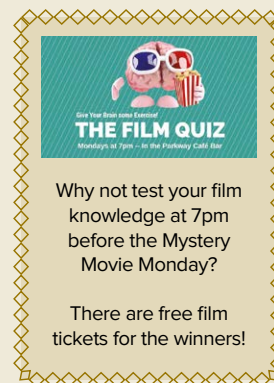
12th February -



19th February -



26th February -



THE FILM QUIZ

One Year Book into Cinema

Monday's at 7pm - In the Parkway Café Bar

Why not test your film knowledge at 7pm before the Mystery Movie Monday?

There are free film tickets for the winners!

Trumbo (15)

Trumbo stars Bryan Cranston of 'Breaking Bad' fame as Dalton Trumbo, the screenwriter and novelist famous for films as diverse as Roman Holiday, Exodus, Spartacus and Thirty Seconds Over Tokyo.

He gained notoriety for standing up to McCarthyism and was black-listed for communist sympathies. The film also stars Diane Lane and Helen Mirren.

YOUR NEW INDEPENDENT CINEMA



Dad's Army



Beverley, Flamborough and Bridlington (as well as Scarborough, Whitby, Cloughton and Ryedale) all feature in the long-awaited new film based on the much-loved TV series, 'Dad's Army', the programme based on the hapless fictional Home Guard based in imaginary Walmington-on-Sea during the Second World War.

Featuring such house-hold names as Bill Nighy, Catherine Zeta-Jones, Toby Jones, Blake Harrison, Michael Gambon, Bill Paterson, Sarah Lancashire, Alison Steadman, Daniel Mays, Oliver Tobias, Julia Foster and Hull-born Tom Courtenay and directed by Oliver Parker, there are a whole host of local people who have been drafted in as 'extras'.

One of those extras is Claire Crowther, who was married at Beverley Register Office and gave birth to her two daughters in Beverley Westwood Hospital. She has a part as an ATS girl as a featured supporting artist and is acknowledged as such on the credits. Her scenes were filmed in both Bridlington and Beverley. She was particularly impressed with Bill Nighy and Sarah Lancashire who would always chat to the crew in between practicing their lines and Oliver Parker was 'just lovely'.

Claire says she felt as if she was in a dream when on-set at Beverley's East Riding Theatre, which doubles as Captain Mainwaring's office and also as a village hall, as it was a 'closed' set. Being in such close proximity to all those famous people was amazing! But she noticed that Michael Gambon made a point of going off-set to sign autographs for people waiting outside of the theatre to catch a glimpse of their acting heroes!

The story is based in 1944 when the war is reaching its climax; the British people know that there are plans to defeat the German army, when it's discovered that there is a spy on the loose which could affect the outcome of the war. Coupled with a glamorous investigative journalist writing about their exploits, morale in the Home Guard suddenly leaps as they set about guarding their new charge, Dover army base, and upholding their reputation. As to what happens, well, you will just have to see the film!

Competition

Dad's Army is set during the Second World War when rationing was a way of life. To commemorate the times, this month's prize evokes the hard-ships which people had to go through. So for your opportunity to win a Dad's Army enamel mug and Dad's Army socks in a silver ration tin along with a pair of tickets for any film, or one of 4 pairs of tickets for any film, just answer the following question:

'Dad's Army' was filmed at many near-by locations, including a well-known building in Beverley, which used to be a Baptist Church. What organisation will you now find in that building?

Email your answers to info@justbeverley.co.uk by February 18th.

You must include your name, address and day-time telephone number and be available for publicity photographs for Just Beverley and Parkway Cinema. The usual Just Beverley terms and conditions apply. Good luck!

Independent's
Sunday

SUNDAYS @ 5:30pm

7th February - **THE LOBSTER (15)**

Director: Yorgos Lanthimos

Cast: Colin Farrell, Rachel Weisz, Ben Whishaw, Olivia Coleman

Somewhere in the near future, single people must find romantic partners in 45 days or be transformed into beasts and sent off into the woods.

"The Lobster is a European arthouse film par excellence - precisely the kind of project you can't imagine ever being made in Hollywood." Geoffroy Macnab - *The Independent*
"As expected with Lanthimos, The Lobster is utterly bizarre... it's the director's first film in English, yet also his first to show shades of human side, even as it concludes that we humans are an exceptionally silly and sad little species." Derek Smith - *Tiny Mix Tapes*

14th February - **PEGGY GUGGENHEIM: ART ADDICT (15)**

Director: Lisa Immordino Vreeland

This documentary is a portrait of a patron of the arts extraordinaire who transformed a modest fortune into one of the premiere collections of twentieth century modern art.

"Black sheep" of the American dynasty, Guggenheim was vital to 20th century art and, aided by Vreeland's lively montages and la-de-dah experts, she is astonishingly forthcoming." Ian Nathan - *Empire*

"This is an extraordinary story: I was on the edge of my seat." Peter Bradshaw - *The Guardian*

21st February - **A WAR (15)**

Director: Tobias Lindholm. Cast: Pilou Asbæk, Søren Malling

A War (Danish: *Krigen*) is a 2015 Danish film directed by Tobias Lindholm, starring Pilou Asbæk and Søren Malling. It tells the story of a Danish military company in Afghanistan that is captured by the Taliban, and how the commander is accused of having committed a war crime. The film was nominated for the Best Foreign Language Film at the 88th Academy Awards

"It works both as a war movie and, in its latter scenes, as a finely calibrated courtroom drama." Geoffroy Macnab *The Independent*

"There's an understated naturalness that speaks powerfully throughout, both from the leads and from the supporting cast." Tom Birchenough *The Arts Desk*

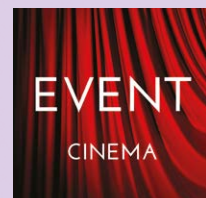
28th February - **THE ASSASSIN (12A)**

Director: Hsiao-Hsien Hou

Cast: Qui Shu, Chen Chang, Satoshi Tsumabuki

An assassin accepts a dangerous mission to kill a political leader in seventh-century China.

"The Assassin is a stately action movie, graceful and slow-moving, with bursts of smoothly choreographed violence." - A.O. Scott, *New York Times*



COMING SOON - Now on sale:

ROH: **LA TRAVIATA (TBC)** -

Thursday 4th February @ 18.45

JONAS KAUFMANN: AN EVENING WITH PUCCINI (U) -

Thursday 11th February @ 18.00

NT LIVE: AS YOU LIKE IT -

Thursday 25th February @ 19.00

NT LIVE: HANGMEN (TBC) -

Thursday 3rd March @ 19.00

THE RAILWAY CHILDREN from York Railway Museum -

Monday 28th March @ 17.00

Lent, Pancakes, Ash Wednesday and Mothering Sunday - it's all leading to Easter!

Lent is the 40-day period in the Christian calendar which comes before Easter; it starts on Ash Wednesday and ends on Easter Sunday and does not include weekends.

For Christians, it's a period of abstinence, fasting and penitence commemorating Christ's 40 days of fasting in the wilderness, during which he was tempted by Satan.



Many observe Lent by giving up something which they enjoy, such as chocolate, alcohol or even Facebook, helping to develop self-discipline. Or they might challenge themselves to do something extra-ordinary in support of others, making Lent a more positive experience rather than a negative one.

The word 'Lent' comes from the word 'lengthen' as it occurs as the nights draw out and Spring is upon us, which is when we celebrate Easter. Easter Sunday traditionally occurs on the first Sunday after the first full moon on or after the March equinox, so it could be as early as March 22nd or as late as April 25th.

This year Easter Sunday is March 27th but next year it is April 25th. There are moves by the Church of England, Catholic and Coptic Churches to make Easter Sunday at the same time every year, which would most certainly help schools and the leisure industry!

But back to Lent! The day before Lent, Shrove Tuesday is 47 days before Easter Sunday. It is a day when Christians indulge themselves and eat up all the food not traditionally allowed during Lent, such as eggs, flour and fat.

An ideal way of using those ingredients is to make them into pancakes, hence the modern name of 'Pancake Day'.

Churches often have Pancake Parties on Shrove Tuesday, in readiness for being 'shriven' or absolved of sin through the act of penance.

Churches which toll a bell on Shrove Tuesday to summon the faithful to church in readiness for Lent call it 'The Shriving Bell'. Pancake Races recall the lady who, in 1445 in Olney in Buckinghamshire, hearing the church bell whilst making pancakes, ran there in her apron and scarf, still holding her frying pan - which is why contestants wear pinnies and headscarves whilst tossing their pancakes!

Lent begins on Ash Wednesday, so called because in some Churches, the palm branches from the previous year's Palm Sunday are burnt to ash and used to place (impose) a cross on the foreheads of believers, reminding them we are all mortal, made from dust and returning to dust when we die. The cross is worn as a sign of penitence.

Mothering Sunday is celebrated half way through Lent, on the fourth Sunday. This is the day when people would return to their 'mother' church and also visit their mothers at the same time, taking flowers and other gifts. The abstemiousness of Lent is not applicable to weekends, so eating less frugally is not frowned upon on this day!

Mothering Sunday is today often referred to as 'Mother's Day', an American 'import' which began in the early 20th century, celebrating mothers, mothering and caring.

Anna Jarvis fought to get Mother's Day recognised in America in honour of her own mother, peace-activist Anne Reeves Jarvis, who cared for wounded soldiers on both sides of the American Civil War and set up Mother's Day Work Clubs to address public health issues.

Although Anna did not approve of the commercialisation, Mother's Day and Mothering Sunday are now celebrated on the same day in the UK.



Easy Pancake Recipe

- 2 large eggs
- 8oz plain flour
- 1 pint of full-fat milk
- Pinch of salt
- The thinnest desert spoon you can find to mix the ingredients.
- Small amount of aroma-free coconut oil to fry each pancake.
- Jam/ treacle/orange juice/lemon and sugar to serve.

Put the flour into a bowl, making a 'well' in the middle. Sprinkle the salt around the outside of the flour. Break the eggs into the centre of the 'well'. Break the eggs and, as you mix, allow some of the flour to start to mix into the eggs.

When the mixture in the well becomes too stiff, pour some of the milk into the centre of the well, mix with the eggs and then bring in more of the flour. When the mixture in the well again becomes too stiff, add in more milk. Eventually, all the flour will have become part of the mixture and all the milk used to mix it. If the batter seems too thick, add a small amount of water. This is your pancake batter!

Leave to stand for 30 minutes or so whilst you prepare your pan to make the pancakes. Heat the oil in a frying pan the size you want your pancake to be.

Pour in enough batter to cover the base of the pan and let it cook until all of the pancake has browned. Then shake the pan to loosen the pancake and flip it over to brown the other side.

Serve on a plate with your chosen accompaniment and roll up to eat!

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Serve on a plate with your chosen accompaniment and roll up to eat!



Flood Advisory Service visits Beverley

Graham Stuart, MP for Beverley and Holderness, recently arranged for the Flood Advisory Roadshow to visit Beverley to advise residents on flood defences which are available to protect homes.

The flooding in 2007, 2012 and 2013 in Beverley has seen East Riding of Yorkshire Council spend thousands of pounds installing new defences, but there are additional various ways in which homeowners can help themselves.

For example, fitting anti-flood airbricks could prevent thousands of litres of water entering a home and ensuring silicon seals around external pipes are robust to prevent water ingress.

If you didn't manage to get to the Roadshow whilst it was in Beverley, have a look at their website: www.floodadvisoryservice.co.uk/flood-products



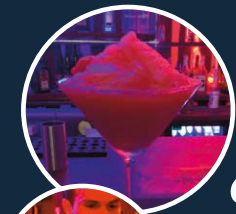
STOP PRESS!

Tour de Yorkshire

Would you like to be a Tour de Yorkshire Tour Maker? Welcome to Yorkshire are looking for passionate, reliable volunteers to help with this year's race.

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BEVERLEY



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Telephone 07921 379617 | Email dave@fizzsecco.co.uk

Steak House | Cocktail Lounge | Bar

Adeli of Beverley

Adeli of Beverley is located within the same building as G. Jack and Sons; the owner, Nicky Kelly, used to work for Joy and Duncan Jack and was very keen to take over and develop the business when they retired.

The name came from a brainstorming session – but it basically describes what it is; a delicatessen in Beverley! But it's also quirky and reflects Nicky's fun-loving approach to life.

Nicky is taking on the legacy and reputation built by Joy and Duncan – the caring, personal approach which means customers become friends and lives become intertwined. Many of their customers pop in on a daily basis to pick up deli items such as a sandwich, tray-bake and coffee for lunch and a pie for tea, and are on first-name terms with Nicky and her staff.

Adeli offers an outside catering service for companies, birthdays and funerals, which are, of course, delivered. With an extensive range of sandwich choices, pies, cheeses, tray-bakes, cakes, chocolates, condiments and speciality wine, their buffets are very popular for those who require good, wholesome, traditional buffet fare. Much of the fresh food is baked on the premises – so smell of baking can be irresistible!



Adeli is also developing the range of hampers which are made up to customer's requirements. Starting from £12.50, they are becoming more popular for corporate gifts, wedding anniversaries and Christmas presents as they take the hassle out of gift-buying. Nicky currently supplies them as prizes for Hull City Football Club charity nights and the fsb prize draws.

They can be sent anywhere in the country - Nicky has identified this a gap in the market which she can fill.

Although a local delivery service to individuals is not something which can be routinely offered at the moment, there are some established customers who cannot get out, who do get this special treatment.

But Adeli will try to accommodate anyone's needs -so do give them a call or pop in to see and taste their extensive range of food and drink.

Adeli of Beverley, 6 Wednesday Market, Beverley, HU17 ODG.

Tel: 01482 882437

www.adeliofbeverley.co.uk



Faith Hair and Beauty Salon

Sisters Rachael Williams and Margaret Bullock took over the running of Faith Hair and Beauty at the end of last year and are already making changes. Rachael is the hair expert, having been a stylist for 27 years, whilst Margaret looks after the business side of things.

Rachael has worked in Hull, Welton and Beverley and was very keen on running her own salon, when the Lincoln Way salon became available. She is at the forefront of developments in the hair technology world, having worked alongside some well-known hairdressers who have passed on their tips and techniques.

Rachael also attends conferences and shows to extend her skills, and she wanted the opportunity to use them for the benefit of customers.

Rachael and Margaret were delighted when the staff who have been working at Faith for many years agreed to stay with the change of ownership. Rebecca Dunn and Lucy McCleary are both established stylists who have built up a regular client base.

As Rachael says, "There is a welcoming,

friendly atmosphere at Faith – people feel comfortable coming here. Sometimes it feels a bit like a party, which is wonderful!"

But Rachael is keen to encourage their customers to reinvent themselves with new cuts and colouring and to attract new clients, especially younger women, wanting more contemporary hair-styles. Because Rachael is not only an experienced stylist and colourist, but is also an expert in hair extensions.

Stylist Lucy has also been trained in hair extensions; Rachael is keen to ensure her staff are developed so that they can attain the highest standards.

Men are very welcome at Faith, too, as Rachael spent years concentrating on cutting men's hair. "Men's grooming is just as important as women's; our techniques and products are for both sexes. I aim to be at the 'cutting edge' of styling for men as well as women" said Rachael.

There are exciting times ahead for Faith! Rachael has lots of plans, some of which will incorporate the beauty therapy skills of Rachel Padley, who is based within Faith,



and some will involve increasing staffing and extending the skill-base in other areas.

Just Beverley wishes all at Faith 'Good Luck'!

Faith Hair and Beauty, Unit 1, Lincoln Way, Beverley HU17 8RH.

Telephone **01482 872871**.

Junk-to-Phunk Upcycling

Andrew Sleight has a background of working in the caravan and motor industries, at various times as a mechanic, electrical contractor and spray-painter, but he has always had an interest in art, recycling and re-purposing everyday items. His hobby has now become his full-time job with the launch of Junk-to-Phunk Upcycling.

Andrew grew up in Leven and studied at Beverley College. He was the first person to put himself forward for the Blair Government's New Deal workfare programme, which furnished him with some of the skills he uses today. Unfortunately, Andrew has back and other health problems, which means he cannot stand for long periods of time, but Junk-to-Phunk uses so many skills that he can be flexible with his allotment of time.



One of Andrew's 'signature' items is a bench made of cable drums and scaffolding boards, which is perfect for the garden, as it can be painted and decorated as the customer wishes. Another is his version of a Jerry Can Mini-bar.



He also makes Jerry cans into wine racks, which hold 3 wine bottles and 6 wine glasses and picnic sets, which include 2 place-settings and a flask; both of these retail for £85.00.

Jerry cans can also be made into bathroom cabinets; spray-painted, of course, to match your décor!

Andrew sells his upcycled, repurposed wares on Facebook, Etsy and E-bay. He is always excited to receive commissions and challenges! Contact him on **07714 854380** or check out his website www.junktopunkupcycling.com

POMA opens at 91 Walkergate, Beverley

If POMA seems like a mini-Rolando's, then that's because in many ways, it is!

Jessica Poma is Rolando's daughter, who has bitten the bullet and opened her own café/bakery/gelateria, selling many of the home-made foods which Rolando's is known and loved for – such as their delicious almond biscuits, scones, pizzas, quiches and wonderful artisan bread!

The café has been fitted with a kitchen so that most things can be made on the premises, including gelato (Italian ice-cream).

Jessica studied at Gelato University (seriously – Ice-cream University!) in Anzola dell'Emilia, near Bologna so that she can make authentic, additive-free, ice-cream and sorbets – which are much healthier than British ice-cream.

Poma is open 9-5pm Monday to Sunday to eat in or take away.



Rose and Crown given a Lease of Life

There are new tenants at The Rose and Crown, North Bar Without. Christine Singleton and Shane Tate have exciting plans for this Grade II-listed building, which has such an interesting history and is looked on with affection by many Beverley residents.

They know it was originally known as The Bull and then The Crown and Anchor but had become The Rose and Crown by 1815. They have a copy of the lease for 1925 with an original stamp (which shows the fixtures and fittings cost £64!) when it was still called The Rose and Crown so the name seems to have stuck since then.

Being an Enterprise Inn, there are a selection of beers on offer (including guest beers), along with coffee and an exciting food menu.



Shane won Young Chef of the Year in 2009; he is passionate about fresh, whole-foods and is also keen to accommodate allergies and intolerances, with vegan, vegetarian, dairy-free and gluten-free choices as standard. There are sharing platters, light-bites and full meals, all prepared to order, and, of course, Sunday lunches.

In the few short weeks they have been there, Christine and Shane have created a snug and are busy purchasing soft furnishings which will help with energy efficiency, make it homelier and create defined spaces.

To the rear of the snug are dining tables, although diners are more than welcome to eat in the bar.

Christine and Shane have already made the bar area more like a bar, with bar stools. And dogs are very welcome in the bar, too.

Christine and Shane are keen to get involved with the community. There is a Cystic Fibrosis charity night planned for March 1st (see our What's On section) and a Valentine's Special with a 3-course meal and entertainment planned on February 13th. For along with the bar/restaurant area, upstairs there is a function room! Upstairs there is also a separate room with a balcony overlooking North Bar Without; thoughts of romantic private dining or even weddings spring to mind! Just Beverley wishes Christine and Shane all the best!

JUST BEVERLEY WELCOMES NEW CONTRIBUTORS

Allmobility owners, Paul and Anne Fox will be writing for Just Beverley to enlighten and inform on the creative world of solutions for people living with a disability

Celebrating their first birthday in Beverley, Allmobility is an Aladdin's Cave for customers of all ages who might need a little help in managing a disability, which could be temporary or more permanent.



Celebrating their first birthday in Beverley, Allmobility is an Aladdin's Cave for customers of all ages who might need a little help in managing a disability, which could be temporary or more permanent.

From cutlery, which can be bent in either direction for people with the use of one hand, to furniture customised for shape and size, to surgical shoes which can be supplied singly or in pairs, Allmobility can suggest ways in which they can make a difference to the quality of someone's life.

Paul said 'We never judge but aim to give impartial advice to people who may be or have become disabled through all kinds of life events. As an ex-mechanic, I can modify and service many mobility aids, such as scooters and chair-lifts, too.'

Anne added 'Yes, the smallest little thing can make such a difference to the quality of someone's life. Many of the gadgets are in funky colours nowadays, too, so people don't feel uncomfortable or embarrassed using them.

And many of them are surprisingly inexpensive!

We love it when someone goes home amazed that we have been able to help them.'

Allmobility can be found at 110-112 Old Walkergate, with good disabled access.

Beverley Osteopath, Robert Wadsworth, joins to advise on looking after our bodies

Robert celebrated 30 years in practice last year. Trading as Wadsworth Osteopaths he has been working as an osteopath in Beverley since 1985. Initially a single handed practitioner, increasing demand from patients meant the practice had to grow and other osteopath colleagues joined to help cope with the work load.

Some people will remember the original surgery at 39 Norwood. As the practice got busier it expanded into 41 Norwood. Parking became more problematic as the years went by and an invitation came from Dr Clayton to join the doctors at the Lockwood Road Surgery, so he moved to the Molescroft Doctors Surgery in 2005.

Robert and colleagues at Wadsworth Osteopaths now offer surgery sessions in Beverley, Cottingham, Drifffield, Hull and Hedon. A wide range of appointment options are available with early starts (8am), late finishes (8pm), Saturday mornings and cover for most bank holidays.

Osteopaths at the Beverley surgery help patients with various problems in patients of all ages.



In particular they see many back pain sufferers, also neck pain, leg pain including sciatica, arm pain, sports injuries, muscle and joint problems associated with pregnancy, babies with colic, disturbed sleep patterns and feeding difficulties, symptoms related to arthritis and rheumatism and work-related problems including strains and sprains, overuse strain and RSI.

Wadsworth Osteopaths, Lockwood Road Clinic, 30 Lockwood Road, Beverley, HU17 9GQ.

Appointments and enquiries: **01482 875004**
info@wadsworthosteopaths.co.uk

NEWS

Beverley and District Chamber of Trade moves forward with a new committee

The Beverley and District Chamber of Trade has gotten off to a flying start, accepting new members and voting in a new committee which will be responsible for maintaining a high profile for the Chamber to work with local businesses.

The new committee has already pro-actively divided itself into various sub-committees as it seeks opportunities to enhance business.

As Beverley grows, there are many openings to

expand or initiate new ventures and members of the Chamber aim to capitalise on those. Already the Chamber has managed to help members with money-saving ideas and discounts.

The intention is to encourage more members to give discounts to fellow members, increasing business opportunities and enabling members to access even more financial savings.

Membership of the Chamber is very affordable

and this scheme makes joining in even more attractive.

Membership of the Chamber is open to any business located within Beverley and its environs, no matter how small.

Meetings are on the last Wednesday of every month, starting at 6.00pm at East Riding College, Flemingate. Refreshments are provided. More details from **Julian.minshall@indicoll.com**



BEVERLEY AND DISTRICT CHAMBER OF TRADE



THE KING'S HEAD BEVERLEY

VALENTINE'S DAY

Glass of Prosecco

(Mention **just BEVERLEY** when you book
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Starters

Jerusalem artichoke velouté, Campaillou sourdough
Twice-baked smoked haddock soufflé, creamed leeks, poached quail's egg
Sautéed duck livers on toast, whisky & chive cream sauce

Mains

Pan-fried chicken breast, potato & chorizo gratin,
roasted thyme shallots, tender stem broccoli, red wine sauce
Couscous crusted aubergine, cream cheese, toasted almonds,
chilli, coriander, chickpea & beetroot salsa
Pan-fried cod loin, crab & chilli linguine, shellfish bisque
20oz Chateaubriand (28 day aged) triple cooked chips, soy-glazed beef
tomato, confit garlic, mushroom, dressed rocket
(+ £8 per person, for 2 to share)

Dessert

Trio of chocolate pudding; dark chocolate & Baileys fondant,
white chocolate panna cotta, bitter dark chocolate mousse

3 courses - £29.95 per person

37-38 Saturday Market | Beverley | HU17 9AH
Tel: 01482 868103



Valentine's Day - it's more than just hearts and flowers!

World-wide about 150 million Valentine's Day cards are exchanged, many of them sent anonymously, which makes it a highly-lucrative day for card manufacturers! On top of that, over £9billion pounds is spent on flowers - 196 million of those flowers being red roses! So who was St Valentine and how did he become associated with romance, hearts and flowers?

There are at least 3 different martyred saints called Valentine (or Valentinus) recognised by the Catholic Church. One of them was a Christian priest during the time of the Roman Emperor Claudius II in 3rd Century Rome. Claudius decided that single men made better soldiers, as women and children were a distraction, so he outlawed marriage. Valentine, though, defied Claudius and continued to marry young lovers. Valentine is also said to have been imprisoned for helping Christians to escape punishment for practicing their faith - a dangerous undertaking. When Claudius discovered Valentine's activities, he was imprisoned and then put to death.

One legend suggests that whilst Valentine was in prison, he fell in love with his jailor's daughter, who he healed and who continued to visit him. This was a love which was highly unlikely to come to a happy conclusion, but before he died, he sent her a letter signed 'from your Valentine'. This is recognised as the first ever Valentine message as it is signed with a phrase which is still in use today!

Valentine is reputed to be sympathetic and heroic as well as romantic as he wore a ring embossed with a Cupid.

He is also said to have given Christians hearts cut from paper as a reminder of God's love. His valour and caring ensured he became one of the most popular saints throughout the Christian world, especially in England and France.

However, Valentine's Day also coincides with the pagan celebration of Lupercalia, a fertility festival dedicated to Faunus, the Roman god of agriculture and to Romulus and Remus, who founded Rome. On or around February 15th, Roman Priests would gather in the cave where Romulus and Remus were believed to have been brought up by a she-wolf. They would sacrifice a goat (for fertility) and a dog (for purification), strip the goat's hide into strips, dip it in the dog's blood and then walk around the fields, gently slapping them with the hide; they would also slap the young women.

Then the young, unmarried women would place their names into an urn. The bachelors would choose a name and become paired with them for the year, often resulting in marriages and babies! Pope Gelasius outlawed Lupercalia as un-Christian, but established February 14th as St Valentine's Day.

Geoffrey Chaucer mentions St Valentine in Parlement of Foules written in 1382 which was written to honour the engagement of Richard II to Anne of Bohemia, when he linked the idea of birds mating on February 14th to love and romance. It's unlikely that birds in the UK mate on February 14th, so he might have been referring to another St Valentine - St Valentine of Genoa, who's feast day is in May.

The oldest known Valentine still in existence was a poem written by Charles, Duke of Orleans, to his wife when he was imprisoned in the Tower of London after his capture at the Battle of Agincourt in 1415. It is kept in the British Library in London. Henry V is said to have sent a Valentine to Catherine of Valois but using someone else's words, which perhaps makes it the first contemporary Valentine's note.

Valentine's Day became popular and especially associated with romantic love during the 18th century when lovers would present flowers and confectionery and send hand-made cards, often embellished with lace and featuring hearts, doves and Cupids. Printed cards replaced hand-written notes by the early 1900s when printing costs reduced and postage rates became more affordable.

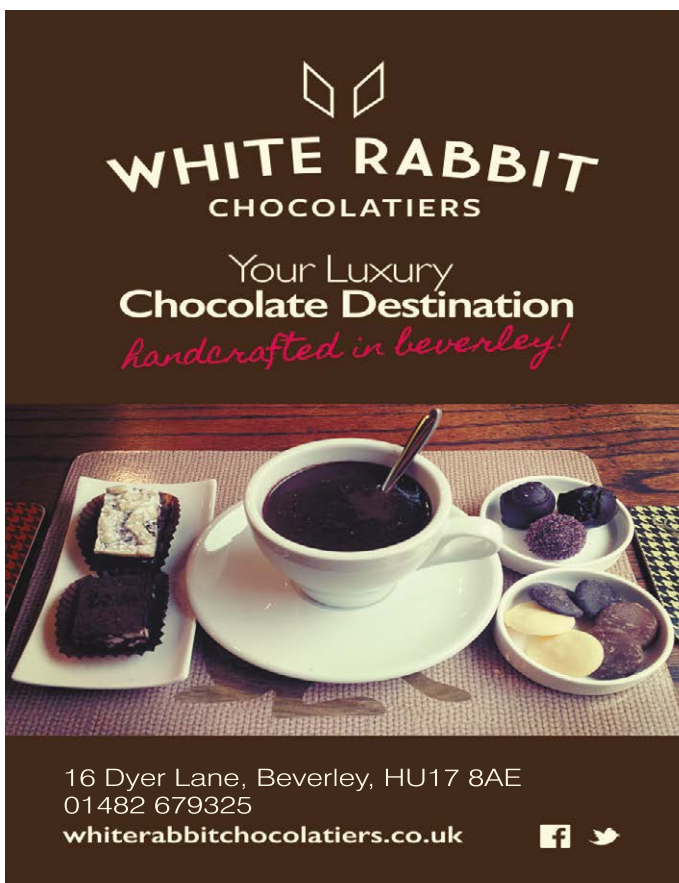
The traditional greeting for a Valentine's card is the verse:

*'Roses are red, violets are blue,
Sugar is sweet and so are you!'*

However, in Gammer Gurton's Garland which is a 1784 collection of English nursery rhymes, is the following verse:

*The rose is red, the violet's blue,
The honey's sweet, and so are you.
Thou are my love and I am thine;
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you.[2]*

That's romance for you!



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Competition

Win this fabulous confectionery from White Rabbit chocolatiers to celebrate Valentine's Day!



There is something extra special included within the chocolate - but you need to win it to find out what! There's a bottle of fizz, courtesy of Just Beverley to accompany the delicious chocolate, too!

For your chance to win this sweet prize, just answer the following question: **'On what date do we celebrate St Valentine's Day?'**

Answers should be sent to info@justbeverley.co.uk with your name, address and day-time contact telephone number by February 18th 2016.

Winners should be prepared to participate in publicity for White Rabbit and Just Beverley. Other usual Just Beverley terms and conditions apply.

ert House Café

The House Café at Beverley's East Riding Theatre is another step in the development of this unique facility. Where else could you go where you might bump into actors taking a break from practicing for the latest play or even watch them rehearsing in the theatre, if you ask them very nicely?

The House Café is fully-licensed and just perfect for those pre-performance and interval drinks when seeing a play or at an event.

It also offers Twinings teas and infusions and Coffee Officina coffees, which are exclusive in Beverley.

During the day, there are sandwiches, soup and salads and daily specials to savour, too, which are prepared fresh when ordered, and a range of Emma Kettley's delicious home-made cakes.

The café decor itself is funky and contemporary. There is excellent disabled access, which is great for people with pushchairs, too.

It is the perfect sized space for developing a programme of arts-related initiatives, which has started with creative writing courses on Tuesday and Wednesday mornings. Other plans include live, acoustic music on Sundays, arts-related quizzes, poetry and prose



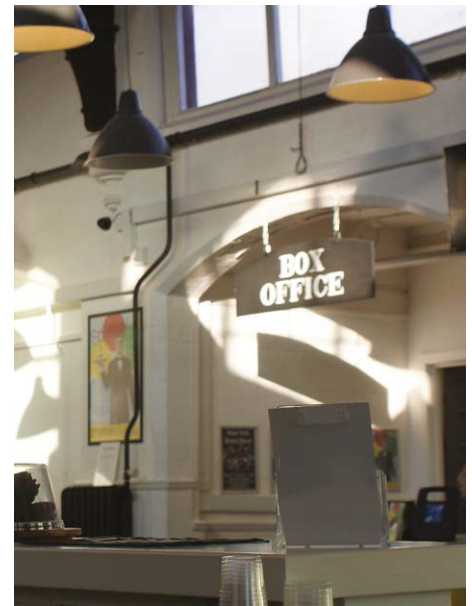
events and more.

Opening in a few months' time will be a patio/terrace, which should catch the sun all day and make the café even more vibrant!

Cassie Page is the new manager of the café/bar which she runs with 2 part-time assistants and as many volunteers as she can find!

As a not-for-profit enterprise which is being registered with the Charity Commission, all profits from the House Café are used to develop ert's distinctive in-house productions which are proving to be such a draw. Volunteers are the life-blood of the theatre and all offers of help are very welcome.

The café is open Tuesday to Sunday, 10.30am to 4pm; on show days the bar is open from 6pm (but no hot food).



NEWS

A 'moving' gift!

Hunters Estate Agents certainly lived up to their name when they delivered packs containing ice-scrapers and de-icer secretly onto cars on the first frosty day of 2016!

How many of us have to reach for a credit card to scrape the windscreen when we have been caught out, end up late for work and with very cold fingers for the rest of the morning? Well, some lucky people living in Molescroft, Manor Park, Melrose Park, Lincoln Way and Pasture Terrace areas were saved that agony, all thanks to Hunters!

Hunters' staff (and Julian from Just Beverley) went out at 2am with the anti-ice packs, placing them on windows as a thank-you to Beverley people who have made them so welcome.

Cars had to be parked on open, paved drive-ways without gates, gravel and security lights to prevent the secret gift-givers from disturbing sleeping householders, which is not as easy as you might think!

Fortunately, no-one did call to complain that they had been disturbed. But many of the recipients have rung in to say 'thank-you' – which the staff were very happy about!

Director Leanne Marshall, Lettings Co-ordinator Tony Sherwin, Accompany Viewer Sharon Stone and Sales Negotiator Fiona Rosario were all involved with this middle-of-the-night exercise.

As Fiona said "The first time a security light went on, we were sure we were going to be spotted and our good deed discovered. But we carried on - and the response has been so gratifying!"

Although the objective was not to advertise their service, they have seen an increase in enquiries and valuations, and more co-operation with more local businesses.

As Fiona went on to say 'We like to work hand-in-glove with local businesses as there is often so much synergy, and that helps everyone.'

Hunters Estate Agents offer sales, lettings and management services.

They can be contacted on **01482 861411** and found at 2-4 Hengate, Beverley HU17 8BN.



TRAVEL

Wine tours - combining travel and wine-tasting!

Wine tours in various parts of the world have been popular for a long time now. Tasting a wine in the place it was made just makes the whole experience even more fascinating.

Having an expert to recommend a particular wine to drink at a certain time of day or to compliment your chosen meal makes the holiday extra appealing.

The Piedmont region in Italy is a great place to take a wine tour. Many wines from Italy are exported to the UK and available in supermarkets, so finding out where they come from and how they are made can be a really interesting experience.

Each cantina (wine-producer) in the region is unique as they have different techniques for producing, distilling, storing and ageing their wines.

One of the grappa producers in the region uses an underground cellar for storage of the alcohol in huge barrels which are serenaded with classical music and bathed in low-level lighting. Tasting the grappa in such a relaxing environment can create very special memories.

The Piedmont region is also home to the famous white truffles. If you visit in October and November, you can actually sample them. Hunting truffles is an art form, with truffle-hunters very protective of the sites



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Our management team always adopt the ethos of listening to your needs to establish a positive and long-lasting customer relationship.

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Contact UK Event Associates on **03333 441033**

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Spring is in the Air!

The nights are already drawing out, the spring flowers are starting to bloom and thoughts are turning to giving our living spaces a good old-fashioned clean!

Today, our houses are almost hermetically sealed against the cold and we have electric appliances to help us keep dirt and dust at bay. But the chemicals we use to clean and the man-made fibres in our carpets and soft furnishings can be irritants and cause allergies – so opening our windows to let that fresh air in, shaking those carpets and curtains and turning the beds is good practice.

But where to start?

At this time of the year, it always seems to be good practice to get large appliances checked and serviced. The tumble dryer, for example, won't be needed as frequently now that clothes can be hung outside to dry but the refrigerator will be working extra hard as the temperature increases. Defrost the freezer, if it's the type that accumulates frost, to improve its efficiency, but empty all fridges and freezers, checking 'use-by' dates, as it's amazing how something always seems to escape even the most rigid 'first-in-last-out' system.

Getting a friendly, local electrician to check wiring before the electric blanket goes into storage for the winter is always worthwhile, too; when that first frost of next winter comes

you will be glad you did! And while he's there, get him to check the smoke detectors and extractor fans.



In times gone by, every item of furniture, wall-hanging and carpeting would be moved outside of the house so that every corner and crevice could be swept, the walls washed down and linens washed, aired, mended or replaced.

Moving everything out of modern-day houses is impossible when so much of our furniture is fitted; we have fitted kitchens, bathrooms and bedrooms but moving the contents out of all those cupboards is necessary as you never know what you will find at the back of them. It could be something much more exciting than a dead spider!

Today, we tend to replace instead of mend, but refurbishment can often be a less-expensive option – replacing kitchen doors and drawers instead of having a full new kitchen or having new work-tops can make your old kitchen seem like new.

They can be made-to-measure transforming your kitchen from plain old to plain amazing. You change the tops in your bathroom, too! But if you choose to indulge in a whole new kitchen – well, the world is your oyster!

It is the case that when a floor-covering is worn out, then it is time for reinvesting there, too! Floor-coverings can change the ambience of a room as well as its actual temperature.

From wood to wool, laminate to lino, there are options to suit everyone's pocket. The effort spent spring-cleaning your home is worth every second – your home smells fresher and becomes a healthier environment in which to live.

It's not necessary to use proprietary cleaning chemicals – vinegar and newspaper are wonderful for cleaning windows and lemon in hot water with elbow-grease cuts through grime leaving a lovely aroma.

And all that scrubbing and vacuuming is great exercise, so spring cleaning is good for your health in more ways than one!

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Charity Champions

Just Beverley loves to celebrate good news! So we are starting a NEW column where you can let us know all about your community fund-raising. We know there are so many un-sung heroes in Beverley – so here is YOUR chance to let us know how you have helped others less fortunate than yourself.

Armstrong Tea Dances raise almost £1000 for Alzheimer's

Armstrong Social Club was delighted to be able to present the proceeds of the fortnightly Tea Dances held during 2015 to the Alzheimer's Society.

The Tea Dances continue during 2016 with the same charity as beneficiary.



Beverley News raises funds for Yorkshire Air Ambulance



Sue Mackinder of Beverley News lives in a rural area and appreciates the value of the Yorkshire Air Ambulance. Having been a life guard, she has first-hand experience of its importance.

Where people need assistance quickly, because of illness or accident, the availability of an air ambulance can be the difference between life and death.

On Yorkshire Day last year, August 1st, Sue was chatting with her customers, including Reney James, of a way to raise money for local causes, Yorkshire Air Ambulance especially. They came up with the idea of having a 'Change Pot' in the shop so that

anyone with spare change could pop it in the pot with the benefit of knowing that spare change could help change someone's life.

It then came to Sue's attention that there was no defibrillator available in the neighbourhood. A defibrillator, too, can be the difference between life and death, so the decision was made to use some of the money to purchase a defibrillator, which will be located adjacent to Beverley News.

So far, the 'Change Pot' has collected around £1500. The photo above shows Sue presenting Bob Smailes from Yorkshire Air Ambulance with £350.

Game Bird Golf Society raises £2930 for Frederick Holmes School

The Game Bird Pub, Restaurant and Hotel in Holme Church Lane is situated within the community and as such, has a real welcoming, community atmosphere.

Where people gather, so ideas are muted and one of those ideas was to start a Golf Society. Originally with 6 members, the society has expanded under the captaincy and vice-captaincy of Darren Winters and Chris Lax and the support of Managers, Martin and Tina Scott.

Jesses Rogers is a local at the pub who just happened to mention that his son's school was in need of funds to purchase a minibus. The Game Bird Golf Society immediately took up the challenge of helping with the funds, organising a Christmas competition at Beverley and District Golf Club to get their fund-raising effort underway.

Barbara Wibey, Headteacher at Frederick Holmes School has set up an appeal for £17,000 to purchase a specially-adapted minibus which would allow the students who go

there to get out and about and experience educational and entertainment activities which would normally be inaccessible to them.

The school is an all-age community school for pupils with severe physical disabilities and

those with profound and multiple needs. The £2930 raised so far by Game Bird Golf Society is going to be fund-matched by another party, so almost £6,000 has already been raised towards the mini-bus.



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Winners, winners and more winners!

Just Beverley were delighted to be able to run not one, but TWO competitions last month in conjunction with Parkway Cinema, with a whole host of prize-winners from all over the county AND the country!

First was the competition associated with 'The First Film' – with 3 signed copies of 'Made in Yorkshire' donated by 'The First Film' writer and director, David Wilkinson.

The first name drawn at the Just Beverley offices from the hat-full of correct entries was a lady called Petra Hora from LONDON! Petra used to live in East Yorkshire but work has taken her down south, so she likes to keep up-to-date with what is going on here in Beverley by accessing the Just Beverley website! As an avid film-buff, she was delighted to win the prize.

The other two names drawn from the hat were both Beverley residents – Jan Stainforth and Mark Page. Jan's husband was especially interested in the film as he likes a good 'who-dunnit' and 'The First Film' certainly provides plenty of opportunities for amateur sleuths.

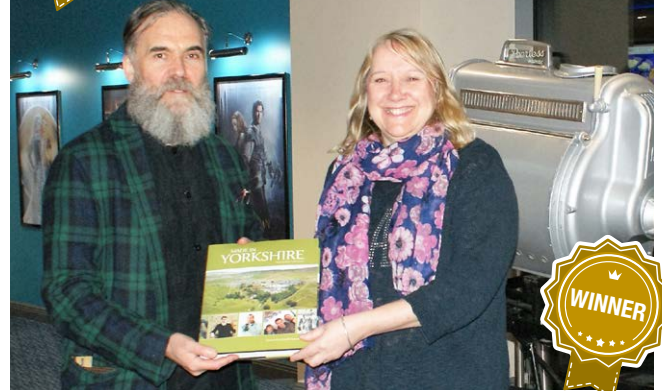


Mark was unable to get to the showing of the film, but the first chapter in the book with the tale of Louis le Prince and 'The First Film' he said he has found 'fascinating'. The answer to the question 'Which city in Yorkshire is the favourite of film-makers?' was, of course, Bradford.

The second competition had even more entries! Being associated with 'Creed', the continuing tale of Rocky Balboa and the world of boxing, saw the Just Beverley in-box almost exceed its capacity!

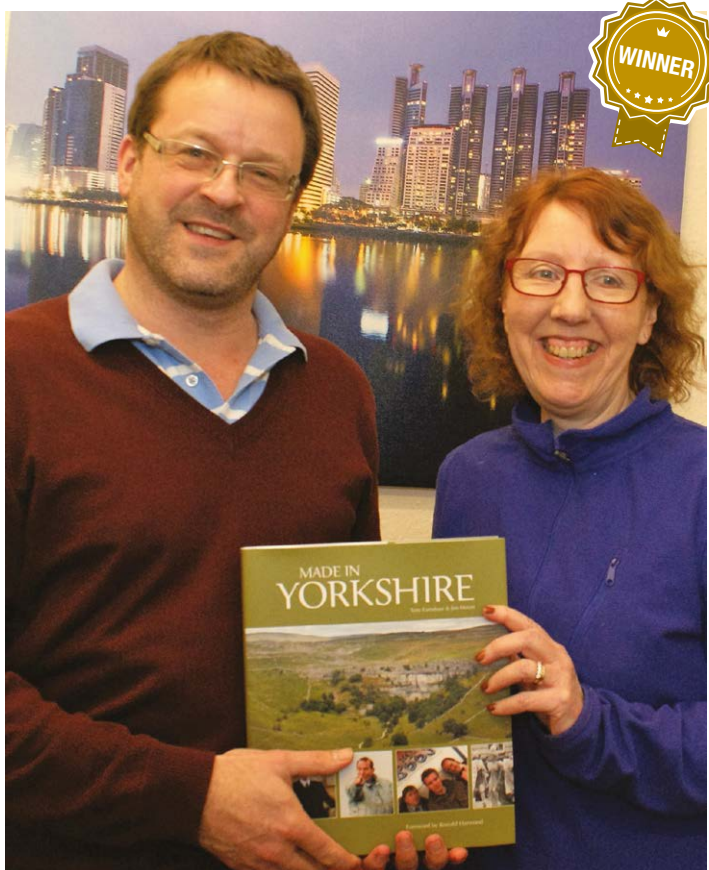
And the prize, particularly for the first name drawn, was something every boxing fan would want, especially a 'Rocky' fan! And 'Rocky' was the answer to the question 'Creed' sees the return of which sporting character?

Cheryl Towse was the winner of the 'Creed' goodies. She brought her son along to the presentation at Parkway Cinema, Beverley and was absolutely delighted to have won. 'It's not often I win competitions, so this is a great surprise!', she said. She also made a point of saying that she loves the cinema and plans to go quite regularly. Runners-up were Janey Revill, Hilary Syrett and Mally Shields, all from Beverley and Neil Francis from Bridlington.



Cliff Baillie, Manager of Parkway Beverley, is very encouraged by the response to the cinema and to the response to the competitions run by Just Beverley, so much so that there are more prizes up for grabs associated with February's BIG film, Dad's Army, which was filmed in Beverley as well as in other towns in East Yorkshire.

Check out our Parkway Cinema pages 6/7 for that competition and remember to keep an eye on our website and Facebook page for cinema listings!





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Creating 'The Look' in your own Kitchen!



Kitchen showrooms are designed to be inspirational and MKM Beverley's kitchen showroom is no different, which is why they are often asked by customers how to "create the look" in their own homes.

One of their key suppliers is Symphony. The Symphony 'Milano' range is a stylish kitchen collection which blends design from the traditional to the more contemporary beautifully. Within that range, a classic kitchen style, called 'Austin' has been creating a lot of interest; with a choice of 15 different colourways there is something to suit all tastes from classic Ivory to the more adventurous Olive & Mussel as shown here.

The Austin collection has a timber shaker appearance which creates a stunning yet simple kitchen. The traditional looks can be off-set with a contemporary twist, by incorporating striking features using curves and bursts of different colours and materials, creating interest wherever you look!

To guarantee a traditional look, MKM recommend customers opt for a range cooker alongside a Belfast sink. Add to the look by incorporating an island, with curved cabinets and a feature worktop. Shown here is a 30mm Coffee Brown Granite worktop with an Oak Butcher's block on the island. Texture can be added through tongue and groove panels alongside plain.

Finishing touches such as handles can make all the difference either through traditional handles or contemporary bars or knobs. Why not use a combination of two, or more?

Worktops, splashbacks and accessories can make all the difference to a kitchen, too. With Milano, the choice is extensive, but MKM are with you every step of the way with a free design consultation and expert guidance and advice. Why not call Anne Wallis or Chris Sherwood on **01482 880088** for a chat or call into their showroom on Swinemoor Lane, Beverley, HU17 0JX for inspiration and help at creating 'the look' in your house?

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Positive change is good for you!

One of the late David Bowie's best-known songs was 'Changes': 'Turn and face the strange' he sang, 'Just gonna have to be a different man'. No more staying with the routine, the normal and the boring – this is an opportunity to experience something new and exciting, to get out of our comfort zones and extend ourselves beyond the person we think and expect ourselves to be.

Unfortunately for David Bowie fans, no more can we look forward to the changes he brought to the world of pop, fashion and art. No more interesting personas, no more experimentation with different musical styles and instrumentation, no more surprises. The world has changed; David Bowie is no longer in it.

But change is perhaps the only constant – never can we recreate the moments which have passed, which is why we should embrace every moment and make the most of our time here on earth. Bowie seemed to!

Life has to be fun! Yes, we have to work to earn a crust and sometimes that work can be tedious and frustrating but, ultimately, I think we are meant to enjoy ourselves.

The way we think about something affects the way we feel, so no more negative self-talk, no more self-doubt, no more listening to nay-sayers. We have been given the gift of laughter, music, great food and romance and I'm going to make the most of those positive attributes.

One of the dictionary definitions of romance is 'a quality or feeling of mystery, excitement and remoteness from everyday life'. We owe it to ourselves to experience that otherness not every now and again, but every day. Because today won't be here tomorrow and if we haven't lived it to the full and enjoyed ourselves, then perhaps we have missed out. And we would only have ourselves to blame!

So from now on when people say to me 'You can't do that' or 'You are too old to do that' then that will be my cue to say 'Why not?' Because really the only thing which is stopping me doing anything is me! From now on, if I really want to do something which is going to increase my enjoyment of life, then I will! No more compromises, no more saying 'yes' to something I really don't want to do and 'no' to something which would stretch and challenge me and increase my happiness factor.



I have never heard anyone say they wish they had less fun or were unhappier. But some of the things I have denied myself over the years have caused me regret.

Which is ironic because I have called my business 'Release Your Potential'. So 2016 is the year when I am going to release MY potential!

I hope you will join me!

Linda

www.releaseyourpotential.co.uk

Tel 07585 802035

Sitting really is BAD for your health!

Did you know, sitting for 6 hours a day can shorten your life by 4.8 years!

For years, osteopaths have been advising their patients to avoid sitting down for too long – and recent research is now backing up what they have always known. In fact, sitting can be a problem in more ways than expected.

Osteopaths see thousands of people with back injuries every year, injuries which have come about due to sitting for too long or because of bad posture. But sitting can also contribute to excess weight, circulation problems, heart disease and cancer and osteoporosis is more of a problem for people who are inactive. Long periods of sitting also increase the risk of deep vein thrombosis (DVT), which is often associated with long flights. Using compression stockings or 'flight' socks can help reduce the risk, but a simple exercise called a 'Calf Pump', which can be done whilst sitting, also reduces that risk.

How do you do a 'Calf Pump'? Easy! Sit with your feet flat on the floor, raise your heels and then raise the front of your feet alternately for 30-40 times a minute for 2 minutes every 20 minutes. This mimics walking and ensures the deep veins within the calf muscle are squeezed every time

it is worked. The veins have valves within their walls which ensure that blood only flows upwards back to the heart, helping circulation by pumping blood from the legs.

So why does sitting reduce your lifespan? Research in the British Journal of Sports Medicine suggests that activity increases the length of your telomeres which are known to be associated with a longer, healthier life. But what are telomeres?



Telomeres are found on the end of chromosomes, which contain the DNA which is the blueprint for our cells and tissues. Chromosomes divide throughout our lifetime, protected by telomeres a bit like the plastic on the end of a shoelace.

If the telomeres degrade, then the chromosomes can become compromised so the DNA is not copied properly when the cells divide; if the DNA is not copied properly that can lead to disease and death. It really is amazing that something so innocuous as sitting can affect our DNA.

A simple 3-point plan can significantly reduce your risk from sitting:-

- Reduce your sitting time – if you have a sedentary job, alternate between sitting and standing at work. Standing desks are becoming more common but if you don't have one, stand and stretch every 20 minutes
- Incorporate more movement and activity into your daily routine
- If you do have to sit, use the calf pump, move your arms and shuffle around in your seat at 20-minute intervals.

This is simple advice, but it really can make a difference. Just remember, sitting is not good for your health!

Robert Wadsworth can be contacted on **01482 875004**. His clinic is at 30, Lockwood Road, Beverley HU17 9GQ.
info@wadsworthosteopaths.co.uk

State of the Art Sound at Parkway Cinema!

If you have been to the new Parkway Cinema, you will appreciate the fabulous sound and projection. What you might not know is that our cinema is the first in the UK to install Christie Vive Audio (the next nearest cinema is in Nuremberg, Germany) and the first in Europe to install state-of-the-art speakers, named LA2s, which are specifically for small to medium-sized auditoria.

Arts Alliance Media is the company which has installed and integrated the Christie equipment, which includes the ability to screen 4K and 3D films.

Films released in 4K, which is also known as Ultra HD, include Spectre, The Hateful Eight and The Revenant. 3D films include Star Wars – The Force Awakens; in fact, the opening of the cinema was timed to coincide with the new Star Wars film, which ensured that its amazing equipment would get the best possible launch and seeing Star Wars – The Force Awakens in the system would be a totally immersive experience.

The reason why the sound is so good is not just down to the quality of the speakers.

There are 7 speakers and 1 subwoofer in every screen (or multiples thereof) but because there are 7 audio channels used in the mixing of the audio track, viewers can hear details which would not be audible on traditional cinema sound systems.

The fabulous equipment also means that Beverley residents can experience Event Cinema and 'alternative' films.

Coming up soon is opera, ballet, musicals and theatre. This is as well as the newest releases and surprise old favourites!

After all those years of having to travel to Hull to see a film at the cinema, now people from Hull should be beating a path to Parkway, Beverley!



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An exquisite and delicious Afternoon Tea Service at Lempicka Café is now being served daily. Treat yourself to our elegantly prepared Afternoon Tea including homemade baked cakes and tarts, savoury sandwiches, speciality loose leaf teas and our inspiring Kir Royale aperitif.

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1st Floor Offices, 40 Norwood, Beverley, HU17 9EY

The curry house rapidly gaining a Yorkshire-wide reputation!

Sham Alom and Sarah Day grace our front cover this issue, as their restaurant, which is not yet 6-months old, begins to make an impact in Beverley and beyond.

The reason is because the dishes on offer include the usual Indian-style curries which everyone knows and loves which are beautifully cooked, but also dishes from Sham's country of birth, Bangladesh.

These dishes include mainly food which is common to the UK – turkey, chicken, beef, lamb, even venison – but the secret to the taste is the way in which they are prepared, combining herbs and spices and ensuring the meat is so tender.

This care is afforded to the vegetarian and fish dishes – many would not expect there to be so many fish options, but Bangladesh is on the coast so Sham grew up learning how to prepare it. Sham is often to be found in the kitchen so when you visit, be sure to ask which is the 'special' dish of the day!

Do remember that Rumi's are happy to prepare your food to take-away if you don't have time to eat in the restaurant, taking in those views of Nellie's and St Mary's! The recipe which Sham published last month was so popular that we have been asked for another – so here it is!

Happy cooking!

MUGHLAI-STYLE CHICKEN

(the subtle flavours of a style of cooking of cooking known as NIZAMI, which has a very distinctive Mogul influence)

Serves 4-6 people

- 1 large onion
- 2 eggs
- 4 chicken breast fillets
- 2 tbsp garam masala
- Vegetable oil
- 2 inch fresh root ginger (crushed)
- 4 garlic cloves (finely chopped)
- 4 green cardamom pods
- 4 cloves
- 2 inch piece of cinnamon stick
- 2 bay leaves
- 15-20 saffron threads
- 150ml plain natural yoghurt beaten with 1tbsp cornflower
- 75ml double cream
- 50g ground almonds
- Salt and pepper

New Paths Music

Beverley is a town of festivals and New Paths Music is the latest addition to the calendar of festivals! Billed as an 'unstuffy', relaxed music festival for the whole family, it is scheduled to run from April 7th – 10th.

Launched by former Beverley Minster choristers, Roland Deller and Mark Pybus, with classical pianist Libby Burgess as Artistic Director, the town will see some of the UK's finest young professional singers, chamber musicians and organists gather in Beverley for a long weekend packed with concerts, community events and music-making.

From classical concerts to barbershop and opera, the festival aims to bring music of all kinds to every corner of the town. There will be world-class chamber concerts at St Mary's, atmospheric late-night events in the Minster, children's concerts, talks in coffee shops, barbershop singing over drinks, masterclasses for local young musicians in partnership with the University of Hull, and a community programme taking music to those who are not normally able to hear it.

Many of the events will be free or low cost, with voluntary donations collected during some events going to the Alan Spedding Memorial Fund, which creates bursaries for talented young organists. The festival will also act as a memorial to Dr Spedding, MBE.



Rumi's Indian Restaurant



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How to cook:

Chop onions finely, break the eggs into a bowl and season with salt and pepper.

Rub chicken breasts with garam masala, then brush with the beaten egg, in a wok heat the oil and fry the chicken until cooked through and browned on both sides. Remove from wok and keep warm.

In the same wok fry the the chopped onions (it's important you don't wash the wok) garlic, ginger, cloves, cardamom pods, cinnamon and bay leaves. When the onion turns golden, remove the wok from heat, allow the contents to cool a little and add the saffron and yoghurt mixture. Stir well to prevent the yoghurt from curdling.

Return the chicken to the wok along with any juices, add a little water and let it gently cook until chicken is tender, adjust seasoning if necessary. Just before serving, pour in the cream. Fold it in and repeat the process with the ground almonds. Make sure the curry is piping hot before serving and enjoy. Compliments of Rumi's.



Roland said: "It's a real coup to be able to attract some of the UK's most exciting young professional singers and chamber musicians to Beverley in this first year of New Paths to give fresh performances of great works in stunning venues. I grew up in Beverley, so part of the motivation for choosing Beverley as the setting for New Paths was the opportunity to spend time in my hometown."

There is also a unique, one-day 'Come and Sing' performance on February 27th, when professional, experienced amateur and totally-untried but enthusiastic wannabe choral singers from throughout the region will spend a day learning and rehearsing Fauré's inspiring Requiem before taking part in a free public performance in the Minster, at 5:00pm, to which the whole community is invited.

Maximising your Mobility!

At this time of the year, weather can cause many problems, not least for those of us who need the use of a scooter, powerchair or a wheelchair. One of the important considerations when going out and about is to keep warm and dry.

Everyone has individual preferences and needs but many people don't realise there is such a wide variety of styles of protection available to help cope with all weather conditions.

There are coats, capes, ponchos, cosy leg blankets and macs; some items are fleece lined, others are waterproof and some come in more than one size, all designed especially for wheelchair or scooter-users.



Some of the cosies are step into with a zip all the way up the front, whilst others are open and fasten at the back of the legs for ease of access.



Or there are ponchos which cover over the chair/scooter and the user. There are umbrellas which attach onto powerchairs or wheelchairs and waterproof bags and pouches to keep the contents safe and dry.

There are even cane-holders so that important walking-aid is always within handy reach.

Many of these items can be found in stock at allmobility, 110-112 Walkergate, telephone **01482 887799**.

Check out their website www.all-mobility.co.uk or pop in to see them when they will endeavour to find a solution to every mobility query.

How to always have a good hair day!

The basis of ensuring your crowning glory is always looking its best is a good cut. Without good cutting and shaping, hair can become 'disconnected' so that it will not lie flat and, as it grows, become increasingly unmanageable.

Hair needs a regular cut, even when it is being grown into a longer style. Hair is easily damaged by heat (from a hair-dryer, central heating or the sun), wind, mist and rain – even wearing a hat can cause hair to become dry and split. Which is why a good cut needs to be coupled with use of a gentle shampoo, conditioner and a regular conditioning treatment to restore the natural oils.

Argan oil-containing products, which are now available, are particularly good at reconditioning damaged hair and then ensuring it stays that way. MoroccanOil™ make a range of products containing argan oil which are suitable for every type of hair. The argan tree is indigenous to Morocco - Berber women have used argan oil for years to help maintain their thick, shiny hair and now British women can benefit from its properties, too.



Mis-treating hair can often cause it to thin. Fortunately, investment in hair research has resulted in new products coming to the market which can help women as well as men if their hair becomes thinner. Products such as Olaplex™, which should be used once a week to strengthen the bonds in the hair and Serioxyl™ which can help to give denser, thicker more volumised hair. A good hairdresser is also experienced at using styling and colouring techniques to help create thicker-looking hair, so, coupled with good hair care, there is no excuse for ever having a bad hair day!

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Legal Q's and A's

Every month, Just Beverley asks a question of a team of local legal experts. The questions we ask are regarding the kinds of things which can happen to which we do not know the answer – hopefully YOU don't either!

As we come into do-it-yourself season when the nights get lighter and we get the urge to refurbish or remodel our houses and gardens, we might just find we need to hire a skip. So would you know what to do if the following happened?

Q. We hired a skip, and the firm removed it while we were out. In doing so they badly damaged our wall and gate. It's going to cost a lot to repair, but the skip hire firm say they won't accept responsibility unless we can prove that they did it. Is there anything we can do?

Coles the solicitors have provided the following response.

Did your neighbours see or hear the accident? Is there any point on the brickwork or the gate that matches the skip vehicle's colour? You can file a claim against the skip hire firm at the small claims court (assuming the damage comes to less than £10,000). Get two estimates for the cost of repairs and tell the firm you intend taking court proceedings within two weeks unless they pay up. You may win as long as your neighbours can at least confirm roughly when the damage occurred.

If you have legal questions which you need to know the answer to, why not give Coles a call? They are based at 22, Lairgate, Beverley HU17 8EP, telephone **01482 231300**. Check out their website www.coles-law.co.uk

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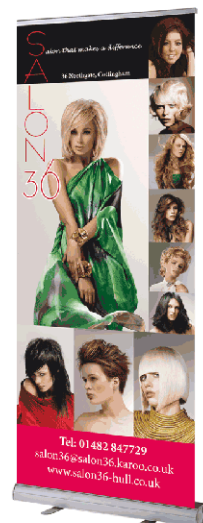
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ata AUTOMOTIVE TECHNICIAN ACCREDITATION

Sport for Everyone



Sylvia Hood is a well-known figure in Beverley, where she was born and bred. She was brought up on the Swinemoor Estate by her Mum, who was widowed when expecting her second child at the age of 23.

At that time, better-off people looked down on those living on 'the wrong side of the tracks', even though Sylvia's family was destitute and very much in need of social housing and benefits. The prejudice and discrimination which Sylvia suffered as a child has informed her life, which she has dedicated to doing her best to ensure that no-one, whoever they are and wherever they come from, should be unable to afford even the most basic level of community involvement.



Despite struggling when a child due to lack of money, Sylvia was blessed with a talent – she discovered she was good at athletics, particularly javelin-throwing.

At the age of 14 she was picked to compete for the County where Tessa Sanderson and Fatima Whitbread's coach spotted her and took her under his wing. This meant travelling by train to Leeds, by herself, for coaching and her parents (Mum had remarried) taking out a loan to buy her some special javelin boots.

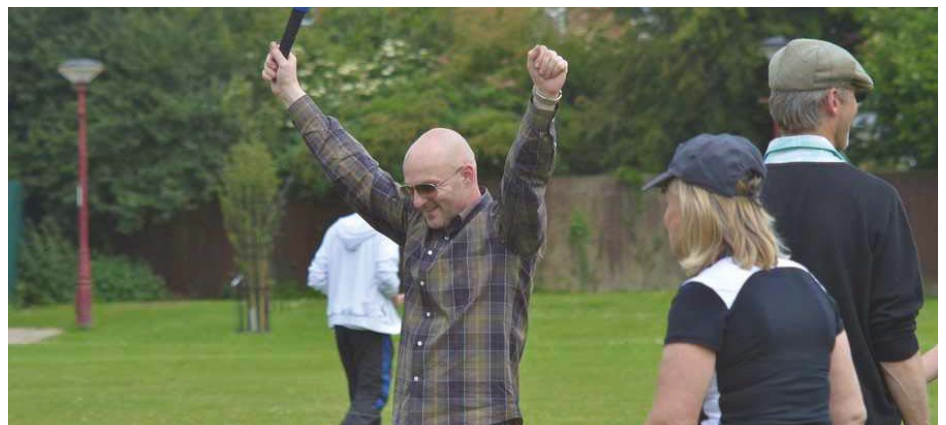
Her sporting prowess led to Sylvia training as a PE teacher, which landed her a job at the prestigious Millfields School, where she taught the children of the ultra-wealthy. But to Sylvia, no matter where anyone comes from or how much money they have,

everyone deserves the same opportunities and the medium of sport is one of the best ways of bringing people together.

As Sylvia says "Everyone can do sport. From tiddly-winks to supporting your favourite sporting team it can be enjoyed by young and old, male and female. Which is one of the reasons why 'Sport for Everyone' came into being."

Another reason for the existence of Sport for Everyone is as a legacy to her late son, David, who died aged 18 from osteosarcoma. David was also very sporty and was ranked 8th in the country for discus when aged 15. He would have been delighted to know that his death has resulted in such an amazing, unique charity being set up.

The third reason is Sylvia's strong faith. Sylvia became a Christian as a 21-year-old in Leeds. Her faith helped with her come to terms with David's passing and she wanted Sport for Everyone to be run on Christian principles of equality and access for all. When Sylvia first mooted the idea of Sport for Everyone, she pitched it to local churches, which is why the leadership team are Christians who embraced the concept and wanted to help Sylvia develop it.



A recent exciting development is that Scripture Union, which runs life-changing holiday camps for kids, teenagers and families, is now a partner. This has allowed Sport for Everyone to run sessions in Hull and to plan to start sessions in Hornsea.

So what happens at Sport for Everyone? Held at Beverley Leisure or Wyke College, sports include badminton, table tennis, football, short tennis, hockey, dance and sit-down games. Families come together, people come as couples or come by themselves – the great thing about the events is that everyone gets involved and their lives are enriched physically, socially, emotionally and spiritually.

The cost is minimal (circa £1/child, £2/adult, maximum £5/family) for Beverley participants as Beverley Town Council helps with funding and an anonymous donor has also contributed significantly.

Everyone involved with organising Sport for Everyone is a volunteer. As attendees range in age from 2 to 82, volunteers of all ages are encouraged to help in a variety of ways. Sport for Everyone gives young volunteers a platform to get involved in the Voluntary Young People in the East Riding Scheme (VYPERS) or V-inspired to become young leaders. One such volunteer is Will Jones (14) who helps with warm-ups and referees hockey and football. Between 6-10 volunteers are needed to run an event, so new volunteers are always welcome as more people get involved as participants and the number of events grows.

If you would like to find out more, check out the website www.sportforeveryone.co.uk give Sylvia a call on **01482 869311** or go along to the next session. Check out our What's On pages here in the magazine or the Just Beverley website for future Sport for Everyone events.

In The Garden - February

.....by the time the month of February arrives, it will be noticeable that the days are starting to get longer and maybe warmer, as a consequence sap will be starting to rise in plants. As I am writing this, in the second half of January things are beginning to 'get moving'.



The flower buds on my Viburnum carlesii are starting to swell –however, I will have to be patient and wait until the pink buds burst open into white flowers, filling the air with their sweet scent at about Easter time. Tulips, dwarf daffodils and snowdrops have shoots well above the ground and are 'on track' to give a good display in February.

The mild weather this winter has really confused a shrub rose I have in a container, it has produced a solitary flower!

Temperatures in February can be very variable with warm sunny days suggesting that spring is just around the corner – but don't be fooled, the next moment we could be under a cover of snow and freezing temperatures.

When the weather permits there are a number of things you can do in the garden:

- Apply organic – based fertiliser to beds and borders i.e. bonemeal; blood, fish and bone; pelleted chicken manure.
- Top dress any containers that have shrubs in them.
- Prune winter flowering shrubs that have finished flowering
- Prune summer flowering shrubs and climbers
- Clear any 'old' foliage and seed heads from perennial plants
- If the weather is mild you may need to cut the lawn – just a light trim to tidy it up
- Trim hedges and overgrown shrubs before the end of the month – this shouldn't be carried out during the bird nesting season (March 1st – July 31st) under the Wildlife and Countryside Act 1981.

In a cold spell remember to:

- Feed the birds and make sure there is water available
- Make an air hole in frozen ponds
- Protect tender plants and blossom on fruit trees

And whatever the weather:

- Start chitting seed potatoes

• Force rhubarb (cover it) – you can buy bell shaped terracotta rhubarb forcers (on my 'wish list'), but if your budget won't extend to purchasing one, then you can use a large upturned plastic planter

• Get ahead by checking that you have all you are going to need for the coming season e.g. compost, canes, pots and seed trays

Speak next month, J.

Jane Dale of 'Designed Gardens'

Tel: 07983 392 411



BARN DANCE by John Fewings

I got invited to a barn dance.
It's not my favoured pastime
But I reasoned with my inner self,
It can't be as bad as last time.
I'm sure it wasn't my fault
I thought dancers were more resilient
But the ambulance got there quickly
And the paramedics were brilliant

So I went along to the Village Hall
(It was decorated gaily)
A matronly type met me inside the door
Said she'd introduce me to Kayleigh
I was hoping that Kayleigh was younger than her
And I thought that a reasonable hope
'Cos you must be quite young to be named after
someone
Who's in an Australian soap

The lady who stood with the band at the front
Said, "It's easy! You'll learn in one night.
So keep fear at bay, just do as I say,
Though it helps if you know left from right."
So, to start with, we all formed a circle,
We promenaded in pairs
Then we passed on our partners to somebody else
And we took up a partner of theirs.

Within minutes I'd danced with every lady
They were prancing around and not frail-ly
Which was really quite something considering their

age
So I don't think I danced with young Kayleigh.
We paused for a minute to get back our breath
Then returned once again to the floor
The music was slicker, the caller much quicker
With a dance that we'd not done before.

"Cast! Cast!" the caller demanded
Like a lady who's bent on a mission
I thought we were trying to barn dance
Apparently, she thinks we're fishing!

"Form a line! Form a square! Circle right! Make an arch!"
Instructions were fired thick and fast.
I did what I could to keep up with it all.
"Now sway, Dozy Doe – No, that's cast."

Excuse me, I just need to recap
'Cos, you see, once again I've forgotten:
Am I numbered as one when I start at the top?
And then I'm a two at the bottom?
The whole thing was terribly confusing
And I'd not even been on the booze
But I honestly couldn't distinguish between
My number ones and number twos!

And then we did stripping the willow
Now I'd seen that on Bear Grylls on telly
But I don't recall him linking arms with a bear
Or getting a punch in the belly.

I got pushed – I got shoved – I got tripped – I got
kicked
I'll admit I was starting to wonder
If coming along to this village hall do
Was revealing itself as a blunder.

Then one final swing made me topple and fall
I was trying too hard I suspect
Then everyone else all tripped over me
A domino kind of effect

I said I was sorry and I truly was too
I tried to muster a smile up
But it's not all that easy to sound so sincere
When you're right at the base of a pile-up

To unscramble the mess took six burly blokes
They were hauling off bodies of biddies
The language, it's true, made the air turn quite blue
It's as well that there weren't any kiddies

"I suggest that it's wise that you don't come again,"
The caller said firmly but pale-ly
That's a shame – I was just getting into the swing
Though I never did get to meet Kayleigh.

John Fewings is Just Beverley's Poet-in-Residence.
He writes poetry for people who don't like poetry, is a
member of The Argy-Bargy Poets and a presenter on
Beverley FM.

PUZZLE PAGE

LAST MONTH'S ANSWERS ON
justbeverley.co.uk

Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

	5	3	2		7			8
6		1	5					2
2			9	1	3		5	
7	1	4	6	9	2			
	2						6	
			4	5	1	2	9	7
	6		3	2	5			9
1					6	3		4
8			1		9	6	7	

Wordsearch

J I D L D R I Q K P N N V S Q
 O X O W G U Z G N E S A W E N
 X V P G M Y C C E J L H C L G
 E W D S C E R Y E E O E U D J
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 M D G H E A R T S N E I E O H
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What's On IN BEVERLEY

FEBRUARY & MARCH

Friday 11th December - Saturday 13th February

- Open Art Exhibition
Beverley Art Gallery. Free.

Tuesday 2nd February

- FSB 'First Tuesday' Business Networking Society, Norwood House, Beverley. 6.00pm. £5. For business people whether members of the FSB or not. Guest speaker. Refreshments. Free car-parking. For more information contact Adam Gutteridge 07733 888147.

Friday 5th February

- Creating Space for God - In solidarity with the Dalit people.
Norwood Methodist Church. 6.30pm for refreshments in the Schoolroom at the back of the Chapel followed by an hour of worship with a difference at 7pm. Free.

- Beverley Folk (and Roots) presents A Masterclass in Blues, Jazz and Folk with Tom Doughty
Ferguson Fawsitt Arms, Walkington. 8pm. £10

Sunday 7th February

- The New York Brass Band
York's only contemporary New Orleans inspired Brass Band.
East Riding Theatre, 7.30pm. £14.00-£15.00.

Monday 8th February

- Armstrong Social Club Tea Dance in aid of The Alzheimer Society
1.30pm-4.00pm.

- Norwood Nights screen 'Brief Encounter'
Norwood Church Schoolroom. 7pm. Refreshments and raffle. Contact Beverley Community Lift on 868082 if you require transport. Free.

- The White Horse Folk Club Singers and Musicians Night

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home

Thursday 11th February – Saturday 27th February

- 'Blackbird' by David Harrower, winner of Laurence Olivier Award for Best New Play 2007
East Riding Theatre. 7.30pm £18/£19.

Thursday 11th February

- Beverley and District Chamber of Trade Networking Meeting
Elwell's Restaurant, East Riding College. 6pm onwards. £5.00. Includes finger buffet. Anyone in business welcome.

Friday 12th February

- Junior Chef Academy



Elwell's Restaurant, East Riding College, 9.30am – 4.00pm. For 12-16 year olds. £70
Learn to make simple dishes for healthy eating whilst improving your kitchen skills!
Booking essential on 0345 120 0044.

- Beverley Film Society presents 'What we did on our holidays' (Cert 12A) Comedy/Drama
Masonic Hall, Trinity Lane. Membership available or £4.50. An up-lifting film starring David Tennant and Billy Connolly, directed by Andy Hamilton.

- Armstrong Social Club presents Alan Becks in A Tribute to The Rat Pack and Legends of Rock and Roll

2-course meal, show and disco. £15.00 per person. Book at 01482 882999.

Monday 15th February

- Armstrong Social Club Bingo
1pm – 3pm.

- The White Horse Folk Club Singers and Musicians Night

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home



Saturday 20th February

- Westwood Sessions present Maia plus support
Hodgson's. 7.30pm. £10.00. Tickets from Beverley Tourist Information or tiny.cc/BevFest

Monday 22nd February

- Armstrong Social Club Tea Dance (Proceeds in aid of Alzheimer's)
1.30pm-4.00pm.

- The White Horse Folk Club presents Sam Martyn

Beverley Conservative Club. 8.30pm £7 See www.whfolk.co.uk/home

Thursday 25th February

- Beverley Ghost Walk
7.30pm from Beverley Tourist Information. £3.50. Booking essential.

Saturday 27th February

- New Paths Music 'come and sing' Fauré's Requiem
Beverley Minster. 10.30am. Performance at 5pm. Suggested donation £10/singer. Registration and information info@newpathsmusic.com

Monday 29th February

- Armstrong Social Club Bingo
1pm – 3pm.

- The White Horse Folk Club Singers and Musicians Night

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home

Tuesday 1st March

- Psychic Supper in aid of Cystic Fibrosis
Rose and Crown, 7.30pm, £5. Refreshments and raffle. Guest mediums. Private readings if time. Tickets from Rose and Crown 01482 862532.

Friday 4th March

- Creating Space for God
Norwood Methodist Church. 6.30pm for refreshments in the Schoolroom at the back of the Chapel followed by an hour of worship with a difference at 7pm. Free.

- The Beverley Folk (and Roots) Club present Simon Kempston (Scottish singer-songwriter)
Ferguson Fawsitt Arms, Walkington, HU17 8RX. £8. Contact 01482 864979.

Monday 7th March

- Armstrong Social Club Tea Dance in aid of The Alzheimer Society
1.30pm-4.00pm.

- The White Horse Folk Club Singers and Musicians Night

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home

For more events visit
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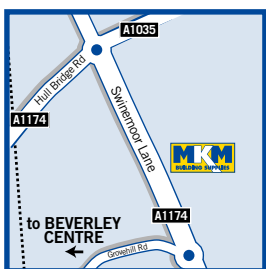
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