

just

ISSUE 62

BEVERLEY

IT'S YOUR MAGAZINE

FREE



PARKWAY CINEMA AT THE HEART OF THE COMMUNITY

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

Your Partners in Payroll

National Minimum Wage Rates Increasing in April -
Are you ready?



Are you:

- Making the Correct Pension Contributions?
- Aware of the Minimum Wage Rates?
- On top of the Statutory Sick and Maternity Pay Rates?
- Making the most of your Payslips?

Improve business performance
by outsourcing payroll

To arrange a **FREE** meeting
call us on 0845 308 2288
or visit www.stipendia.org.uk



 Stipendia Payroll Solutions

 @StipendiaPay

14/15 PARKWAY



just BEVERLEY

LETTER FROM THE EDITORS



Spring signals change for me, and small changes make a BIG impact. Change that starts when nature wakes up and beautiful Spring colours arrive just in time for Mother's Day. At the end of the month when the clocks going forward we'll have more daylight hours too - a great opportunity to

ring the changes in our own lives. So whilst we have these extra daylight hours make the most of them - go for a walk, run or cycle ride, explore the area and discover new things. Make Spring your time for change, perhaps visit "Oldroyd's Garden" and enjoy the sensory experience. Whatever you do in March, try to do something a little different. Spring into life this March!

Julian.



With Spring just around the corner, the days drawing out and brighter evenings by the end of the month, there's a lot to look forward to. In this month's magazine Ian Richardson introduces a new series of walks for the Spring and early Summer taking in the Yorkshire Wolds Way. A

great reason to get out into the fresh air! Also in this issue there are two great stories of charities and community groups operating in Beverley. The hard work of dedicated volunteers demonstrates what we can achieve together and it really reminds us what a wonderful community we have here in Beverley. And don't forget Mother's Day on Sunday 22nd March. Whatever you do, and whether it's your mum or someone else's, make them smile!

Lara.

Competition Terms and Conditions

Competition answers should be emailed to competition@justbeverley.co.uk before the closing date with the competition title in the subject field. Include your name, address and daytime contact telephone number along with your answer. Winners will be notified within 1 week of the closing date and MUST be available for publicity purposes for **Just Beverley** magazine, website and Facebook page and the prize provider. Photographs are usually taken the weekend after the prize-winners have been notified. The judge's decision is final. No cash alternative is offered. Details may be used for marketing purposes by **Just Beverley** and the prize provider and for website analytics by **Just Beverley**.



'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
Remarkable East Yorkshire
Award Nominee 2016
'Best Newcomer'

GET IN TOUCH WITH US:

Website: justbeverley.co.uk

Email: info@justbeverley.co.uk

Telephone: 01482 679947

Twitter: @JustBeverley

Facebook: [facebook.com/justbeverley](https://www.facebook.com/justbeverley)

If you would like copies for your business to distribute to staff and customers, call **Just Beverley** on **01482 679947**.

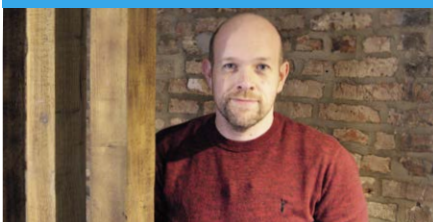
10 NEW PATHS



16 SPRING FASHION



17 ATOM OPENS



22 MAX'S 20 QUESTIONS



25 GO THE DISTANCE



33 NEW AT ERT



4, 7, 11 COMPETITIONS

Contributors: Julian Minshall, Lara Blythe, Rich Manville, CarFan, Jane Dale, Rose Drew, Ed Hawkes, Rich Hayes, Lauren Middleton, Leanne Mills, Colin Raynor, Ian Richardson, Ian Sinclair, Sam Walton, Clint Wastling, Nathan Wilson, Sam Young.

REMEMBER!

If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. Without knowledge, the Police and Council cannot put in place processes and procedures to combat it! Cyclists without lights, on one wheel, traveling the wrong way down a one-way street put other road-users' in danger - let the Police know immediately!

POLICE - Emergency 999, Non-urgent 101.

ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.

You can pick up the magazine from:

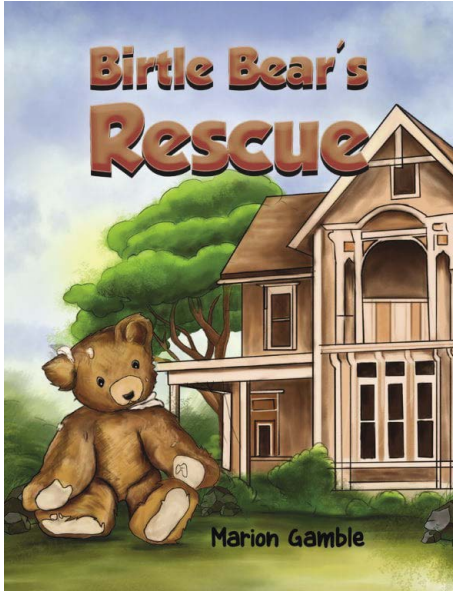
Parkway Cinema, Flemingate, Beverley Tourist Information, Beverley Library/Treasure House, Tesco, Morrisons, East Riding Leisure Beverley, East Riding Theatre, Browns café, Beverley News, Boyes, Tesco café, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News Saturday Market, Co-op Food Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, Maple News, Leconfield PO, Willerby News, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, Leven PO, The Altisidora, Cherry Burton PO, Barkers of Cottingham, Middleton-on-the-Wolds PO, Light Dagoon at Etton, Gnu at North Newbald, Monks Walk, Hayride, Sally's Deli, Ferguson Fawcett at Walkington, THECREATIVELAB, health centres, churches, cafés, hairdressers and more!



Please pass your Just Beverley on or recycle it responsibly.
Printed by: Jadan Press.

LOCAL AUTHOR CHAMPIONS EARLY YEARS READING

Birtle Bear's Rescue is a heartening story. A lonely teddy bear, Birtle Bear, neglected in a dark dusty cupboard, is rescued from an unhappy future and saved from being thrown out by three caring children. It's the fifth book by Marion Gamble, a local author and retired Early Years Professional.



Marion is committed to her cause; it's a labour of love, but it's also great fun. Marion visits local schools, preschools and nursery groups, takes part in book readings and story sessions, and is passionate about literacy.

Her aim is to encourage people of all ages - young and old - to pick up a book and get reading, or indeed writing themselves.

Getting young children involved is especially important, and although all of her books are dedicated to a younger audience, even adults find them interesting.

What's more, Marion even finds the time to volunteer for the Ready Steady Read Project and Yorkshire Air Ambulance!

If you're interested in writing for a younger audience and getting those stories published, read on...

Marion gives presentations throughout the Hull and the East Riding area as well as in York and North Yorkshire. The talks are generally 45 minutes long and although free, Marion does kindly ask for a donation which goes to charity.

The WI, the Hull Women's Literacy Society and other women's groups have already enjoyed her presentation. Coming up in April are three more events in association with Yorkshire Country Women, in Dunswell, on 2nd April, North Frodingham on 8th April, and Copmanthorpe on 14th April.

'Birtle Bear's Rescue', released in November 2019, is a wonderful engaging story, which aims to help children to open up and talk about how they feel. With beautiful images to accompany the story it'll inspire them too. A lovely bedtime story and suitable to read aloud, Birtle Bear's Rescue is a cheering tale.

Birtle Bear's Rescue is available to order from Amazon and all good book shops. Accompanying activities to run alongside the story can be found on Marion's website at

<http://mariongamble.ampbk.com>.

'William Likes to Bounce' is Marion's sixth book and has already been submitted to the publisher. It is aimed at babies, pre-school and early readers.

For further information email marion@mariongamble.karoo.co.uk

COMPETITION



This month Just Beverley have a copy of 'Birtle Bear's Rescue' to give away to one lucky reader! To be in with a chance of winning just answer to the following question:

When was the book 'Birtle Bear's Rescue' released?

Send your entries by email to competition@justbeverley.co.uk by Wednesday 18th March.

Put '**Birtle Bear**' in the subject box with your answer, name and daytime telephone number in the body of the email.

The winner will be drawn at random immediately after the closing date and winners informed as soon as possible. Good Luck!

NEW ARTISTE MUSIC OPPORTUNITY AT THE C CLUB BEVERLEY



Jam Session Night with a difference will host its first night on Thursday 19th March at the C Club Beverley.

C Club, the newly renamed Conservative Club on Wyles Road is hosting a new monthly Jam Session Night providing an opportunity for artistes to showcase their talents.

It's a great chance to gain experience in a concert type venue, be on stage on a regular

basis and get the chance to perform in front of a live audience at the end of the year.

The aim is to give artistes of all levels and music genres an opportunity to perform either with others or on their own, share experiences and meet likeminded artistes, with an emphasis on developing their talent, skills and performances and helping them build future prospects in the entertainment industry.

Ian Sinclair, having previously been an artiste in the area, returned to Beverley and became in-volved with the C Club social events.

Ian says "historically, there were many clubs, pubs and venues for artistes to develop their talents and hone their musical skills through live performances but the lack of venues is now a huge hurdle for artists to perform live in front of audiences."

Ian recalls during the 70's and 80's as an artiste you could have 3 or 4 gigs a week and not return to the same venue for over a year.

But over time, many of the venues have either stopped having live music altogether or moved to Karaoke and whilst there are many reasons

for this demise there are still a few places where live music continues and the C Club is one of these, having monthly cabaret nights and tribute act nights.

Jam Session Nights will run on the 3rd Thursday of each month from 7.30pm with the first session on Thursday 19th March.

Artistes of all levels are encouraged and welcome to come along and join in.

There will be opportunities for practice and workshops in the lounge and performances in the concert room with PA/mixer equipment and lighting as well as the chance to meet other artistes.

Entry to the Jam nights are free, so if you're interested in joining in or helping out, sharing your skills and talents or being part of the audience, contact Ian Sinclair **(07790 607536 / ian.sinclair@virgin.net)** or visit: <http://jamnight.kllg.co.uk/>

Or just come along to the C Club on Wyles Road on the 19th March from 7.30pm to 10.30pm.

NATIONAL PORTRAIT PHOTOGRAPHER OF THE YEAR AWARD FOR RAY AND JULIE DIXON!

The husband and wife team that comprise 'Ray and Julie Photography' have been awarded the National Portrait Photographer of the Year Award 2019, a highly acclaimed prize that they are "over the moon" to win!

Ray and Julie Dixon, who are based on Eastgate in Beverley, both worked for the Humberside Fire & Rescue Service before leaving to turn their photography passion into a business.

They currently hold the Yorkshire Master Photographer of the Year Award and were presented with the National Portrait Photographer of the Year Award on 9th February at the Hilton Hotel Warwick.

As the Chairman of the NPA said, Ray and Julie's win is "most fitting, they have been producing the most consistently high standard of photography for the past few years, and

this award proves the high personal service and high standard of photography they produce on a daily basis."

To win such an award, competitors must demonstrate their ability to produce photographs of outstanding quality on a regular basis shown by monthly entries over the course of a year.

In addition to this, 'Ray and Julie Photography' have raised £18,450 for national charities, Guide Dogs, Lullaby Trust and CRY as part of a wider group of Professional Photographers.



THIS IS ME BEAUTY BY CHANTELLE HODGSON - AN APPEALING ADDITION TO THE GARDEN ROOM

Chantelle Hodgson, owner of 'This is me Beauty,' has 20 years experience in the beauty industry, working for businesses in the UK and abroad in Spain, as well as on cruise ships.

Having worked for the NHS in mental health and at the Hull and York Medical School on a Lung Cancer project, the time was right to set up in the area.



After having established herself as a mobile beauty therapist within the Beverley area, Chantelle saw the need for a larger room to cater for all her clients' needs.

Chantelle was already aware of Salt Therapy, and understood the benefits and the holistic healing aspect of the experience, therefore moving into The Garden Room was a natural step forward.



Chantelle uses the 'Tropic' range of products, and as she has said herself "I started my own business because I wanted beauty to be for all, I wanted to make people feel good on the inside as well as on the out"



The Garden Room with Chantelle will open its doors on Tuesday 25th February at Salt Revive, Beverley! For more information see Chantelle's website: www.thisismebeauty.co.uk or on Facebook (**This is me Beauty Beverley**) or Instagram **chantellehodgson06 This is me Beauty**.

NATIONAL MINIMUM WAGE RATES INCREASING IN APRIL, ARE YOU READY?

Whether you're an employee or an employer it's important to know what the National Minimum Wage is so you can ensure you are either paying the right amount to your staff or receiving the right amount from your employer.

The National Minimum Wage has increased on a yearly basis every April since the National Living Wage was introduced in April 2016.

Currently if you are aged 25 or over the minimum hourly pay you are legally obliged to receive is £8.21 an hour.

This is set to rise again this April and from the 1st of the month you can expect to receive £8.72, an increase of £0.51. If you're under 25, what you will receive after the rise in wage is dependent on your age. Here's a breakdown of what you're entitled to:

Apprentice: Current rate: £3.90, rising to: £4.15.

Under 18: Current rate: £4.35, rising to £4.55.

18 to 20: Current rate: £6.15, rising to £6.45.

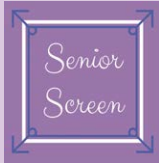
21-24: Current rate: £7.70, rising to £8.20.

25 and over: Current rate: £8.21, rising to £8.72.

For more information please see www.gov.uk/national-minimum-wage-rates.

Here at Stipendia, we want to make sure everyone gets the earnings they are entitled to.

If you're an employer and are looking for information on how the rise in National Minimum Wage affects you and your staff or you're looking to outsource your payroll then contact us on **0845 308228**, or visit our website on www.stipendia.org.uk.



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 £4.20 with drink and biscuits included. Aimed at 55s and over. Films subject to change.

Thursday 5th March -

Knives Out

Starring: Daniel Craig, Chris Evans

Le Mans 66

Starring: Matt Damon, Christian Bale

Thursday 12th March -

The Runaways

Starring: Molly Windsor, Mark Addy, Tara Fitzgerald

Knives Out

Starring: Daniel Craig, Chris Evans

Thursday 19th March -

Just Mercy

Starring: Jamie Foxx, Charlie Pye Jr., Michael Harding

The Runaways

Starring: Molly Windsor, Mark Addy, Tara Fitzgerald

Thursday 26th March -

Cats

Starring: Jennifer Hudson, Judi Dench, Taylor Swift

Just Mercy

Starring: Jamie Foxx, Charlie Pye Jr., Michael Harding

PENGUIN PARTIES



**ONLY
£195**

- Suitable for ages 5 to 12
- Up to 40 guests (additional charge for extra guests)
- Party games in a private function room with Parkway Penguin
 - Tea and coffee for parents on arrival
- Personal Photo montage on screen followed by your own film screening

For more information,
please contact a member of staff

These are the films scheduled to open in February / March - all are subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



28th February



28th February



6th March



6th March



13th March



19th March



20th March



20th March



27th March



27th March

COMPETITION WINNER

Congratulations to Michael Swain who won a pair of tickets to see The Led Zep 2 at Parkway Beverley.



YOUR LOCAL INDEPENDENT CINEMA



'COME WHAT MAY' LIVE ON STAGE!

'Come What May' the fabulous tribute to the acclaimed Moulin Rouge musical is coming to Parkway Beverley for one night only!

On 22nd March, at 7.30pm the stage will come alive with dancing, singing and a storyline to remember! Hit songs in this musical extravaganza include 'Children of the Revolution,' 'Come What May,' 'Diamonds are a Girls Best Friend,' 'Roxanne' and 'Lady Marmalade.' Plus there'll be music from the Greatest Showman.

Brought to you by Sweeney Entertainments and Sisco Productions, 'Come What May' shows another side to Parisian life.

Julie Sweeney, co founder of Sweeney Entertainments said "This is our most exciting new production for 2020. The songs of Moulin Rouge are unforgettable... a spectacular combination of classic songs brought to life under the glitz and glamour of the Moulin Rouge."

This musical will whisk you away to another world, so sit back and enjoy the performance!



TWO PAIRS OF TICKETS TO SEE 'COME WHAT MAY' ARE UP FOR GRABS!



Fancy winning a chance to see 'Come what May' live on stage? Well, now's your chance! Parkway Cinema together with Just Beverley are giving away two pairs of tickets to see this dazzling performance on 22nd March, at 7.30pm - Mother's Day no less!

Whoever you take with you, to be in with a chance of winning, just answer the following question:

'Come what may is a tribute production to which original film-musical?'



Send your entries by email to competition@justbeverley.co.uk by Tuesday 17th March. Put **'COME WHAT MAY'** in the subject box with your answer, name and daytime telephone number in the body of the email.

The winners will be drawn at random immediately after the closing date and informed as soon as possible. The winners **MUST** be available for publicity purposes for Just Beverley and Parkway Cinema.

There is no cash alternative. Good Luck!

EVENT CINEMA

Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world. Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

**Tuesday 3rd March at 7pm &
Sunday 8th March at 2pm -
RIVERDANCE - 25th ANNIVERSARY SHOW**

**Tuesday 17th March at 7:15pm -
ROH: FIDELIO**

**Tuesday 24th March at 7.30pm -
JONAS KAUFMANN: MY VIENNA**

**Sunday 29th March at 3pm -
BOLSHOI: ROMEO & JULIET**

**Wednesday 1st April at 7:15pm &
Sunday 5th April at 2pm -
ROH: SWAN LAKE**

**Tuesday 7th April at 6pm -
EOS: EASTER IN ART**

**Thursday 16th April at 7.20pm -
DAVID ATTENBOROUGH: A LIFE ON OUR
PLANET - LIVE**

**Sunday 19th April at 4pm -
BOLSHOI: JEWELS**

**Tuesday 21st April at 7pm -
ROH: CAVALLERIA RUSTICANA/ PAGLIACCI**

**Tuesday 28th April at 7.15pm -
42ND STREET - THE MUSICAL (PG)**

**Friday 8th May at 7pm -
VE DAY 75 LIVE FROM THE ROYAL ALBERT
HALL**

**Thursday 21st May at 7pm -
NT LIVE: THE WELKIN (15)**

LIVEshows

**Sunday 8th March at 7pm -
LED ZEP 2**

**Sunday 22nd March at 7.30pm -
COME WHAT MAY (MOULIN ROUGE
TRIBUTE)**

**Monday 6th April at 7.30pm -
VIEWFINDER PHOTOGRAPHIC SOCIETY -
DAVID WARD**

**Saturday 18th April at 2pm -
GOLDILOCKS & THE 3 BEARS**

**Sunday 10th May at 7pm -
ELECTRIK LIVE ORCHESTRA**

BEV 'N' LEY

Unscathed by the incident at the Escape Rooms and Ley's scrape with the 'Mystery on the Yorkshire Express' the nosy, sorry 'curious' beaver is once again searching for interesting things to do in and around the town.

Nose in the air, Ley smells salt, and although he likes his food, it's not the fish and chip shop calling!

Following the scent, Ley ends up wandering along Mill Lane, and arriving at the source of the smell, finds Salt Revive. Ley knows Claire, but doesn't know anything about The Garden Room... that is until now.

Curiosity gets the better of the little creature, and as beavers are at home in the great outdoors Ley's interest is piqued by the sound of The Garden Room...

After receiving a beautiful treatment at Salt Revive which leaves Ley feeling refreshed and revitalised, he meets Chantelle and ends up relaxing in The Garden Room.

As you might expect, without a watch Ley swiftly loses track of time!



Meanwhile, Bev starts to get worried. Having hoped Ley might have learnt a lesson, Bev knows that's not the case... Knowing Ley's inquisitiveness and interest in all things new, Bev's thinking cap goes on! Ley would want to know what's going on around town; beavers like the outdoors, but an 'outdoors brought in' would be too tempting for a beaver to ignore!



Popping along to Mill Lane and greeted by Claire and Chantelle, Bev finds Ley, grinning from ear to ear and feeling a million dollars! "Snort!" says Bev, I should have known!



BEVERLEY SHOPWATCH, PROTECTING YOUR TOWN

Beverley shopwatch is a town link scheme, that through a WhatsApp group and radio link, connects and empowers retail outlets in Beverley. This scheme allows those shops that have signed up to see what known offenders are around the area.

For those shops that sign up to the data sharing scheme too, staff can have access to the Humberside Police database of known shoplifters by picture book, which can be displayed in the manager's office.

The data sharing scheme enables the Police to view CCTV footage of individual shops for purposes of identifying the people that consistently take items from our local shops and leave without paying.

Any shop in Beverley can be part of the scheme and it's free to join; you only pay if you require a radio. The Police would encourage all shops to be part of this fantastic scheme.

For more information contact Shaun Dart on sd@wykeland.co.uk or 07703 320165.



IT'S A SPECIAL YEAR FOR BEVERLEY COMMUNITY LIFT!

In 2020 Beverley Community Lift celebrates it's Golden Jubilee and as a wonderful present has received a brand new minibus called Clover!

The new 16 seater minibus was officially launched on 12th February at The Hayride, Beverley. As a replacement bus it that means the Beverley Community Lift (BCL) fleet continues to stand at five.

Founded as the Beverley Community Care Service in 1970, which was gifted it's first minibus in 1974, BCL has come a long way!

The service relies on a dedicated group of volunteers who provide transport for those unable to use public transport facilities.

The money to buy Clover has been raised over a 3 year period with contributions from a variety of organisations that include the Hull and East Riding Trust, Tesco Bags for Help, Charles and Elsie Sykes Trust, Clothworkers' Foundation, Leconfield Community Choir, the Masons, Persimmon, Rank Foundation and Walkington Quilters.

As you would expect Fiona Wales, BCL's Manager was very proud: "It's a terrific milestone to have achieved, given how the charity started, and the minibus is a very welcome birthday gift. There is growing demand for what we offer and I pay tribute to the volunteers who have given their time so willingly over the last five decades. It must have felt like a brave move to set up the service in 1970 and funding was equally difficult then as now.

"We need volunteer help more than ever, particularly passenger assistants to help our minibus operations in the Beverley area. If you have some spare time to help, please contact us to talk it through."

As part of the Golden Anniversary celebrations there are a number



of events planned for 2020. On Wednesday 19th February, between 10am and 2pm BCL are holding a promotion day at Tesco car park, Morton Lane, Beverley.

On Saturday 14th March there's a coffee morning between 10am and 12pm at St John's Methodist Church, Market Weighton, and on Saturday 25th April there'll be a Spring Fayre at Toll Gavel Church, Beverley.

What's more in mid-April there's a celebratory get-together for volunteers and passengers!

If you would like to get involved and volunteer for Beverley Community Lift then please call **01482 868082** on weekday mornings, email manager@bclift.org.uk, visit www.bclift.org.uk or send a message via Facebook [@BeverleyCommunityLift](https://www.facebook.com/BeverleyCommunityLift).

Hear **CLEARLY** again...

FREE Hearing Aid Trial Offer at our
SPECIAL '**HEARING**' OPEN EVENT
Mon 23rd - Fri 27th March 2020

Contact us to find out all about the latest hearing aids that are about to take the world by storm '*its the sound that changes everything*' - giving you hearing like you remember! These new comfortable rechargeable hearing aids are a **revolutionary game changer**.



- ✓ **FREE** parking
- ✓ **FREE** hearing aid trial
- ✓ **FREE** aftercare
- ✓ **EXCLUSIVE!** - the latest digital hearing aids
- ✓ **INDEPENDENT** family business
- ✓ **FREE** video tour of your outer ear
- ✓ **HOME** visits available

 **HULL hearing CENTRE**
independent hearing aid audiologists

**TROUBLE HEARING THEN
CONTACT US TODAY!**
www.hullhearingcentre.co.uk

Clare House, 8-10 Baker Street, Hull HU2 8HP

t: **01482 22 22 04**

WE PREDICT A RIOT - IN BEVERLEY THIS SPRING!

The fifth New Paths Spring Festival, running 2nd-5th April 2020, is set to stir the senses once again, bringing world class classical music talent and inspired entertainment to the East Riding.

In 2015, three friends gathered round a corner table in 'Nellies' - and dreamed up the idea of bringing world class classical music talent to Yorkshire. Their ambition was to introduce whole new audiences, young and old, to exciting, compelling and cutting edge performances, in a way that was accessible, 'unstuffy' and fun. One year later, the first New Paths Festival was launched and a love affair between some of Europe's brightest musical talent and the people of the East Riding of Yorkshire was born.



April 2020 marks the fifth New Paths Festival, which now attracts more than 3,000 people and is firmly established as a major player in the UK classical arts scene. This year, New Paths brings together all the favourite elements from the past four years into one huge riot of colour, song and enjoyment. Possibly, quite literally!

Libby Burgess, Artistic Director, explains: "Stravinsky's 'The Rite of Spring' caused fighting in the theatre when it premiered in Paris. Originally a ballet score, it's wild, visceral and angular music - not what audiences expected from ballet at all. The audience was rioting so loudly that the dancers couldn't hear the music - the composer stood in the wings shouting out the beats!"

For those intrigued by this story, there's the opportunity to hear Gillian Moore, Director of Music at the Southbank Centre, talking about the piece in one of the festival's free daily talks.

Other highlights include:

- The return of the popular Saturday night Ceilidh, led again by the extraordinary Triple Scotch band.
- A Book Club, featuring best-selling Cornish Author, Patrick Gale reading from his 'Notes from an Exhibition'.
- The staged musical drama 'Mary's Hand', about the least known Tudor monarch. Awarded five stars by the Independent, this one-woman show will be performed in the East Riding Theatre.

- For younger visitors, the popular babies' and toddlers' concert features a programme designed especially to capture children's imaginations!

- The annual organ recital in the Minster, dedicated to the memory of former Director of Music Alan Spedding MBE.

- And for those in search of something a little more peaceful, the popular late night performances in the Quire at the Minster and the Roman Catholic church.

In the run up to April, artists will be going into primary schools, giving workshops and teaching music, culminating in a special performance by the pupils in Beverley Minster, 'Sing Beverley!'.

The three founders of New Paths, classical pianist Libby Burgess, her partner Roland Deller - a talented singer - and Mark Pybus, former Director of Music at Hymers College and St Mary's, remain as excited about the festival as during that first meeting in Nellies.

Says Libby: "We all love the town, and New Paths genuinely has something for everyone. It's a bit like wine tasting - try a bit of everything and work out what you might like to hear more of."

"Many events are free," adds Roland, "and we offer free Golden Tickets for under-18s or those who couldn't otherwise afford to come. We've always wanted the festival to be something that everyone can enjoy."

For more information and to book, visit www.newpathsmusic.com or Beverley Tourist Information Centre (01482 391 672).



New Paths Music

WIN A £50 VOUCHER FOR UNIQUE



We've teamed up with Unique Salons to offer FIVE of our lucky readers the opportunity to win a £50 voucher off all hair services at one of their three award winning salons in Beverley, Cottingham and Hessle. What's more - all other entrants will receive a £10 gift voucher for participating.

At Unique they are all about keeping up to date with the latest trends and techniques and you can expect to receive outstanding care from some of the region's best stylists. Visit the Unique website and meet the teams or call in for a complimentary consultation (subject to available appointments).

To be in with a chance of winning a £50 voucher or to get your hands on a £10 voucher, simply answer the following question:

How many award-winning salons are in the Unique group?

a) 1 b) 2 c) 3

Send your answer by email to competition@justbeverley.co.uk by Wednesday 18th March. Put 'Unique' in the subject box and your answer, name, full address and contact telephone number in the body of the email. The 5 first prize winners will be required to receive their £50 vouchers and have their photographs taken over the weekend following (22nd March).

They must be prepared to be available for publicity for Just Beverley and Unique with names and photographs appearing in Just Beverley magazine, website and possibly Just Beverley and Unique's Facebook pages. Full terms and conditions are available on Page 3 of this magazine, which is downloadable from www.justbeverley.co.uk/magazine. Entrants who do not win one of the £50 vouchers will receive their £10 voucher by post.

UNIQUE

Unique Beverley
108 Walkergate
Beverley
HU17 9BT
Tel: 01482 881199

Unique Cottingham
7-8 Market Green
Cottingham
HU16 5QG
Tel: 01482 847111

Unique Hessle
12 The Weir
Hessle
HU13 0RU
Tel: 01482 645499



Winner 2018
BEST SALON FOR TRAINING



Winner 2018
BEST SALON IN YORKSHIRE

www.auniquesalon.co.uk



Botterill & Co

Chartered Certified Accountants

We are a modern and professional accountancy practice ideally located to serve businesses in Beverley and the surrounding area.

We utilise modern accounting technology to provide you with a cost effective, professional service.

Our services:

- Annual Accounts
- Company Formations
- Tax Planning
- Payroll
- Management Accounts
- Cloud Accounting
- Tax Returns
- Bookkeeping & VAT

For a free initial consultation please contact us:

Office: 01482 862240

Mobile: 07966 051458

Email: gareth@botterillco.co.uk

Website: www.botterillco.co.uk

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

SHOCKINGLY GOOD VALUE

£49 PER MONTH WEBSITES

PAY JUST £499 DEPOSIT
THEN JUST £49 PER MONTH
FOR A MINIMUM TERM OF 12 MONTHS
AND THEN PAY MONTH-BY-MONTH THEREAFTER

FOR A WEBSITE THAT GETS REAL RESULTS...

CALL NOW ON:
01482 428650
marketing@indicoll.com
indicoll.com

INDICOLL



FLEMINGATE BEVERLEY

FASHION | FOOD | FILM | FUN



SPRING

INTO ACTION
AT FLEMINGATE



FRESH NEW SHOPPING AND MORE TO ENJOY

FLEMINGATE.CO.UK



@FlemingateBev



FlemingateBev



FlemingateBeverley



DON'T FORGET YOUR CLOCKS 'SPRING FORWARD' ON 29TH MARCH!

Spring is certainly in the air and the daffodils are out. March is the month of change, when nature gradually comes out of hibernation and we start to see the light at the end of the wintry tunnel.

Although there is activity in January and February - chirpy little robins with their bright red breasts, regal pheasants strutting in gardens and delicate snowdrops - the natural world is in general quite dormant. Not so in March. Gradually mornings and evenings become lighter and the days get longer, and although the changes are initially small, they make a big impact! In fact on Friday 20th March it's the Spring or Vernal Equinox, the point at which the length of night and day are equal. After this the days keep getting longer.

One event that accentuates the differences March brings is the changing of the clocks. On Saturday 29th March all clocks go forward at 1am, leaving us with darker mornings but lighter evenings. All computers and mobile phones adjust themselves automatically, and there are plenty of watches and clocks nowadays that do so too, but there's always one or two timepieces around the house that need to be changed manually, so don't get caught out!

So whatever you get up to on 29th March enjoy the lighter evening safe in the knowledge that brighter mornings are just around the corner.

THANKS MUM!

On 22nd March it's Mothers' Day - a time to celebrate the mothers, grandmothers and great grandmothers in our lives. A chance to say "thank you" for all the things they've done for us, and I hope you'll agree that's a lot.

Whether it's a box of chocolates, a bunch of flowers, a heartfelt telephone call or a meal out, showing our appreciation is important.

It's also perhaps a chance to say thank you to someone else's mother, auntie or another relation and put a smile on their face.

How we celebrate Mothers' Day today is a far cry from the original meaning of the day which has its origins in the Christian Church.

Originally 'Mothering Sunday' was the day when worshippers attended their 'Mother Church' - perhaps the church where they were baptised or the main Cathedral in the area rather than their 'Daughter Church' which they would have attended regularly.

For those that worked away from their home and family, it was a wonderful opportunity to spend time with loved ones.

Mother's Day as we know it today and 'Mothering Sunday' as it was originally celebrated have two quite distinct meanings.

However you celebrate Mother's Day this year whether at your Mother Church or at home with your family, have a wonderful time!

For more information see:

https://en.wikipedia.org/wiki/Mothering_Sunday

https://www.bbc.co.uk/religion/religions/christianity/holydays/motheringsunday_1.shtml

https://en.wikipedia.org/wiki/Mothering_Sunday

PARKWAY CINEMA AT THE HEART OF THE COMMUNITY

Parkway are into their fifth year in Beverley and are now not only a significant part of the community but are established enough to be at the very heart of it.

Having a cinema on the doorstep is a fabulous asset to have and Beverley residents are proud of this. It provides a wonderful opportunity to see the latest releases without having to go far, and located on Flemingate, a night at the movies is easily tied in with a meal out too!

But Parkway is far beyond any ordinary cinema; it represents a central community hub that brings people together. The variety of different screenings available at Parkway is testimony to their commitment to this goal and with everything from Little Penguins and Senior Screenings to Autism and Dementia Friendly Performances there really is something for everyone.

The Senior Screening takes place every Thursday from 9.45am when tea, coffee and biscuits are served before the film starts at 10.30am. Aimed at a mature audience, as regular attendees know the Senior Screening at £4.50 is not only a great bargain, it's a great opportunity to socialise and meet friends. Not only that, it's popular too, recent release Good Liar sold out! And if you're lucky you may even win a bag of sweets - every week Parkway select a 'Lucky Seat' on which the fortunate ticket holder will find their prize!

The Senior Screening is just one example. Every week there are regular performances with particular people in mind from parents and their babies under 18 months old, to those with additional needs or who may not enjoy the sensory experience of a regular performance. Little Penguins is dedicated to a younger audience and their families.

Every Saturday and Sunday at 10.15am a suitably-rated film will be shown, with all tickets on sale at £2.50.

Subtitled performances specifically for the deaf and hard of hearing are also shown regularly each week and relaxed and Autism Friendly performances have low level lighting and a reduced volume allowing the audience to enjoy their sensory experience all the better. Each year, Parkway adopts a charity, and this year is no exception. Partnered with Dementia Friendly East Riding, the cinema works closely with staff and volunteers to bring suitable films to the big screen. As with all Parkway employees, Mark and Marie, who oversee the partnership are both fully trained Dementia Friends.

Previously, Parkway have supported Beverley Community Lift and Abby's Fund, and work alongside each charity to raise money in ways unique to them. The Christmas Concert is also a wonderful way to support the community by bringing together local schools, choirs, singers and musicians and raising money for a good cause.

Beyond film screenings, whether standard or tailored performances, Parkway offer a whole series of other events including; live performances from the comedy club to musicals and tribute acts; event cinema; Q and A sessions; an annual Pantomime; and superb advanced screenings for example 'Like a Boss' and 'Call of the Wild.'

They also work alongside the Beverley Film Society, who meet on the first Thursday of the month between September and June. Parkway's contribution to the Beverley community is substantial and works as an active guard against loneliness and isolation. It's a thriving hub providing a wonderful space in the cafe/bar area to meet up with friends either before a film or as a separate event.

By catering for the full diversity of society, everyone is included, creating a dynamic atmosphere and for some, a social lifeline. In addition to all of this, Parkway also supports local businesses including Wold Top Brewery, Mr Moo's Ice Cream and White Rabbit Chocolatiers!

So if you're looking for something to do during the week, over the weekend or to entertain the children during the school holidays, look no further, there's plenty to do at Parkway!



Parkway Cinema and Theatre is located at Flemingate, Beverley HU17 0PW. Te



Types of Screening:

Little Penguins: Catering specifically for a younger audience and families. Screenings every Saturday and Sunday morning from 10.15am. All tickets are £2.50.

Senior Screening: For a mature audience. Every Thursday from 9.45am (for a 10.30am start). Tea or coffee and biscuits are served before the feature film. All tickets are £4.50.

Subtitled Shows: Specifically for the deaf and hard of hearing, these shows are subtitled. Minimum two subtitled shows every week.

Parent and Baby Screenings: Every Thursday at 11am, term time only. Slightly brighter lights and a slightly lower sound volume. Parents with babies 18 months and under only, babies admitted free.

Autism Friendly: Regular performances with low level lighting and a reduced sound volume. No adverts where possible before the film, and carers go free.

Dementia Friendly: The last Thursday of every second month. Low level lighting and a reduced sound volume. No adverts where possible before the film, and carers go free.

DEMENTIA FRIENDLY EAST RIDING MEETS PARKWAY CINEMA!

Simon Foster has been involved with Dementia Friendly East Riding as an ambassador and volunteer for 3 years. The charity is there to raise awareness of dementia, but further to support those people living with dementia as well as their families and carers.

In an inspirational partnership, Dementia Friendly East Riding and Parkway Cinema have teamed up and regularly offer dementia friendly cinema screenings at Parkway Beverley. Meeting every second month, on

the last Thursday of the month, groups and individuals from around the East Riding gather to enjoy the sensory experience of a film - be it nostalgic, humorous, a musical, or just an uplifting, heartwarming story. Meetings give those living with dementia a fabulous chance to socialise, enjoy themselves get involved in a bit of banter and strengthen social connections.

The staff at Parkway Cinema are fully trained Dementia Friends and have a good understanding of the challenges that those living with dementia as well as their nearest and dearest face. A whole range of local care homes get involved from those located in Beverley to others further afield in Market Weighton, Hornsea and across the East Riding. The showings are also open to individual residents and their carers too.



Screen 6, where the films are shown is wheelchair accessible, but importantly there are many other dementia friendly features too. The film is played at a reduced volume, there are no advertisements, and there is 'easy lighting' i.e. it's not as dark as a standard performance. Recent films have included 'Calamity Jane', 'The Italian Job', 'Some Like it Hot', 'The Greatest Showman', which was very popular, and 'Love Actually'.



The long term aim of both Dementia Friendly East Riding and Parkway Cinema is to expand and encourage more people to get involved. For those living with Dementia, it is just that - living! Dementia is a part of their life, but so are cinema, great films and socialising!

As Simon told us "the charity is keen to recruit additional volunteers to support a variety of activities and new projects." Dementia Friendly screenings are bimonthly. There are discounted tickets and carers go free. The discount also applies to those living at home as well as those with early-onset Alzheimer's, the most common form of dementia. The next performance is the final Thursday in March (26th) when 'Downton Abbey' will be shown.

BROOK TAVERNER: LAYERING FOCUS: HOW TO TRANSITION INTO SPRING WITHOUT COMPROMISING ON STYLE

The transition from Winter to Spring is arguably the toughest and most variable transition of the year, not least in the UK where the weather is at its height of unpredictability. Luckily, Brook Taverner hold the answers and they are all available in store at number 35, Toll Gavel.

Whilst there are various thoughts and opinions across many fashion spaces regarding the best way to maintain style throughout the March and April months whereby one week can bring inches of snow while the next can see sunbathing weather, however the short Brook Taverner answer consists of trusting essential staple pieces and layering.



The key to the transitional months is having set garments you can rely on - no matter what - particularly regarding your topmost layer. Take the Nymans Utility Coat as a prime example, at 148g it is especially lightweight in order to cover those mild days when the sunshine peaks through the clouds as well as having a plethora of pockets, a concealed hood and adjustable cuffs in order to guard against the wind and rain at the drop of a hat when called upon.



Other perfect examples of outerwear staple-pieces include the Hardy Raincoat that is slightly heavier but designed for being out and about in



all weathers, or the more casual and traditional Willington Jacket with feature pockets in a Harrington design if you want to make your look appear smooth and effortless. All have been meticulously designed to provide the finishing touch to an array of outfits, with our in-house designers fully aware of the unpredictability of the British Spring.

The other way to combat the aforementioned unpredictability is through the use of layering via knitwear. Having a variety of colours and styles allows you to pick and choose as the forecast (as unreliable it may be) dictates. It may be that a zip neck, such as the Taverham or the Sizergh is required to provide versatility as the changeable climate provides the old adage of showing four climates in a day, or perhaps a thicker crew neck such as the Clyston is needed on those milder mornings.

Whatever the knit or outerwear, it is vital to have a selection available in order to mix and match as the weather dictates without ever having to compromise on style. Once these vital garments have been chosen, it's a case of adding the pair of trousers and shirt that suits one's character and occasion.

New Spring/Summer Collection

Now Available In Store



Store Opening Times

Monday to Saturday 9am - 5.30pm

Sundays 11am - 4pm

BROOK TAVERNER

35, TOLL GAVEL, BEVERLEY. 01482 882356

ATOM BREWING COMING TO BEVERLEY IN MARCH!

Following a successful first venue in Hull's historic Old Town, Atom Brewing is refurbishing another old building, this time in Beverley to create a space that is both welcoming and flexible.

Sitting a stone's throw from popular drinking spots and cafes such as Chequers, Cafe Velo, Beverley Arms, Nellies and Cornerhouse, Atom Brewing Beverley, which opens in March, aims to offer a community driven venue.

There will be 10 keg lines and two cask, joined by up to 100 cans and bottles from around the world, plus an exciting spirit and coffee range. By only stocking brands that share the Atom ethos of quality, we're committed to elevating Beverley's drinking experience.



Atom has been developing unique and pioneering beers since its brewery opened on Malmö Food Innovation and Technology Park in 2014. Since then, the team has seen a huge response to its blending of scientific principle and raw enthusiasm, launching dozens of beers that are now stocked in the UK's top bars, restaurants and supermarkets.

While a leader in new and exciting beers, the brewery also focuses on educational activities, including business talks, brewery tours, and inviting school groups to explore the chemistry and physics behind the brewing process.

This approach will play a large role at Atom Brewing Co Beverley, from staff providing expert suggestions for inquisitive visitors, all the way to interactive workshops and product launch parties.

Chief beer geek, Allan Rice, said: "It was this passion that led to the founding of Atom in the first place. Now we have the opportunity to open our second venue in Beverley, where not only some of our staff live, but our founders and many of our most loyal fans.

"Our aim is to create a community focused venue, where we will be working with other local producers to have tasting evenings, a cycle and running club and much, much more"

Complementing an impressive range of beers and spirits from across the globe, we will be working closely with our good friends at The Blending Room, sourcing locally roasted coffee to provide the best coffee experience we can as well as



on-going tutored coffee events. The beers are the nucleus of Atom Brewing Co Beverley, with everything else orbiting around them. Over the coming months we'll be hosting some special events, and working hard to promote the town as a safe and inviting destination for high-quality food and drink.

After months of painstaking work to re-build / refurbish and re-store a great old building which had sadly been left in a sorry state, we have built a modern environment that's ideal for friends, families, after-work tipples, daytime coffee and tea and those who simply fancy a pint. Atom is preparing to open its doors to anyone looking for a chilled, upbeat bar where every customer will find a drink to suit their palate.

Atom Brewing Beverley coming soon. Find Atom Brewing on Twitter: @atombeers



Print that gets you noticed



**BROCHURES LEAFLETS BUSINESS CARDS POSTERS
CALENDARS POP UP BANNERS INVITES PADS**

Tel: 01482 610902
info@jadan-press.co.uk www.jadan-press.co.uk
Rainbow House, Kimberley Street, Hull, HU3 1HH













Send your photographs of your celeb
Find us on Twitter and Facebook to s

HARRY POTTER HALF TERM FUN AT FLEMINGATE



HERE TO GET *you* THERE

HUNTERS®

EXCLUSIVE

BEVERLEY / 01482 861411

PANGCAKE RACE 2020



SALES / LETTINGS / MANAGEMENT

HUNTERS®

HERE TO GET *you* THERE

BEVERLEY / 01482 861411

WELL I NEVER... MAX RICE



Max Rice has been with Hugh Rice Jewellers for 10 years, and although for the last 5 of these he's been the Store Manager of the Beverley store, he's certainly worked his way through the ranks.

Max started his career at Hugh Rice as a Saturday boy in the Hull outlet, and from there progressed on to the Service and Repair department, developing his skill set and knowledge of the business.

In his current role of retail manager, Max is also responsible for ensuring the business delivers excellent customer service to all who come into the store.

Looking forward, he's got plenty of ideas on how to develop the Beverley store too; Max is excited about introducing new brands to enhance the existing broad selection available as well as continuing to provide an outstanding level of excellent customer service.

1. Do you consider yourself an introvert or an extrovert?

I'd like to think I'm a balance of both. I can often be quite reserved but of course, I have my moments...

2. What's the craziest thing you have ever done?

I once jumped off a cliff into the sea whilst on holiday. I am usually not a huge fan of the sea so this was definitely out of character!

3. When was your biggest adrenaline rush?

I love speed and tend to go skiing every year so I would have to say that.

4. Is what you are doing now, what you always wanted to do when you were growing up?

Like most young lads I dreamed of being a footballer, unfortunately my skills fell quite a way short of what was required. Working in the family business had been a realistic ambition of mine from being young as I loved the romance of Jewellery and Watches.

5. Who were you closest to when you were growing up?

I always had quite a close, small friendship group growing up and it hasn't changed a great deal really!

6. Who is the one person you can talk to about anything?

I'm lucky enough to have a lot of people in my life that I can trust with pretty much anything; but I would say my Mum more than anyone else, we've always been close.

7. What are you most thankful for?

As cliché as it may sound, my family. You hear of a lot of families that aren't close, but we are very lucky that we talk all of the time and always have fun when we are together.

8. What's on your bucket list for this year?

Me and my Girlfriend are planning on buying our first home this year. It is something we have been planning for a long time so can't wait to get it done! I'd also planned to run another half marathon but I can't exactly say training is going as anticipated...

9. If a genie granted 3 wishes, what would you wish for?

Health, Happiness and Hull City winning something!

10. What's your idea of a perfect vacation?

As vague as it may sound, something different. I love travelling and experiencing different cultures, so anywhere as long as I haven't been there before.

11. What do you think about when you are by yourself?

Mostly business and looking for what we can do to develop. When I'm trying to unwind it would probably be football!

12. Do you judge a book by its cover?

When I was younger without a doubt. However, working in a customer facing role I have met some fantastic and eclectic people and have learned to never judge a book by its cover.

13. What's your favourite all-time movie and why?

I'm a bit a nerd when it comes to films so it would have to be the Harry Potter films.

14. What would you do differently if you had your time again?

I could say that I would try to avoid some of the mistakes that I have made but all of them have led to where I am



today so I'm not sure I would change a thing.

15. What would you change in Beverley and why?

I love Beverley for so many reasons, however, I would love to see the businesses of Beverley more connected to focus on the continued success of the town.

16. What was your most memorable birthday?

It would have to be my 18th, we were over in Ireland for a family wedding and had nothing but Guinness and good times for 3 days straight!

17. What's your favourite drink, alcoholic or non-alcoholic?

A cold pint of Red Stripe for an evening, but I can't start my day without a strong tea or coffee!

18. What's your biggest achievement - sporting, hobby or past-time?

Running the Humber Half Marathon a few years ago. I'm planning to do it again at some point but the pride of crossing the finishing line is yet to be matched for me!

19. How would you describe yourself in one sentence?

A hardworking, loyal, family man that loves to laugh.

20. What does 2020 mean for you?

It is an exciting year with great potential for both myself personally and Hugh Rice in Beverley!



Telephone: 01482 869111
sales@rosesofbeverley.karoo.co.uk



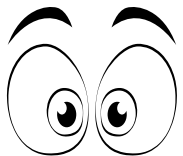
The Kitchen Factory, The Courtyard,
Tokenspire Business Park, Beverley
HU17 0TB

Together we will design a beautiful kitchen



Roses will then
project manage
your kitchen installation from
start to completion

**Our NEW 2020 Season
Displays are now being
Installed in our Showroom**



Why Don't You Come And Have A Look

Visit www.roseskitchens.com

to see our customers kitchens and read what they have to say about us

Telephone: 01482 869111



I'VE BEEN THINKING... SAYS COLIN RAYNOR

As we enter the third month of the year I recall those words from Shakespeare's play Julius Caesar, 'beware the Ides of March'. Although it was used by the Bard to warn Caesar of his death, it was really the Roman way of saying March 15th is coming, just as British Rail made me aware that my Senior Rail Card is due for renewal on that day!

I am aware that train journeys cause many thousands of people much distress in their working life and at an ever increasing cost. It seems to people that the rail service in this country is getting worse as time goes on, yet when it works properly, it is still surely the best way of travelling up and down this country at speed and in comfort.



We are never going to have the swift trains of Japan or the trains of Switzerland, which are always on time. Britain just wants clean and reliable trains at a reasonable cost to the daily commuter. For people who have to rely on trains on a daily basis it is a constant problem, but for a person like myself who has been retired for many years I am content to stand by that wonderful slogan 'let the train take the strain' and use them more than my car.

My wife and I, and many of our friends, can also laugh at some of the incidents that we have experienced using our Senior Rail Cards.

Consider the two coaches that rolled ever so slowly into the station - you just knew that this old rolling stock was at the end of the line. After half an hour of failing to close the doors the driver declared he could not take his train any further and everyone had to alight and wait for a replacement. British folk are good at waiting.

I must now take this opportunity to thank a wonderful lady who came to our rescue a few weeks ago and enabled us to catch our train when the bus did not turn up to get us to the station in Hull.

We knew that our advanced ticket could only be used at the stated time and it did not seem possible for us to get there. We decided to get on a bus going to Beverley and find a taxi. The bus driver told us to wait a bit longer, as there would be a bus in the next few minutes.



We went back to the bus stop across the road but this lady came after us to tell us the bus driver was wrong, there wouldn't be a bus. She had told the bus to stay where he was (and he did) and she gave us the number of a local taxi firm, she then went back to the bus and carried on to town. The taxi arrived and we got to our train.

Thank you once again to this wonderful person who went out of her way to help us. I do hope she reads 'Just Beverley'.



AFTERNOON TEA MENU

£12.95 PER HEAD OR
£24 FOR TWO PEOPLE

AVAILABLE MON-SAT 12-5PM,
PRE-BOOKING IS REQUIRED AND
GLUTEN FREE OPTIONS ARE AVAILABLE

Bookings
now being
taken for

Mother's DAY

Sunday
March 22nd

HOME COOKED
FOOD SERVED
7 DAYS A WEEK

CYCLISTS
WELCOME

ROCK N ROLL BINGO

THURSDAY
26TH MARCH

8.30PM
START

THE TIGER INN

Brains
required
from
8.30pm

FIRST SATURDAY OF THE MONTH Big Quiz

Free food/prizes to be won,
all money raised to our house charities.
£1 per person entry

Tel: 01482 869040

www.tigerinnbeverley.co.uk

Lairgate, Beverley HU17 8JG

GOING TO EAST RIDING THEATRE?
BOOK AT THE TIGER INN FOR
A PRE - SHOW MEAL

HOMECOOKED Sunday Lunches

Served every Sunday
12noon-7pm

ASK THE EXPERT WITH WHITE RABBIT CHOCOLATIERS

With increasing numbers of people embracing a vegan lifestyle, we thought we'd find out a little bit more about vegan chocolate. According to Ed Hawkes it's something White Rabbit Chocolatiers get asked about a lot, so we've put the question to the man who knows...

What is vegan chocolate?

All dark chocolate is vegan. In fact, not containing milk is one of the qualifying factors for dark chocolate! Many brands however, produce plain chocolate, which although seen as synonymous with dark chocolate it actually can contain milk, it just has a darker flavour.



Dark chocolate consists of cocoa mass and butter (both of which come from the bean); sugar to balance the flavour; soya lecithin - an emulsifier that allows chocolatiers to work with the liquid chocolate (otherwise it can be hard to work with); and a little vanilla for flavour! Naturally dairy free! Of course, there are other types of vegan chocolate, where rice and other dairy free milk substitutes are used - vegan 'milk' chocolate is available! That said, White Rabbit have never opted for any milk substitute products, based simply on aspects of quality. It's a tough call to create a recognisable and flavoursome milk chocolate substitute purely based on the nature of the ingredients.

But recently White Rabbit have come across 'Chocolat Madagascar vegan milk chocolate' made with cashew milk - it's just divine! This vegan chocolate is produced in Madagascar, with Madagascar cocoa beans and Madagascar Malagasy cashew nuts. It gives a creamy textured milky chocolate with a deliciously balanced flavour and has been going down a storm with the customers! What's more it has the 'Raise Trade' label, which is given to chocolate that is produced at the source. These companies teach the cocoa growers how to produce chocolate as a final product, which helps to keep the profit within communities whilst teaching sustainable skills and providing jobs in the local area.

HOP ON DOWN TO THE

CHOCOLATE CAFE

— for handmade, quality treats —

A taste of wonderland...

16 Dyer Lane, Beverley, East Yorkshire, HU17 8AE
Tel: 01482 679325 whiterabbitchocolatiers.co.uk
Open 7 days a week
 Breakfast, Lunch & Afternoon Tea available Tue-Sat

ONeworld TRAVEL GROUP

BRATISLAVA

- Flights from Manchester
- 20th September 2020
- 3 NIGHTS Apollo Hotel Bratislava
- Bed and breakfast

£200 per person

ONeworld TRAVEL GROUP
 35 Saturday Market, Beverley HU17 8BE
 T: 01482 280081
www.1worldtravel.co.uk

ONEWORLD TRAVEL - BRATISLAVA

Bratislava is the capital city of Slovakia. As a result of the rich history of Slovakian rule, Bratislava encompasses a variety of cultures, producing its own unique feel. The city is a mosaic of illustrious history: a medieval and Gothic old town, baroque palaces commissioned by Hungarian nobles, and the crowning castle, rebuilt to Renaissance finery.

The nucleus for Bratislava's history, festivals and chic cafe culture is Hlavné námestie (the main square). There's architectural excellence in almost every direction, notably the Stará Radnica (Old Town Hall), a complex of attractive 14th and 15th-century Gothic buildings, and Palugyayov Palác, a former palace. The centre features Roland's fountain, one of the city's most important landmarks, with many legends focussed upon the statue. There are many tours exploring the centre itself, particularly focussed on wine. Although Slovak wine is not a major export itself, the city prides itself on it, being in the middle of the fine wine producing districts.

Located a few miles west of Bratislava, Devín Castle ranks among the most important archaeological sites in Central Europe. Located at the banks of the Danube, where once the Danube and Amber Roads intersected, there are stunning views of the rivers - and on a clear day you can even see Vienna! Archaeological research proves the area was settled about 7000 years ago, providing a rich history to explore. There is a museum on site to show the history, particularly focussing on the fall of communism. Also, the castle was featured on popular TV series, Game of Thrones.

One of the most romantic modern art museums in Europe - the Danubiana Meulensteen Art Museum - is located just outside of Bratislava. Its unique location bordering on three countries, and sensitive integration with the surrounding nature and the River Danube provide visitors extraordinary views of exhibited artworks and of the flora and fauna unique to the peninsula of art in every season of the year. The adjoining sculpture park features the works of a number of artists, attracting thousands of Slovak and foreign visitors as well as royal visits and leading political, social and above all cultural figures.

From the sculpture park, a magnificent view of Bratislava and the mighty Danube offer unforgettable experiences at sunset.



BURTON ELECTRICAL SOLUTIONS

HIGH QUALITY ELECTRICAL WORK ACROSS EAST YORKSHIRE AND THE HUMBER REGION



Stay safe - loose wires cause fires!

DOMESTIC COMMERCIAL TESTING FAULT DIAGNOSTICS

Whether it's for your home, rental property portfolio or business premises, all electrical installations need to be checked periodically by a qualified electrician. For a quote contact:

Andrew Burton 01964 552769 • 07585 601730 www.burtonelectricalsolutions.co.uk info@burtonelectricalsolutions.co.uk



IS IT TIME TO GET YOUR HOUSE REWIRED?

Depending on the age of your property, you may have considered getting it rewired. Newer materials used in installation as well as legislation that has come into force since your property was built means your current electrical wiring could be out of date.

Current legislation demands that metal-clad consumer units with RCD protection as well as arc and surge protection devices are used to protect your home and therefore yourself.

Rather than immediately rewiring your whole property which can be costly, first why not consider getting the current wiring inspected and tested? Ideally this should be done every 10 years. Periodic inspection and testing will reveal the integrity of your property's



wiring and in addition will highlight any faults or problems in the system. Any faults present, even if it's just a few loose wires,

could easily cause a major fire or at the least may trip the system regularly if not properly addressed. You may not need an entire rewire, but you can easily find out if you do!

If you'd like more information about rewiring your home see: www.burtonelectricalsolutions.co.uk/domestic

Loose wires do cause fires. Contact Burton Electrical on 01964 552769 or see www.burtonelectricalsolutions.co.uk

IN THE GARDEN... MARCH

March in the gardening calendar is early spring; the days are getting noticeably longer and we start to slip from the ravages of winter into the promise of things to come.

This winter may not have been kind in many ways; very wet soil and winds blowing down trees and fences, it has however been relatively mild so far (I still have some summer container plants that would normally have perished months ago, but instead are looking healthy and unscathed). I hadn't better become complacent though as we could still get some frost/snow in March.

March is the month when we start to get some serious bursts of colour appearing; mainly from spring flowering bulbs; early flowering shrubs such as Forsythia and Chaenomeles; flowering cherries and of course my favourites 'Catkins' and 'Lamb's Tails' from Salix caprea and Corylus avellana respectively.

I am certainly looking forward to getting back into the garden - it seems that whenever I have been free to get some tasks done, the weather has been against me! So whatever tasks you attempt during March make sure that the ground is not sodden, storms Ciara and Dennis have left us with plenty of standing water, which will take quite some time to drain away.

Tasks for March...

- Apply plant foods to established borders i.e. pelleted chicken manure.
- Mulch bare soil.
- Continue to prune overgrown and late-flowering shrubs and roses.
- Cut back perennials and grasses that were left over winter.
- Divide overgrown clumps of perennials.
- Start putting supports around perennials - this is so much easier to do than when they have grown and you struggle to contain them!
- Dead-head daffodils - and other spring flowering bulbs, leaving the foliage until it dies back.
- Plant summer-flowering bulbs.
- Sow hardy annuals out of doors.
- Protect fruit blossom from late frosts.
- Treat moss on lawns.
- Re-seed bare patches on lawns (towards the end of the month) and mow the lawn if necessary - set the blades high.
- Check pond pumps and get them running.
- Make sure the birds have plenty of food and fresh water.
- You may even need to start weeding - if we get any reasonable weather!

Finally, when you do get going in the garden; don't be like me and spend all day digging, sweeping and pruning and then wonder why you are sore and aching the next day - ease your-self back into it gently.

So until April, when hopefully the storms will be a distant memory - Happy gardening

Jane Dale of 'Designed Gardens'. Tel: 07983 392 411.



GOING THE DISTANCE - WALKING THE YORKSHIRE WOLDS WAY



Over the past three years it has been my pleasure to share in Just Beverley, some of the splendid walks around our town and surrounding countryside. Last year our focus was on twelve lovely local villages, I hope you enjoyed some of them, if not, they are all on the website justbeverley.co.uk

In 2020, I have something a little more ambitious to offer - walking the whole Yorkshire Wolds Way National Trail - from the Humber Foreshore at Hessle to the North Sea at Filey, a gentle afternoon's ramble of seventy nine miles! Just a cock stride compared to the 268 mile Pennine Way or the mammoth 870 of the Wales Coastal Path.

Of course, I suggest we do this in easy stages, certainly I will be - six days of about thirteen miles, seems reasonable, you could have more stages and there is no need to do them on consecutive days - ideally go only in fine weather.

My friend, local singer, Simon Davey, shares his experience of completing this most lovely of walks - over ten years! Interest in the walk has grown since being launched in 1983, a recent BBC TV documentary presented by Paul Rose, raising its profile.



Brubber Dale near Fridaythorpe

I will cover the entire route in three monthly articles, between early spring and early summer, the best time of the year, with lengthening days and ever-greener landscapes. The first, next month, will cover the first twenty miles or so along

the Humber from Hessle, through the delectable valleys at Welton and Brantingham and over to delightful North Newbald, with its outstanding Norman church.

Then over Arras Hill to the disused railway line, just east of Market Weighton - here are regular buses to Beverley. On linear walks, you may need two cars, or an obliging friend to help. Far better, in these green-conscious times, to use buses and trains.

Surprisingly, this is just about possible over the entire route, each article suggests bus and/or train options, allowing leisurely travel from the Beverley area for each stage. If you are lucky and have a bus pass and/or railcard- all the better!



Filey Bay

Our second article covers the next twenty miles or so, a stunning area from Market Weighton, through the fine villages of Goodmanham and Londesborough, taking us to a halfway point on the trail at Huggate. A land of big skies and deep secluded valleys, far from traffic and pollution, rich in country churches and prehistoric remains, such as the enigmatic Huggate Dykes.

You may know I can't resist passing an open church, or seeking out a nearby key holder, such as at Goodmanham or Newbald. Fridaythorpe is a particular favourite, despite being labelled as 'utterly barbaric' by Pevsner.

The Route (see map above)

There are many pubs to enjoy on the route, the

charms of The Gait Inn at Millington and The Cross Keys at Thixendale are redolent of another era, in my view - all the better for it. Cafes are a more recent phenomena, popping up in out of the way places, The Fiddle Drill at Goodmanham and The Ramblers at Millington, are splendid ones.

The final article covers the remaining forty miles, only the fittest could begin to contemplate completing that in one go - take at least three days and enjoy slowly. Northwards through beautiful Thixendale, over to the mysterious ruins of Wharram Percy.

We now head into our neighbouring county of North Yorkshire, for me the route along the scarp of the Wolds from Settrington to Hunmanby, is somewhat unfamiliar territory - I am keen to tread its paths and discover its secrets.

Filey Brigg is a splendid and most definitive spot to end any walk, another step and you will be in the North Sea! The town has much to enjoy with outstanding beaches. At the end of this trek, enjoy your fish and chips by the sea and a smashing train ride back to Beverley.

The route of the Way is fairly well way-marked throughout, but it is always best to have the relevant OS maps. I can't get used to digital, preferring the paper ones, which might get wet and blown around, but to me are the definitive guide. You can get a leaflet on the Way from Beverley TIC, or buy a guidebook to the trail.

Take a camera, you are almost certain to see much wildlife, including buzzards, hares, and deer. A thrilling recent arrival are red kites, who perform their graceful flight in large numbers on the thermals above Nunburnholme. The national trails website: nationaltrail.co.uk/yorkshirewoldsway is great to discover more - and to print your certificate upon completion.



Simon Davey, Recovering After Completing the Walk!

The final words are from to two fine gentleman, local residents who have much enjoyed the Wolds Way. Simon Davey took a decade to do it, in all seasons and weathers,

especially loving the sweeping views over the Derwent valley above Grimston. Esteemed Beverley Rotarian, Suham Sidani, told me most eloquently of how pleasantly surprised, he and his late wife were by the beauty and tranquility of the hidden valleys - they lie just over the horizon, waiting for you and me in the coming months.



The Wolds Way at Ferryby

IAN RICHARDSON

CLASSIC CARS WITH CAR FAN - THE GILBERN INVADER

We are travelling to Welch Wales for the subject of this edition as that is where the Gilbern Invader was made.

This particular example is a Mk. 2 version, produced in 1972, bought just over a couple of years ago and it shares garage space with a Gilbern Genie, on which the Invader is based, but with the benefit of an improved chassis and larger brakes.

The company name comes from the first three letters of founder Giles Smith and the first four letters of the co-founder Bernard Friese which has got to be a good quiz question surely. Boasting a 3 litre, Ford V6 engine and also available as an estate, this is no slouch, with quite respectable performance figures for its time. Both automatic and manual versions with overdrive were available when new, with the suspension coming from the MGC and luxuries such as electric windows and a walnut-veneered dashboard graced the interior.



This car has proved to be very reliable, despite not having run for the previous 18 months prior

to purchase, with just a new fuel pump needed and it has also benefited from a new sunroof and alloy wheels with modified hubs making it even more attractive. Membership of the owner's club certainly helps with parts availability as well as autojumbles for those hard to get parts.

If you fancy an Invader on your drive and an introduction to classic car ownership, then good luck finding one and if you do, be prepared to pay around £16,000, with just one for sale in the U.K. at time of writing. With just over 600 Invaders of all variants built between 1969 and 1973, there aren't many left, so if you should be so lucky as to see an Invader driving past, don't forget that cheery Carfan wave!

PRACTICAL MOTORING WITH RICH HAYES - HOW TO GET CHEAP CAR INSURANCE



When it comes to car insurance, it certainly pays to shop around - especially if you're a new driver and insurance prices are high. Here are our top tips for securing the best insurance deal that will ensure you're covered without being left out of pocket.

Secure your vehicle

Keeping your car on your drive will notably bring your car insurance premium down compared to keeping your vehicle on the road. If you have a garage, even better - store it there to keep the price to a minimum. The safer your vehicle, the cheaper your premium. Go one step further by increasing the security of your car - tracking devices and immobilisers both help to reduce car insurance costs.

Consider your driving

Driving sensibly is one of the best ways to ensure your car insurance is as cheap as possible. This includes driving to the speed limit to avoid speeding tickets, which are likely to increase your premium. Reducing your annual mileage can also help to keep your premiums down. Little things like walking or taking public transport for some journeys will help bring the cost down.

Check the policy benefits

While it's great to secure a low price for your car insurance, many insurers offer extra benefits to add value to their policies. Check if these will be useful to you, as they could actually save you further money. Some typical benefits insurance companies offer include: a courtesy car should yours need repairs and recovering uninsured losses.

Lastly, don't forget to always check the compulsory excess before accepting a car insurance quote. Some cheap insurance deals come with huge excesses, which could make your cheap insurance not so cheap after all in the event of a claim.

HUBY DOMESTIC APPLIANCES

Covering Hull, Beverley, Pockington, Driffeld and all the local villages



BOOK ONLINE

and SAVE at hubys.co.uk

Book in advance and save money. The further you book in advance the more you could save...



For service and repair call: **01482 866660**

BEVERLEY MOTORWORKS

INDEPENDENT BMW & MINI SPECIALISTS

Our dealership expertise means high quality car servicing at a fair price...



the Good Garage Scheme



Unit D1 Grovehill Industrial Estate, Annie Reed Road, Beverley HU17 0LF

Call today: **01482 881 128**

Visit: beverleymotorworks.co.uk

SPECIAL OFFER MOT COUPON

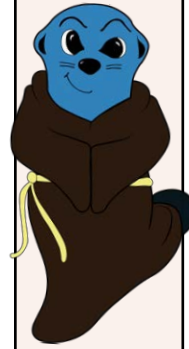
MOT YOUR CAR FOR ONLY £29.99

PUZZLE PAGE

WORDSEARCH

L S F H G E J M Y S H L E K R
 L X G H H I L M H K D G A B H
 F M Q C T P O F Z D E L Y I Q
 G D R U Q P K D G A G M E F O
 D A F F O D I L S C N T T I L
 M D X Y Q N R V L S I N G O F
 I L A M B S D O D F R X N E N
 Q Z G Y Y L C M A L P E I I G
 N R J H L K G B N O S A E S V
 D F D Y S I B X T W G E R G O
 H W A I B K G N S E O F O L B
 Y A T C T B E H S R V R F A J
 N R R C R E Z T T S L C R R M
 S U F E H Q J P V V Q V P T O
 C S Q C A O L Z R B C B W Q Z

CLOCKS	HARE
DAFFODILS	LAMBS
DAYLIGHT	MARCH
FIELDS	SEASON
FLOWERS	SPRING



KNOW YOUR NUMBERS

Each row adds up to the total on the right.

Each column adds up to the total at the bottom.

The diagonals add up to the totals top and bottom.

				15
?	2	3	?	10
8	?	6	5	26
?	1	?	?	15
4	?	?	7	22
16	15	17	25	17

Answers on Page 32.



THOUGHTS OF THE MONTH

• Some people are wise, some otherwise...
 • Plant Labels - use a lolly stick

WHERE IN BEVERLEY?

Where in Beverley would you find this landmark?
 Answer on Page 32.



QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



FAMILY RUN BUSINESS

DO YOU DREAM OF A NEW KITCHEN?

From simple door replacements to complete fitted kitchens

Fully installed by local professionals in just a few days

Choose from a large selection of doors, worktops and appliances

90 showrooms nationwide

THE UK'S #1 KITCHEN MAKEOVER EXPERTS. EST. 1999



BEFORE



Step into Spring with a New Look Kitchen
 T&C's apply

DREAM DOORS®
 NEW LIFE FOR OLD KITCHENS
www.dreamdoors.co.uk

4a Belprin Park, Swinemoor Lane, Beverley, HU17 0LN
 Call us now for a free estimate:
01482 861 653

20% OFF SALE NOW ON
 T&C's apply



Checkatrade.com
 Where reputation matters
 AVERAGE SCORE 9.7/10

COUNTRYSIDE MATTERS WITH SAM WALTON

We are undoubtedly facing interesting times in agriculture, or should I perhaps say challenging? Farming has always been interesting but as we progress, it is increasingly bound by 'red tape' and much doubt over what to do.

With the ever rising global population and the growing need for housing, coupled with loss of land globally through erosion, melting of polar ice caps causing sea levels to rise, as well as the devastation of the Amazon forests, I do wonder how we are going to feed future generations.

In the meantime however, we have to live and do the best we can with what we know. I believe that when the farming subsidy was introduced with the aim to provide cheaper food for the nation, it was instead the supermarkets that benefitted by paying lower prices to the producers.



This meant the public did not really benefit. Farming is one of those few industries where the price of its products, whether animals or crops, is not known but instead is variable.

Moreover, global events impact this price further; when I was a lad the price of wheat in the UK was not affected its price in Australia or America.

Butchers attended the local markets and bid for what they wanted. Several farmers produced exactly what the local butcher wanted who was willing to pay for it.

On Brexit day changes in the GBP/EUR exchange rate meant oilseed rape dropped in value by £9 per ton and wheat by £6 per ton. A week later GBP dropped against the USD. How is the local farmer supposed to deal with that?



Farmers can buy or sell forward, but it's a clever man who gets that right all the time. Some years ago I had experience of selling cereal forward at a good price.

By the time the delivery was dispatched, the market price had dropped so the buyers found all sorts of things wrong with it (even though it had already been checked and was well in line), so they knocked £'s per ton off.

I suppose we are open to market fluctuations but there has to be limits. Consumables like seed, spray, fertiliser and rent seem to gradually rise in price all the time; electricity, water and other bits




and pieces do the same. It is a constant battle to keep abreast, never mind ahead of things in general.

So looking ahead, with the expected increase in population, will we ever have a day when a farmer can dictate the price he will receive? You tell me.




Who would be a farmer?!






EXPERIENCE STEAK

LIKE NEVER BEFORE



ABUNDANT • ENTERTAINING • FRESH

9-10 Wednesday Market, Beverley HU17 0DG
www.chamasbeverley.co.uk | T: 01482 867897

DISCOVER OUR NEW KITCHEN & BATHROOM SHOWROOM

FREE LOCAL
DELIVERY

Come and meet our Kitchen and Bathroom Specialists Paul and Dan for a free design consultation.

MY KIND OF
HOME



Symphony®

OMEGA PLC

EFF
COOKING PASSION SINCE 1877

DURAVIT

Roca

hansgrohe

2020 New Year offers in store

BEVERLEY

Swinemoor Lane, East Yorkshire HU17 0JX
01482 880088 | beverley.mkmb.co.uk

MKM
BUILDING SUPPLIES

INCHES BODY STUDIO

FREE WEEKS TRIAL for anyone with Health Issues
No obligation

SPECIAL OFFER



- Non surgical facelift
- Universal Contour Wrap (6" loss guaranteed)
- Shapemaster Toning Tables
 - RejuvaSlim Detox (lose weight & keep it off)
- Transion (Inch loss treatment)
- Linfogei (Lymphatic drainage treatment) Relieves fluid retention & cellulite
- Vibraxis (Vibration training)
 - Diet Consultation
 - Beauty Treatments
 - Reflexology

• 3 months Toning
• 3 months Vibraxis
• 3 months Wraps
£179.00

Toning Tables also help with ME, MS, Osteoarthritis, Rheumatoid Arthritis, Knee and Hip Replacements, Depression, Bad Backs, Frozen Shoulder and Stroke Rehab

Inches Body Studio, 1 Norwood, Beverley HU17 9ET
Wheelchair access & stairlift available
Telephone: 01482 865229
Email: inchesofbeverley@hotmail.co.uk
www.inchesbodystudio.co.uk
Established 1992

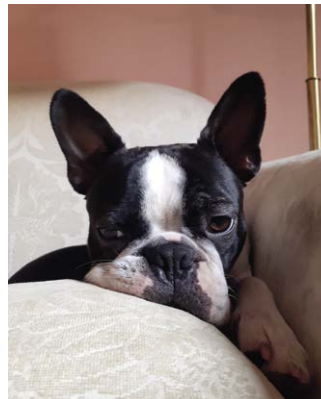
PETS' BEST FRIEND BY LAUREN MIDDLETON

Hello from Pets' Best Friend! It's been a busy month for some rather shy cats and some energetic dogs.



Being able to adapt to each pet stay and understand the animals is a very important part of my job. This helps to ensure the animals feel safe and secure in their own home and are comfortable with me being there.

To get to know these pets for the first time without their owners around means finding ways in which I can build up their trust. This takes some time and dedication and I've learnt how different it is for each animal. In most cases I will spend time sitting near the animal giving them some encouragement with treats or toys, or just talk to them and allow them the space to come and have a sniff around me.



This way there is no pressure for them, and they can choose when they feel confident and trusting enough to come near. Often I leave a garment of my clothing near their bed so they can get accustomed to my smell. I find this a big help.

Conversely, I have also been spending time with some very brave and confident young terriers who keep me very much on my toes! Never a dull moment!

Until next month, from Pets' Best Friend.

WILSONS WHEELS
T: 01482 882881
W: www.wilsonswheels.co.uk E: info@wilsonswheels.co.uk

WE NOW STOCK CUBE CYCLES
2020 RANGE NOW AVAILABLE   

Be SEEN and be SAFE, stay BRIGHT and on the right track



DISCOUNTS ON:

- Adult Bikes
- Children's Bikes
- Clothing for all cycling weather
- Parts and accessories

89a Grovehill Road, Beverley, East Yorkshire HU17 0EJ
OPEN: Monday - Saturday: 9am - 5pm
Sunday: CLOSED - Out riding our bikes

CYCLING WITH WILSONS WHEELS

Going for a family bike ride has for many years been a great day out and aside from the few dramas thrown in along the way, it's a memorable experience for everyone involved, especially the children! Preparing for such an outing can be a task in itself, so here are a few things to consider when investing in a child seat for your bicycle.

- Buy a new child seat or at least one you know the history of. Child seats that have been poorly treated or even crashed will not be safe.

- Child seats are sold by load bearing capacity and not by age category. There is always a weight limit for the child being carried which ranges from 20kg to 25kg and the seat should be fully adjustable.

- Fitting the child seat to your bike can sometimes be tricky. Unfortunately, they don't tend to fit very well on full suspension bikes or ladies mountain bikes with a trapeze frame (lowered cross bar) due to lack of space for the clamp. There needs to be at least 3 to 4 inches of clear space on the frame so the clamp can be attached.



- Top tube child seats (those that fit on the cross bar) were not available to buy for a while as they did not pass recent EU Health and Safety regulations. However, in the past year the manufacturer has re-designed them, and they are on sale once again. The old model was popular due to its lower price (it was half the price of a rear-mounted child seat) but after the modifications which ensure the seat meets regulatory standards it is now in the same price bracket as a rear-mounted seat.

- A helmet for your child is a must, even if they are sat on your bike and not riding their own. Any good helmet will be fully adjustable, designed to fit the child's head snugly and safely and should not be free to move around. The Kali brand helmet is great as it comes with a crash replacement guarantee.

With a properly fitted child seat and a good helmet you're good to go, so get out there and enjoy the ride, whatever it brings!

FIND YOUR STRENGTH AND SPIRIT WITH LEANNE MILLS



Weekly Yoga Classes

TUESDAYS	0930-1030	CLCGB George Street
TUESDAYS	1900-2000	Beverley Grammar School
WEDNESDAYS	1930-2030	Kings Church, Beverley
1:1s	Tailored	

Contact Leanne Mills: Leanne@strengthandspirit.co.uk / 07969180264

IG: @strengthandspirit FB: strengthandspiritbeverley

www.strengthandspirit.co.uk

Do you appreciate you? Each one of us is unique, special in our own way. Do you appreciate you?

Each breathe we take provides an opportunity to draw in a little of what we need and to release some of what is no longer serving us well.

Yoga allows the body and the mind to connect with the breath and find a little piece of what you need in the moment.

- Stronger Body
- Improved flexibility
- Improved sleep
- Better posture

- A little quiet in a busy mind
- A simple 'time out.'

It's so easy to get caught up in the busy environment that surrounds us and in many ways that's a great thing... if there is a balance.

Yoga is for anyone and everyone, there is no 'right way,' it is all about finding and embracing 'your way.' You are worth it, you deserve it. Find some time for you.

Leanne.

If you'd like to try Yoga for yourself or want to find out more, contact Leanne Mills at leanne@strengthandspirit.co.uk / 07969180264, visit www.strengthandspirit.co.uk or find Leanne on Instagram @strengthandspirit or Facebook strengthandspiritbeverley.

TOP FIVE REASONS YOU'RE NOT PROGRESSING...

We all have great intentions at the start of the New Year for changes we'd like to make in our life, not least in the Health and Fitness sector. By March, perhaps some of these resolutions are starting to slip... If so, perhaps these tips will help you stay on track.

1. Your goal isn't compelling enough

If you feel low in self-confidence, frustrated or embarrassed you need to use these emotions to fuel you into taking action! You don't want to feel this way forever, so you must make changes and focus on how good it will feel once you've succeeded!

2. You're unaware of your own habits

If you fail to see why you're not progressing, it's because you're completely unaware or in denial of your current habits. For a few days, make a journal of everything you do, and you'll realise that you must make changes to your lifestyle in order to move forward!

3. You value short term pleasure and comfort over long term health and happiness

If you are using food or alcohol as a reward, or to mask negative feelings such as stress, this needs to stop. The root causes of unhappiness ultimately need to be addressed, but you can start by responding with breathing or mindfulness exercises, for example, instead of eating or drinking.

4. You doubt yourself and are afraid of failure

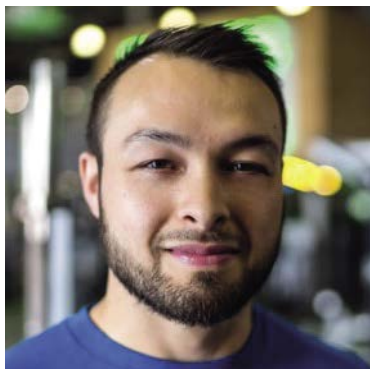
Fear of failure can lead to too much time in your comfort zone, but you will soon become bored and frustrated. Start by setting a small but meaningful goal that excites you, not others, and build confidence gradually.

5. You let other people's opinions dictate your actions

Are you doing what you truly want to do, or are you trying to please others first? Failure and being judged by others is something you must get used to in order to progress, as all successful people experience this.

Sam Young is a Strength Coach and owns Strong for Life on **Sutton Fields Industrial Estate (Unit 19G, Lake Enterprise Park, Bergen Way, Hull HU7 0YQ).**

Website: <https://strongforlife.co.uk> or Instagram/Facebook/ Twitter: @StrongForLifeUK




sportsability

Contact our friendly team for further information on 01482 229676 or sportsabilityswim@gmail.com

Or message on our Facebook page @SportsabilitySwim

NEW TO SPORTSABILITY SWIM SCHOOL

- Morning Weekday Preschool Lessons
- Adult Swimming Lessons - Daytime and Evening
- Open Swim Sessions - Lifeguard Supervised
- Aqua Class - Thursday Morning 11am - Starting March



POEM BY CLINT WASTLING - NIGHT BLIGHT

Following the ancient road home,
down the dip slope of The Wolds
from Fridaythorpe to Wetwang.
The sky panoptic: stars, planets,
a diversity of heavenly bodies.

Any Parisi charioteers
would have seen more -
sky-glow from distant cities brightens,
night-blight renders the visible invisible,
a waste of energy, a waste of resources,

intruding into darkness, exposing daemons,
our folly a beacon illuminating all.
We see only hundreds out of thousands of stars
our ancestors knew by heart,
charting night skies without their constellations.



Clint's poetry collection is called Layers and is available from Tourist Information, Beverley. His sci-fi novel Tyrants Rex is published by Stairwell Books and still available.



POEM BY ROSE DREW - TROMSØ

You are never so big, so small,
so part of it, and yet insignificant
when lights flow and flume
across a sky insane with stars.

Green streaks smear midnight,
roughhousing rivulets widen, narrow,
separate, rejoin;
celestial streams in spate following
solar storm.
Freezing feet forgotten, we lay on
duvets of snow,
follow the rush of electrons.
Concerns wash away,
twigs tossed to a storm swollen beck:
our place is here.

Rose Drew, an immigrant from America, realizes love and only love can save the world: though she means love for each other, not love of money and things. Rose is an anthropologist, co-hosts open mic York Spoken Word and is editor and events manager for Stairwell Books. She is tall on the inside.



Four Generations, Giving Over 125 Years Service

Herbert 1870-1962 Eardley 1908-1986 Geoffrey 1939-2015 David 1964



Golden Charter
Funeral Plans



- Funerals Respectfully Conducted
- 24 Hour Out of Hours Service
- Free Advice & Support
- Private Restrooms
- Prepaid Funeral Plans Available
- Finance Options Available



Tel: 01482 844695
www.hkempandsonltd.com

259 Hallgate, Cottingham, East Yorkshire, HU16 4BG
Fax: 01482 843898
Email: hkempandsonltd@gmail.com

Monks Walk Inn

19 Highgate, Beverley HU17 0DN Tel:01482 864972 www.monkswalkinn.com

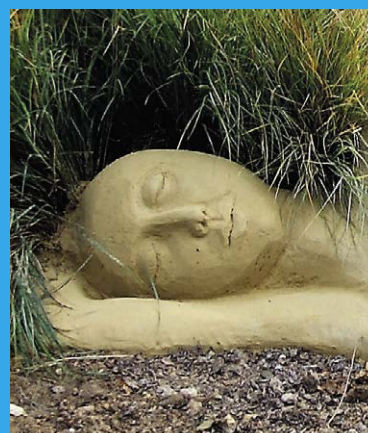
FOOD SERVED DAILY 12noon-2.45pm

Enjoy Traditional English Hospitality in our
Historic Mediaeval Timber-Framed Building
*Beer Garden *Cask Ales, Craft Beers
*Lagers, Wines & Spirits *Live Music



'WHERE IN BEVERLEY' ANSWER

Sand Sculpture at
Oldroyd Gardens -
Beverley Garden Centre



'KNOW YOUR NUMBERS' ANSWER

Missing numbers
in yellow

				15
1	2	3	4	10
8	7	6	5	26
3	1	2	9	15
4	5	6	7	22
16	15	17	25	17

ert

EAST
RIDING
THEATRE

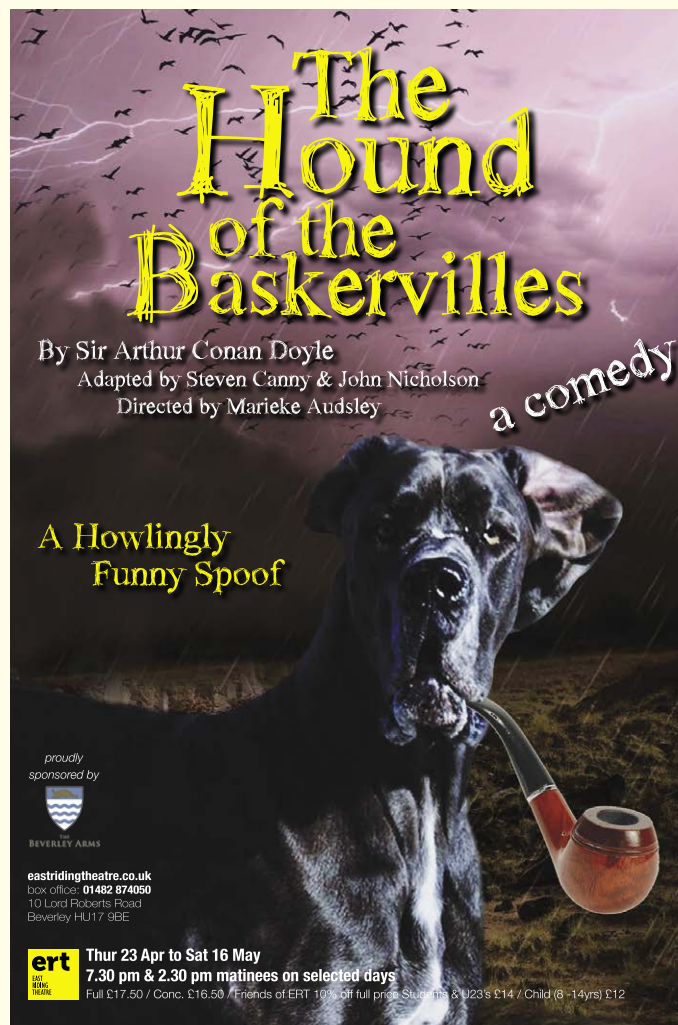
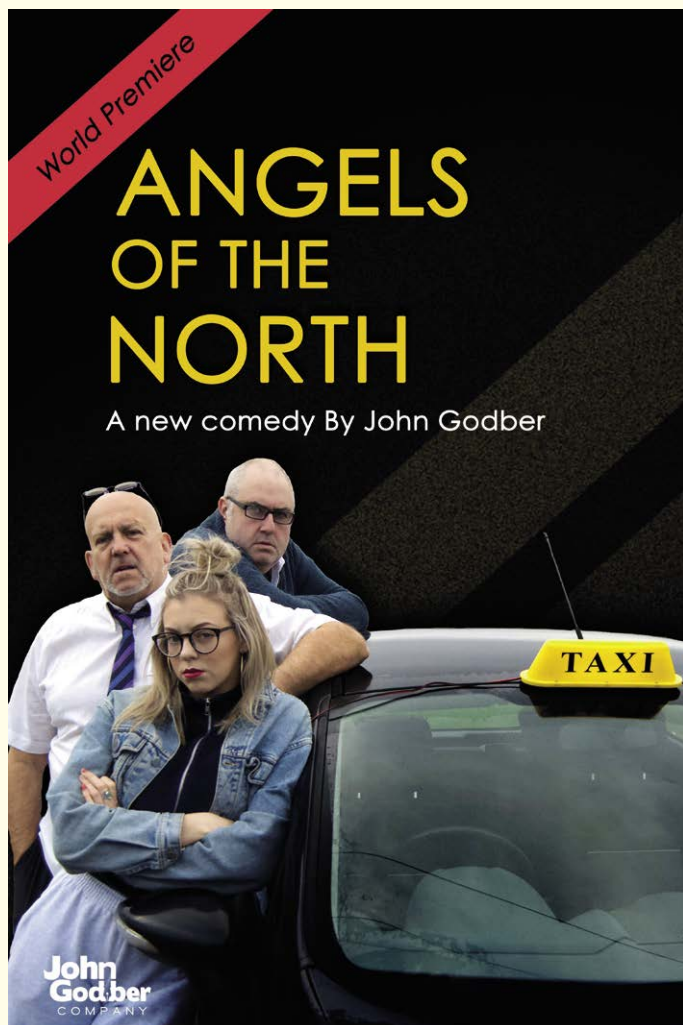
10 Lord Roberts Road
Beverly HU17 9BE
Tel: 01482 874050

Email: boxoffice@eastridingtheatre.co.uk

Current Box Office Opening Times:
Tues - Fri 10am - 4pm or Sat 10am - 12noon.



Cafe/Bar Opening Times:
Tues - Sat 10am - 4pm



ANGELS OF THE NORTH

5th - 28th March - 7.30pm & 2.30pm

Dennis and Mick are the worst taxi drivers in Yorkshire, ignorant, opinionated and guaranteed to be late! But that will all have to change now Roxy's joined the firm, she is savvy, streetwise and young.

This hilarious, fast-paced comedy will have you in stitches as it takes you on a bumpy ride through a northern city.

You'll laugh at their antics and the people they meet, but back at the office, personalities clash as generations collide.

Are Dennis and Mick really the grumpiest men on the street. Or are they actually angels in disguise?

In a world that's going mad, we might just need the Angels of the North. Book now the meter is running!

Starring John Godber, Adrian Hood & Martha Godber.

THE HOUND OF THE BASKERVILLES

23rd April - 16th May - 7.30pm & 2.30pm

An ancient family curse.

A desolate moor.

A spectral hound and a deranged killer on the loose.

A masterpiece of mystery and suspense, The Hound of the Baskervilles is the most celebrated Sherlock Holmes story of all.

Canny and Nicholson's hilarious adaptation of Conan Doyle's classic tale will have you both trembling with fear and shaking with laughter.

Director Marieke Audsley says "I had such a wonderful time directing Beryl in Beverley last year that it's a treat to be back at ERT. Canny and Nicholson's adaptation of Conan Doyle's classic tale is fantastically entertaining and will be a real pleasure to direct and share with audiences."

An East Riding Theatre Production.

WHAT'S ON

SPONSORED BY: **kü**tchenhaus

2 Toll Gavel, Beverley, HU17 9AJ. T: 01482 862172.

Open: Mon - Sat: 10am-5pm. Sun: 11am-3pm. Bank Holidays: 10am-4pm.

Until Friday 13th March

• Beverley Guildhall Exhibition - Looking at Lairgate

Beverley Guildhall, Register Square, Beverley. Guildhall Opening Hours: Wednesday 10am to 1pm and Friday 10am to 4pm. Free admission.

Monday 2nd March

• The White Horse Folk Club presents Damien Barber

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £8. Experienced singer and musician with a distinctive Norfolk style.

Thursday 5th March

• Subtle Flame Poetry Group

The Tiger Inn, Lairgate, Beverley. 8.30pm. £2.

Saturday 7th March

• Reading the Landscape - Photographs and Words Inspired by Walking the Wolds

A new exhibition opens at the Treasure House in Beverley until 6 June.

Sunday 8th March

• Learn to meditate with Buddhist Meditation Teacher Kelsang Lekmo

The Friends Meeting House, Quaker Lane, Beverley, HU17 8BY. 5pm-7pm. £6 including refreshments. Drop-in classes, no experience needed.

Monday 9th March

• The White Horse Folk Club Singers and Musicians Night

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £2. Performers and audience welcome.

• Norwood Nites - Community Cinema at Norwood Church

Norwood Methodist Church Schoolroom, Beverley, HU17 9HN. 7pm. Free. A 1982 epic historical drama film based on the life of Mohandas Karamchand Gandhi. Refreshments and raffle from 6.30pm.

Tuesday 10th March

• Singalong Memories - Just for Fun - Singalong Group

Walkington Methodist Church Schoolroom. 2pm to 3.45pm. £2 (incl. refreshments). For further details please contact Val / Mike on 01482 865249 or Sue on 01482 882188 or email val.memories@outlook.com.

Friday 13th March

• Jazzmakers' Collective at the Lairgate Featuring Tom Sharp

Lairgate Hotel, 30 Lairgate, Beverley, HU17 8EP. 8.30pm to 11pm. Free.

From Saturday 14th March to Saturday 30th May

• Journey into Abstraction

A retrospective of the painter John Sprakes. Treasure House, Champney Road, Beverley, HU17 8EH.

Sunday 15th March

• Learn to meditate with Buddhist Meditation Teacher Kelsang Lekmo

The Friends Meeting House, Quaker Lane, Beverley, HU17 8BY. 5pm-7pm. £6 including refreshments. Drop-in classes, no experience needed.

Monday 16th March

• The White Horse Folk Club Singers and Musicians Night

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £2. Performers and audience welcome.

Thursday 19th March

• Jam Session Night at the C Club

Beverley Conservative Club, Wylies Road, HU17 7AP. 7.30pm. Free. For more information contact Ian Sinclair (07790 607536 / ian.sinclair@virgin.net or visit: <http://jamnight.kllg.co.uk/>)

Friday 20th & Saturday 21st March

• Beverley Gin Festival

At Beverley Minster you will be able to choose from a 100 specialist gins, a prosecco bar, cocktails and craft beer. With live entertainment and fantastic street food. Session times: Friday Evening: 5.30pm - 10pm. Saturday Afternoon: 12noon - 4.30pm. Saturday Evening: 5.30pm - 10pm. Tickets include a free gin on arrival.

Sunday 22nd March

• Learn to meditate with Buddhist Meditation Teacher Kelsang Lekmo

The Friends Meeting House, Quaker Lane, Beverley, HU17 8BY. 5pm-7pm. £6 including refreshments. Drop-in classes, no experience needed.

Monday 23rd March

• The White Horse Folk Club presents Rosie Calvert and Will Finn

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £8. A traditional-inspired musical duo from the North East of England who play a variety of instruments.

Tell us about your event!

Email: info@justbeverley.co.uk

Telephone: 01482 679947

For more events visit:
justbeverley.co.uk/events

Tuesday 24th March

• Singalong Memories - Just for Fun - Singalong Group

Walkington Methodist Church Schoolroom. 2pm to 3.45pm. £2 (incl. refreshments). For further details please contact Val / Mike on 01482 865249 or Sue on 01482 882188 or email val.memories@outlook.com.

Thursday 26th March

• Rock and Roll Bingo

Tiger Inn, Beverley. 8.30pm start.

Friday 27th March

• Jazzmakers' Collective at the Lairgate Featuring Elliot Richards

Lairgate Hotel, 30 Lairgate, Beverley, HU17 8EP. 8.30pm to 11pm. Free.

Saturday 28th March

• Jacob's Well Warehouse Sale

Jacob's Well Yard, Swinemoor Lane, Beverley, East Yorkshire, HU17 0JX. 9am-1pm. Charity warehouse sale, with free parking and refreshments. All welcome.

Sunday 29th March

• Learn to meditate with Buddhist Meditation Teacher Kelsang Lekmo

The Friends Meeting House, Quaker Lane, Beverley, HU17 8BY. 5pm-7pm. £6 including refreshments. Drop-in classes, no experience needed.

Monday 30th March

• The White Horse Folk Club Singers and Musicians Night

The White Horse Folk Club at Catholic Church Hall, Beverley (next to the Rose and Crown). 8.30pm. £2. Performers and audience welcome, bring your own drinks and glasses.

COMPETITION WINNER

Congratulations to Katy Connolly who won last month's Escape Room Challenge competition.



kü

tchenhaus

The Largest Manufacturer of Quality German Kitchens

At Kutchenhaus we have affordable solutions made to meet your highest standards

2 Toll Gavel, Beverley, HU17 9AJ. T: 01482 862172.

Open: Mon-Sat: 10am-5pm. Sun: 11am-3pm. Bank Holidays: 10am-4pm.



New Paths MUSIC

The fifth New Paths Spring Festival



2nd - 5th April 2020

A world-class festival of concerts
& community events in Beverley

Tickets from www.newpathsmusic.com or the
Beverley Tourist Information Centre tel: 01482 391 672 *i*

RAYMAC

SIGNS | STICKERS | LARGE FORMAT PRINT

30
YEARS
IN BUSINESS

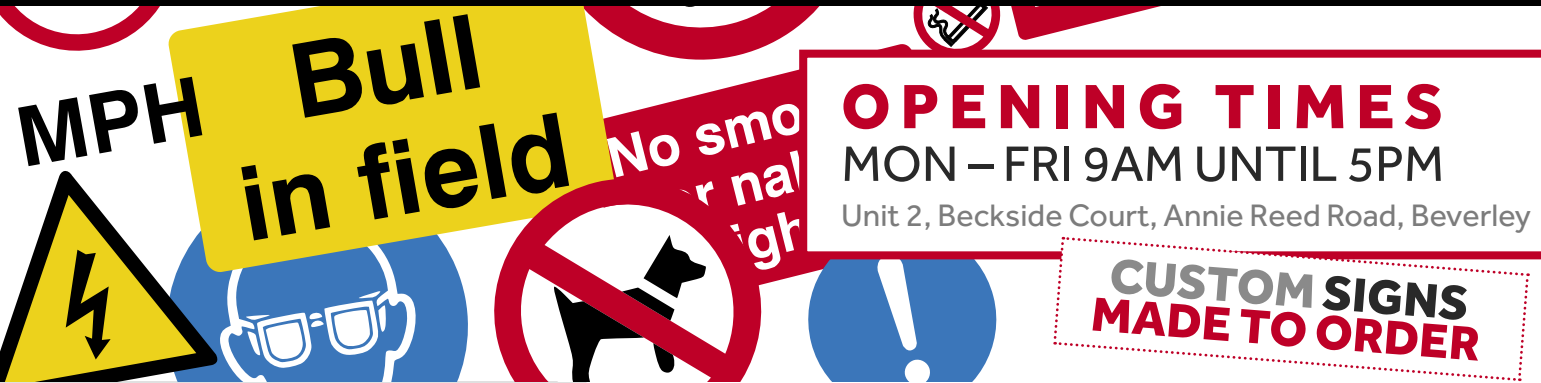
NOW IN BEVERLEY

FREE DESIGN SERVICE



SIGNS | STICKERS | LARGE FORMAT PRINT

PRODUCING QUALITY SAFETY SIGNAGE FOR OVER 30 YEARS



6ft x 2ft vinyl banners
RAYMAC

- FREE DESIGN
- MARCH MADNESS

ONLY £39
inc VAT



VINYL BANNERS

SWING SIGNS

OPEN TO TRADE AND PUBLIC

Call: 01653 600015 | Email: sales@raymac.co.uk | raymac.co.uk
Unit 2, Becksid Court, Annie Reed Road, Beverley, East Yorkshire HU17 0LF