

**BEVERLEY'S ELITE  
CYCLE RACING -  
FRIDAY 8th JULY**



- **CINEMA GOODIES  
& TICKETS**
- **YORKSHIRE SOAP  
HAMPER**

**AMY JOHNSON  
FESTIVAL -  
SPOT THE MOTHS**

- OFFERS:**
- **FLEMINGATE**
  - **CORNUCOPIA FESTIVAL**

**VICTORIA HOOD -  
INSPIRES WOMEN'S CYCLING**

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GARDEN

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# just BEVERLEY



## Letter from the Editors



July is always a hectic time with school holidays on the horizon, festivals and summer sports. When the schools close, kids' clubs begin, so it can be just as difficult juggling things in the school break as it is when they are in school!

This month we look forward to elite cycling in Beverley and catch up with some local participants; there's lots happening at the Race Course, there's the Amy Johnson Festival with decorated moths appearing all over the place and the Kite Festival at the end of the month. Hopefully, we'll be blessed with clear blue skies and a bright sun to put smiles on everyone's faces!

Our What's On column in the magazine and on the website is expanding as you let us know what you are up to! Just Beverley is the place to go to find out what is going on in Beverley and the surrounding villages, so remember to send your events to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) for inclusion. Or call us on **01482 679947**; I am here along with Linda and Alice to take your calls.

Send us your photos (as high resolution as possible), quips and funny stories, too. And tell us your good news! What we can't get into the magazine goes onto the website or our Facebook page. Did you know you can post on our Facebook page? Just 'like' us and then post as a visitor, simple! Just Beverley is yours - please get involved!

Cheers  
Julian.



Flaming June has left us and we are into July - hot sultry nights, tropical-coloured flowers blooming in the gardens, picnics on the Westwood and long walks and bike-rides in the countryside. In some ways, living in Beverley and its villages is a bit like being on holiday all year round as there is always something going on!

This month we have increased the size of our magazine to 40 pages. We are now getting over 3,000 unique hits every month on the website as well as having 1300 Facebook likes! If every copy of the magazine is seen by 3 people, that means over 12,000 people every month are getting involved with Just Beverley! Do let our advertisers know that you have seen their adverts in Just Beverley.

Offers have proved to be so popular that Flemingate retailers want to get on board; see page 17 for more exclusive offers for Just Beverley readers! In fact, there are offers all the way through the magazine - Cornucopia Festival tickets; Huby's; Inches; One World Travel; Indicoll and more.

Don't miss out!

Happy July,  
Linda.

Get in touch with us:

**Website:** [justbeverley.co.uk](http://justbeverley.co.uk)  
**Email:** [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)  
**Telephone:** 01482 679947  
**Twitter:** @JustBeverley  
**Facebook:** [facebook.com/justbeverley](https://www.facebook.com/justbeverley)



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## Competition Terms and Conditions

Competition answers should be emailed to [info@justbeverley.co.uk](mailto:info@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. 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.

## CONTRIBUTORS

Julian Minshall, Linda Johnson, Alice Thomson, John Fewings, Jane Dale, Richard Marville, Paul and Anne Fox, Sham Alom, Colin Stamford.

## You can pick up the magazine from:

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

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## Over 50's Walking Football - the national scheme with local sessions

*East Riding Council's Sport, Play and Arts Service started over 50's indoor walking football sessions back in February. Held at East Riding Leisure Beverley at 1pm on Mondays, the sessions proved very popular with an excess of 12 people attending every week.*

East Riding Council were keen to ensure the sessions continued and were sustainable. So it is good news that AFC Tickton is to host these sessions as part of the club's service to the community. AFC Tickton has won funding to purchase kit and equipment and provide a coach, Adam Gibson, to lead the sessions. For more information, give Jimmy Traynor a call on (01482) 223481 or Adam Gibson on (01482) 392528 or email: [adam.gibson@eastriding.gov.uk](mailto:adam.gibson@eastriding.gov.uk)



## The 5th Annual Beverley Raft Race takes place on July 30th at Beverley Beck

*The 'one-off' to celebrate the Queen's Diamond Jubilee in 2012 was so successful that it's now an annual event. Last year it raised over £2000 for NURSE (Needed Urgent Remedial Surgical Equipment) as well as funds for other local well-known charities on the charity stalls.*

Rafts are judged for presentation as well as their ability to race - some of them have been known to sink when placed in the water! Last year's race winner, 'The Dragon Boat' has already thrown down the gauntlet to other challengers which include Beverley Fire and Rescue, local pubs and businesses. Expect fierce competition and may some skullduggery!

There's an outside BBQ and live band at The Forester's Arms, music on The Syntan Barge, mega raffle and karaoke at The Sloop Inn, promotional stands, community police stand, games, face-painting and refreshments. Stalls will be open by 11am. Residents and visitors enjoy picnics and drinks on the quayside while watching the fun!

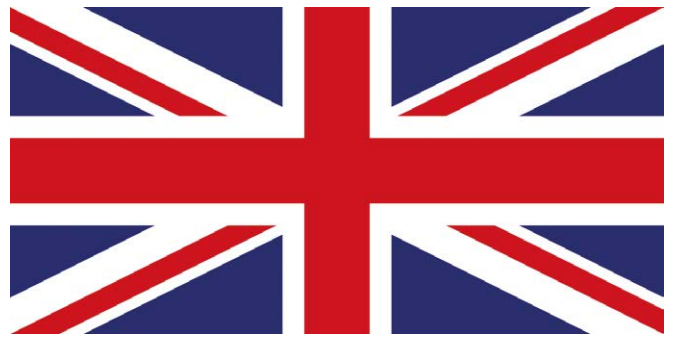
The Mayor will officially open the event at 12noon and jointly judge the best-dressed raft with local hairdresser, Rick Roberts. Racing starts at 12.30pm.

## Amy Johnson Moths

*Watch out for decorated moths appearing on buildings in Beverley and beyond from July 1st to celebrate Amy Johnson's achievements.*



## Armed Forces Day



**Armed Forces Day is a chance to show our support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets.**

This year, Beverley's Armed Forces Day is on Sunday 3rd July from 11am-5pm in Saturday Market Place.

There will be static displays of vehicles and equipment from the Defence School of Transport, 150th Regiment RLC and 4th Battalion Yorkshire Regiment, music from Zenith Nadir of Mexico City, Humberside Police Concert Band and much, much more.

## BBC Antiques Roadshow comes to the area on Sunday July 17th



**Another chance to take along your treasured objects and priceless stories to the Antiques Roadshow experts - and maybe feature on the TV!**

Join Fiona Bruce at Burton Constable Hall between 9.30am and 4.30pm for a great, free day out!

[www.bbc.co.uk/antiquesroadshow](http://www.bbc.co.uk/antiquesroadshow)

## All-women ukulele band to play at Amy Johnson Festival - and it's Beverley-based!

**The Assembly Line is the only all-women ukulele band in the country, according to Beverley lady, Lynne Petersen, who has brought it together especially for the Amy Johnson Festival.**

In celebration of Amy's achievements, the band will be playing songs related to her journey as well as songs which were popular at the time.

The Assembly Line will be performing at 2.30pm in Zebedee's Yard, Hull, on July 2nd at 2.30pm.



## Pop-in for business advice in Beverley's first pop-up business cafe

**North Bar Tea Rooms in Beverley's Georgian Quarter hosts a business advice session with a difference - trusted experts who have volunteered to answer queries and questions on a range of business topic for free!**

It's totally informal; turn up when you like, leave when you like, come back again if you wish! But just in case the event is busy, businesses are recommended to book so that everyone gets at least 20 minutes with the most appropriate person to handle their query.

<https://beverleypopup.eventbrite.co.uk>



Organised by York, North Yorkshire and East Riding Local Enterprise Partnership, advisers are there to help businesses new and established with marketing, websites, social media, finance, tax, accountancy, start-up and growth information.

The event is on **Tuesday July 19th** from 9am to 1pm at **North Bar Tea Rooms, 41 North Bar Within, Beverley, HU17 8DG.**

## Cornucopia Music and Arts Festival Special Offer

**Escape to Cornucopia Festival at Burton Constable Hall for the weekend! You can sample live music and dance from Africa, India and Spain or enjoy everything from blues to jazz to folk on two large indoor stages on 23rd-25th September.**

There's comedy, theatre and well-being and loads of stuff for kids large and small. There's food and beer outlets and camping at the coolest, quirkiest festival ever! **Just Beverley** have a special offer for readers! Quote **JustBeverley** when booking tickets online or by telephone and you will get a **FREE drink token** with every ticket. From personal experience, Cornucopia Festival Ale, which is soon to be nationally available is well worth sampling, but you can spend your free ticket on any beverage you wish. [www.cornucopiafestival.co.uk](http://www.cornucopiafestival.co.uk) or telephone **01377 217406.**



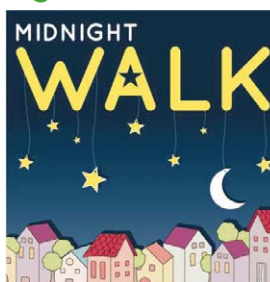
## Dove House Hospice Midnight Walk

**Ladies will be getting their walking shoes and trainers out for Dove House Hospice's popular (ladies-only) midnight walk on Saturday July 30th at 11pm.**

Walk for 8 miles round Beverley, celebrating 'Stars' who are still here and those who are no longer with us.

Every walker gets a t-shirt and goodie-bag, as well as refreshments and treats along the way.

Register at Beverley Memorial Hall from 9.30pm, ready for a warm-up at 10.30pm. Entry is just £15 with a commitment to raise £20 in sponsorship.



**dovehouse hospice**

caring for people with a life limiting illness

## Far Horizons International Kite Festival, Beverley Racecourse, July 30th and 31st

**As part of the Amy Johnson Festival, some of the world's leading kite-flyers and kite-makers will be coming to the Westwood to create an amazing spectacle of kites and synchronised musical sport kite routines.**

On the ground, there will be an exhibition of amazing and beautiful kites from different countries. Join in by flying your own kite or make your own. There will be trade stalls, a fun fair, Hull carnival Arts, entertainment, refreshments and picnic area.

Admission prices are £25 for a full weekend family ticket, £10 for adults, £6 for under 18s with under 3s free. There is free parking. Find out more at <http://amyjohnsonfestival.co.uk/whats-on/far-horizons-exhibition/>

## Get ready for a great night of cycling!

**Britain's elite cyclists will once again sprint through the picturesque streets of Beverley cheered on by thousands of spectators as part of a weekend long series of events.**

The 2016 event aims to build on the spectacular success of the last six years with what is now regarded as one of the most popular and eagerly anticipated town centre circuit races on the British Cycling calendar.

Along with elite cycling is men's support racing and women's racing. This event is usually shown on Eurosport TV. See our 2-page cycling special on pages 26-27!



## Inches celebrates 25 years helping people lose weight and improve mobility

**Yvonne Jones, owner of Inches, cannot believe where the last 25 years have gone! She says time flies by because she is helping people with their health and fitness - and also raising money for charity with the weekly prize draws.**

Yvonne originally opened the salon with sister, Michelle, who retired 3 years ago. Now Yvonne works with daughter, Neely. Skin Deep Beauty Salon is also based within the premises at 1, Norwood, Beverley.

Yvonne said: "The people who come here are from all walks of life. As the years have gone by, I find more clients are benefitting from gaining and maintaining mobility as well as losing weight. The future is bright for me, my clients and Inches." Just Beverley wishes Inches all the best for the next 25 years!





**EVERY THURSDAY AT 10.30am**  
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4 with drink and biscuits included. Aimed at 55s and over! (All films are subject to change).

**Thursday 7th July -**  
**The Jungle Book (PG)**  
**Bastille Day (15)**

**Thursday 14th July -**  
**Florence Foster Jenkins (PG)**  
**The Jungle Book (PG)**

**Thursday 21st July -**  
**A Hologram for the King (12a)**  
**Florence Foster Jenkins (PG)**

**Thursday 28th July -**  
**I Saw the Light (15)**  
**A Hologram for the King (12a)**

**MONDAYS @ 8.15pm**

More 'what is it' than 'whodunnit'

Fancy a film but not sure what you want to see? Then try our Mystery Movie Monday! You won't know what it is until it starts! It could be a classic you love or a gem you have never seen; perhaps even the first screening of an upcoming film.

The fun is in the discovery and it's only £4 per person. Look out for clues on our Facebook page and on Twitter @parkwaybeverley

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



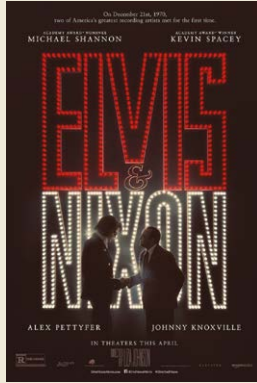
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*For more information contact the Box Office or come in store and speak to a member of staff*

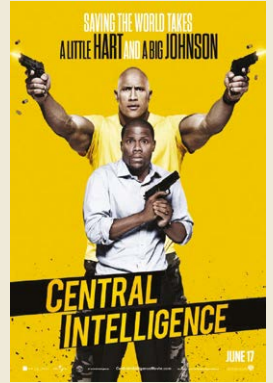
*These are the films that will open in July (subject to confirmation)*  
*Check out up-to-date cinema listings at [www.justbeverley.co.uk/cinema-times](http://www.justbeverley.co.uk/cinema-times)*



1st July



1st July



1st July



8th July



8th July



15th July



15th July



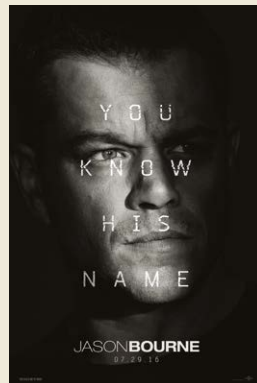
15th July



22nd July



22nd July



29th July



29th July

# YOUR NEW INDEPENDENT CINEMA



## EVERY SUNDAY AT 5.30pm

Films and documentaries from around the world for those with an independent spirit and inquiring of mind.

### Sunday 3rd July - **Learning To Drive (15)**

Director: Isabel Coixet

### Sunday 10th July - **Poor Cow (15)**

Director: Ken Loach

### Sunday 17th July - **90th Anniversary Screening - The Adventures of Prince Achmed (U)**

Director: Lotte Reinger

With live musical accompaniment in association with Beverley Puppet Festival.

### Sunday 24th July - **Remainder (15)**

Director: Omer Fast

### Sunday 31st July - **Tale of Tales (15)**

Director: Matteo Garrone

## Competition -

### Win a Secret Life of Pets Pack!

Universal Studios are offering a surprise pack to one lucky winner, to which Parkway Cinema Beverley will throw in a pair of tickets to any film, plus 4 pairs of runner-up tickets. The film comes out on July 8th. It's about Max, a spoiled terrier who enjoys a comfortable life until his owner adopts Duke, a giant and unruly canine.

Whilst out on a walk, Max and Duke meet a group of ferocious alley cats and end up in a truck that's bound for the pound. Luckily, a rebellious rabbit named Snowball swoops in to save them from captivity. In exchange, Snowball demands that Max and Duke join his gang of abandoned pets on a mission against the humans who've done them wrong...

To enter the competition, just answer the following question:  
**'Where does Max live?'**



Email your answer to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) by Monday 18th July, including your name, address and daytime telephone number. See page 2 for full terms and conditions.

## 'Beverley on Film' - Schools Screening

Did you know...

- ▶ On the site of the Parkway Cinema once stood the Beverley tannery?
- ▶ They used to build ships in Beverley and launch them sideways into the river?
- ▶ One of Yorkshire's early moving image pioneers was based in Beverley?

From road safety to sledging, market day to race day and Beverley's part in the war effort, this 'Beverley on Film' school screening is a one-off opportunity to look back at the historic town caught on film over the last 100 years.

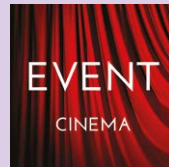
The footage will be specially curated and presented by the Yorkshire Film Archive to take pupils on a journey through Beverley's history on film. The screening will last approx. 75 minutes and will include rare footage of the town's industries, such as the leather production, shipbuilding and Armstrong's factory as well as captivating insights into the wartime fundraising for Spitfires and warships. Beverley at play will be another key theme with footage of the Beverley Youth Centre in the early 1970s, a day at the races, and pageants and plays at the iconic Beverley Minster.

'Beverley on Film' is a fascinating window onto the bustling market town, the events and celebrations that have taken place over the decades through the lens of both amateur and professional film makers like Ernest Symmons who also ran the Picture Playhouse.

Don't miss this chance to look back at the social history on your doorstep - you never know, the children might spot their ancestors on film!

Watch the 'Beverley on Film' trailer on the Yorkshire Film Archive website (from early June) for a flavour of what to expect. The screening is at 1pm on Thursday 21st July. To book please contact: The Duty Manager on **01482 968090**. Tickets are priced at £3.50 per child with accompanying teachers free. The screening is supported by the East Riding Museums Service who will be hosting a summer exhibition in the Guildhall from Friday 23rd July featuring much more Beverley film heritage.

Thanks to the East Riding Archives & Local Studies Service who are kindly allowing use of their film collection, now preserved at the Yorkshire Film Archive. Thanks also to Film Hub North for their support as part of the BFI Britain on Film Rural: Yorkshire project.



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.

## TICKETS NOW ON SALE

### Monday 4th July at 6pm -

**ST PETERS AND THE PAPAL BASILICAS OF ROME (TBC)**

### Thursday 7th July at 7.15pm -

**BRANAGH THEATRE LIVE: ROMEO & JULIET (TBC)**

### Thursday 12th July at 5.30pm -

**GLYNDEBOURNE: THE MASTER SINGERS OF NUREMBERG (TBC)**

### Sunday 17th July at 5.30pm -

**BEVERLEY PUPPET FESTIVAL: THE ADVENTURES OF PRINCE ACHMED (U)**  
With live musical accompaniment in association with Beverley Puppet Festival.

### Thursday 21st July at 1pm & 7pm

(Admission only £5) -

**BEVERLEY ON FILM**

A live presentation from the Yorkshire Film Archive

### Thursday 21st July at 7pm -

**ALAMEIDA LIVE: RICHARD 111 (TBC)**

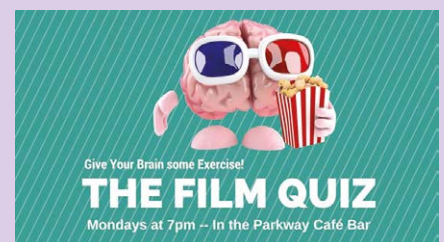
### Saturday 23rd July at 7pm and

Sunday 24th July at 3pm -

**ANDRE RIEU'S 2016 MAASTRICHT CONCERT (12A)**

### Tuesday 9th August at 7.30pm -

**GLYNDEBOURNE: BEATRICE ET BENEDICT (TBC)**



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

There are free film tickets for the winners!

# Beverley Building Society celebrates 150 years

A celebratory reception was held at Beverley Racecourse in recognition of Beverley Building Society's 150 years of serving the local and national community.

A raffle was held to raise funds for the Society's charity of the year, Duchenne Muscular Dystrophy.



## King's Head Head Chef selected for prestige training

**James Atkinson at The King's Head has just experienced a training course like no other.**

He was selected from the 32 Revere Pub Company Head Chefs to work with Michelin-starred Chef Paul Ainsworth of Paul Ainsworth at No 6 in Padstow, Cornwall, and his Head Chef at Rojano's in the Square, Paul Doddy!

James spent one day working with Paul Doddy at Rojano's in the Square looking at presentation and service, particularly of the delicious pub fare which The King's Head is so good at - pastas, pizzas and burgers.

On day 2, James was in the company of Paul Ainsworth himself, learning to cook and present three of the new dishes which Paul has created which will be featured on the King's Head and other Revere Pub Company hotels' autumn menu when it is rolled out in August.



The new dishes are Wild Mushroom Tagiatelle with Truffle Oil; Chicken Breast cooked with Potatoes and Carrots in Beer Yeast Butter and Pavlova to share with Great Summer Fruits.



James said: "This has been a great experience! It was really hard work, but a thoroughly enjoyable experience working with two of the country's top chefs!"







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# Starting a new business – how to get it right!

**Every month, Just Beverley features new businesses or businesses which are new to Beverley and the surrounding areas. Every business has to start somewhere, but organising how the business is structured can be a minefield!**

Everyone is keen to give you advice, which is always well-meaning, but not necessarily right for you! So it's very important to consider the options and get the detail right from the very beginning. Working with the right people also frees up time for you to do what you do best – running your business!

Selecting a good accountant is probably one of the most important decisions you will make. New businesses need support to ensure all tax registrations and deadlines are dealt with in a timely manner. If you need finance, then having a good business plan and cash flow forecast will be essential. You should be realistic with your forecasts – it's great to be optimistic but businesses take time to get established and grow.

The most successful businesses are those which generate repeat business, but that's not to say that other businesses cannot be winners although getting your pricing structure right can be crucial. The other important consideration is whether you will operate as a sole trader or as a limited company. So what is the difference?

A limited company provides more security and better protection in the event that anything goes wrong. There are tax advantages to operating

operating as a limited company but not so many as in the past. A limited company is responsible in its own right for everything it does – any profit is owned by the company, which it can share to its shareholders. Preparing your tax return if your business is registered as a limited company is quite complicated and can be expensive.

A sole trader business is less regulated and therefore, cheaper to run. It is also much simpler to prepare a tax return. This may be considered as a good starting point, particularly if you're unsure of whether the business will be viable. A sole trader business does not mean that you cannot employ staff, it just means that you run your business as an individual and keep the profits after you have paid tax on them.

If trading as a limited company, accounting systems can be a sound investment! Your accountant can advise on the best system for you. Cloud packages such as Zero and Quickbooks Online are excellent choices and enable you to work on your finances from any location; they also enable your accountant to access your records easily and help out with the work load if needed. However, if this isn't for you then make sure you keep it simple and organised – a simple Excel spreadsheet can often be sufficient, especially if you are a sole trader.

One of the worst things you can do is start trading and spend all of your income without considering what your tax liabilities may look like. This is where a good accountant can assist and give you an idea of how much to put to one

side for the inevitable tax bill. There are things that you can do to minimise your tax liabilities such as making pension contributions and purchasing fixed assets at the right time and tax breaks which your accountant can ensure you know about which may benefit your business such as Research and Development relief of up to 225%.

Registering for VAT and PAYE at the right time is crucial as any late registrations can bring large fines. If your turnover in the past twelve months has exceeded £83,000 then you must register for VAT.

If you are thinking of setting up a business and would like to discuss it in more detail, why not give Gareth Botterill a call on **01482 862240** or email **gareth@botterillco.co.uk**. Gareth has experience of working with businesses large and small and, indeed, was a new business himself once!



## Botterill & Co

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

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- Bookkeeping & VAT

**For a free initial consultation please contact us:**

**Office: 01482 862240**

**Mobile: 07966 051458**

**Email: [gareth@botterillco.co.uk](mailto:gareth@botterillco.co.uk)**

**Website: [www.botterillco.co.uk](http://www.botterillco.co.uk)**

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

Do you want to **PROTECT YOUR PROPERTY** for inheritance and make sure it passes on to your children?

It may not be as simple as it seems.



**CALL JENNY FOTHERGILL NOW** for **FREE** initial advice and to arrange a no-obligation **HOME VISIT**.

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[www.apslegalbeverley.co.uk](http://www.apslegalbeverley.co.uk)

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Legal & Associates

# Student research helps inform council services

**Young people from East Riding College have used their research projects to help shape local authority services in the region.**

The students gathered feedback from hundreds of learners about travel and mental health issues before presenting their findings to East Riding of Yorkshire Council's Children and Young People Overview and Scrutiny Sub-Committee.

Tom Newton-Howe, 17, said: "It was a great experience to be involved in this project and to be asked to present our findings to the committee.

"Our fellow students at the College were keen to give their opinions on travel and mental health issues and we really felt that the councillors listened to what we were telling them."

Paul Smith, assistant director at the College, said: "The students did an excellent job of pulling together the responses from their fellow students and presenting them to the council's scrutiny committee.

"The amount and quality of feedback they received meant that what they have presented to the council genuinely represents the views of young people on these two very important topics."

Councillor Kerri Harold, chair of the scrutiny committee and a Beverley councillor, said: "I was astounded by the excellent work and the quality of the students' presentations. They had clearly taken the time to research and consult their peers and the outcome of the process was testament to the hard work put in by all concerned.

"It was a pleasure to have worked with the young people and I hope we can use this opportunity to strengthen the links between the Children and Young People Overview and Scrutiny Committee and the College."

The project was initiated in October when the council approached the College to undertake a research project for the scrutiny committee.

Fourteen students, who are studying for health and social care and sport qualifications at the new campus in the Flemingate Centre, Beverley, met with councillors to decide which subjects to research.

They carried out a travel survey, which more than 280 students completed, looking at issues such as methods of travel, cycle and bus schemes, and the costs of parking.

They also developed a mental health tutorial with case studies and opportunities for feedback which was presented by tutors to more than 460 students.

Findings from the surveys and tutorial feedback were then presented to the committee at County Hall by Tom Newton-Howe, 17, and 18-year-olds Zoe Graham, Lewis Young, Saffron Parker and Lydia Stebbing.

For more information about East Riding College, visit [www.eastridingcollege.ac.uk](http://www.eastridingcollege.ac.uk) or call **0345 120 0044**.



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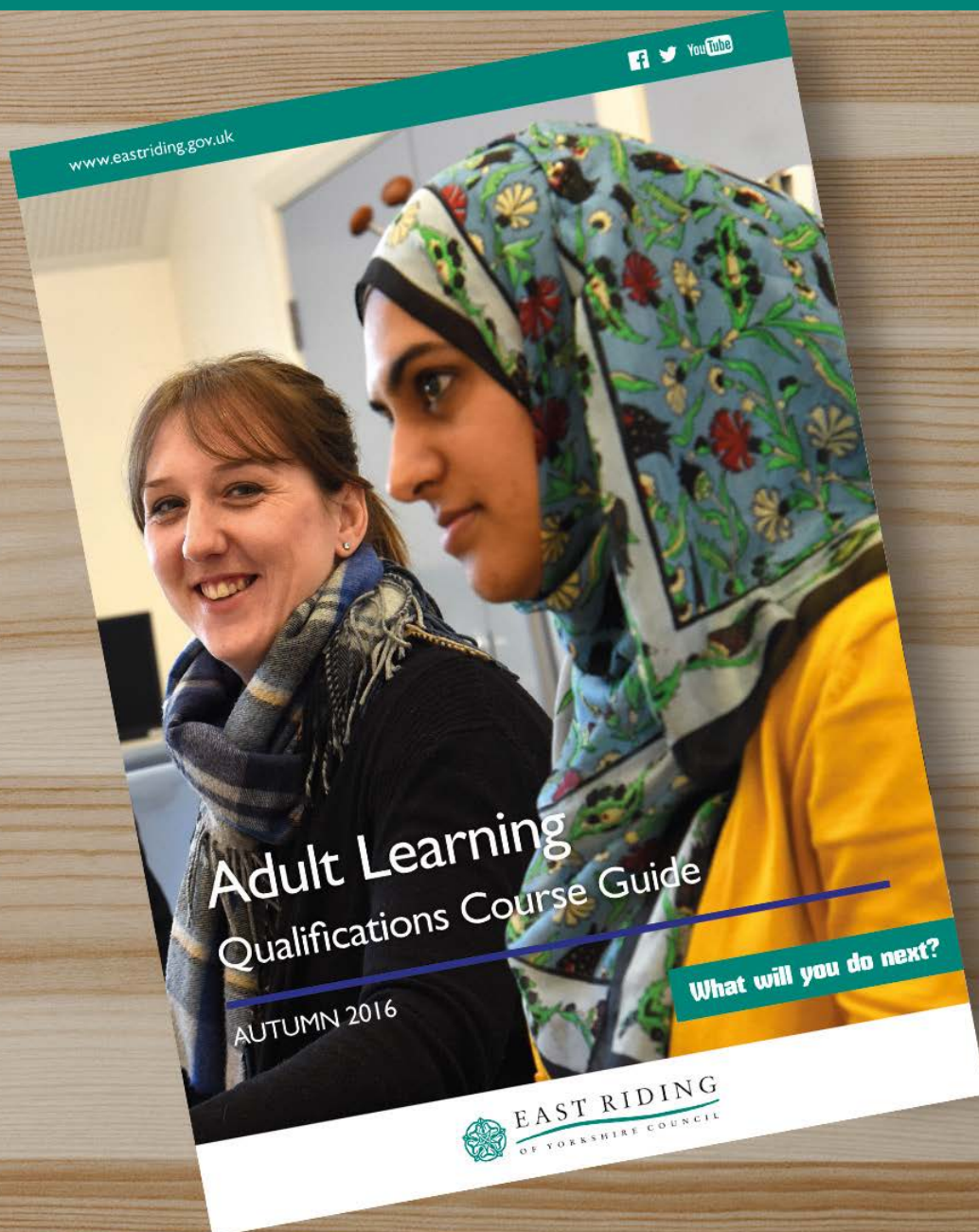
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# Adult learning Autumn course guides out now

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View new courses at  
[www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn)

**What will you do next?**



# There's never been a better time to sign up to an adult learning course in Beverley

**East Riding of Yorkshire Council's new adult learning course guides are out now. Aimed at people aged 19 years and over, the course guides have plenty to offer people living in and around Beverley. Whether you are looking to improve your skills, gain new qualifications, or learn something completely new, there really is something for everyone.**

Starting in September we have courses on offer that can help you to improve your IT, English and maths skills as well as our most popular courses including counselling, mindfulness, teaching assistant qualifications and photography. If you fancy learning a brand new hobby or skill we also have a wider range of pottery, art, crafts, creative writing and dressmaking courses on offer.

You can pick up a copy of our new course guide any East Riding adult learning centre, library, leisure centre or customer service centre. Alternatively, download a copy online at [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn).

To book a place on a course you can book online, call **(01482) 887670**.

For details of a centre near to you visit [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn).



Photography is a popular course at the adult learning centre in Beverley. The centre offers a full range of courses for all types of learners.

**NEW for September 2016.** New adult learning centre set to open in Burden Road Beverley. At the heart of the local community, and based at the site of the former youth centre, the new adult learning centre will help local Beverley residents to improve skills to get a job, get a new qualification or take up a new hobby.

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**DOMESTIC INSTALLER**

# Emily Barrett Tea Rooms

**Who is Emily Barrett? Well, that would be telling! Owners Steve and Donna Page are certainly not letting on as they foster a little mystique as to who she is! But there is no mystique as to this lovely new café in the middle of Beverley, where everything about it exudes quality.**

The transformation of the tearoom has involved local craftsmen who have insulated the building so that it retains the heat generated by the kitchen, refrigerators, coffee machine and people. The furniture was supplied locally and painting and decorating done by Steve and his

family in traditional English colours to evoke feelings of calm.

There are quirky twists, such as the old 45 records decorating the walls and the vintage-style music played with an up-to-date

vibe and a library of books to be read whilst you drink your loose-leaf tea or original-blend caffeinated or decaff coffee.

There is a challenge - if you can finish a book before your coffee goes cold, you can keep it! Visitors are very welcome to bring their own newspapers in to read - or to donate any of their own books for the library when they have finished them. Every ingredient in the café is locally-sourced and every cake, quiche and piece of bread made by hand, often to Steve's own recipe.

The menu at the moment is therefore quite limited, but the dishes are full of flavour and totally delicious!

Steve said: "I am working on a sourdough bread at the moment which does not contain added yeast which I can use in the future as the starter for all the breads. I have a qualification in baking and love making bread as it is a dying art - apart from the fact that I have to get up so early! But the flavour and quality of properly-baked bread is worth the time it takes. Our tea-cakes are particularly popular as they are so tasty."



Steve is running the tearooms as an eco-friendly establishment so the soup-of-the-day and the quiche are meat-free - but there is something for all tastes. The menu is evolving and they are very pro-active to requests. Afternoon teas are already popular as Steve has an alcohol license until 5pm - surprise



afternoon tea parties are currently en vogue! Steve and Donna are big fans of Enid Blyton and love the idea of afternoon tea with egg-sandwiches, cake and lashings of ginger beer.

As well as Steve and Donna and their son and daughter, apprentice Thomas is an integral part of the team. Steve is very keen to upskill all of the staff, too.

Courtesy and good manners can make all of the difference, so visitors are acknowledged as soon as they possibly can be when they walk through the door. In a world where etiquette seems to have taken a back seat, Emily Barrett Tearooms has it in plenty!

**Emily Barrett Tearooms, 1 Butcher Row, Beverley HU17 0AA. Tel: 01482 862294. Facebook: /Emily.Barrett.Tearooms Twitter: @EBTearooms**

# Fresh Hair and Beauty

**The beautiful little salon situated between Flemingate and Wednesday Market at 2a Railway Street is the dream-come-true venture for co-owners Janette and Angela.**

They are well-known in Beverley and have been waiting for the right premises to become available to set up their own shop which would satisfy their established clients and attract new ones.



They therefore snapped up No 2a when it came onto the market! With a fresh new logo and fresh ideas, Fresh Hair and Beauty delivers a full menu of hair and beauty expertise. Colours, cuts and perms are the

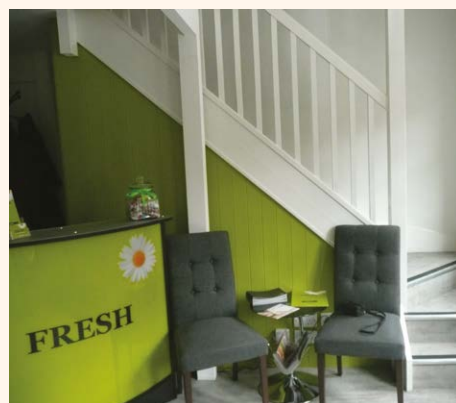
domain of Janette and Angela while Sue looks after the beauty side of the business - spray tans, nail enhancements, waxing, manicures and pedicures and facials.



Sue uses Eve Taylor of London beauty products as they are based on natural and aromatherapy ingredients, match the natural pH of the skin and are not tested on animals.

If you are looking for a new hairdo or some pampering, why not visit Fresh Hair and Beauty for a fresh, new you!

**Fresh Hair and Beauty, 2a Railway Street, Beverley. Tel: 01482 870875. Facebook: /Freshhair2a**



# Monday afternoon socials for the fun-loving young-at-heart!

Armstrong Social Club is the place to be for the socially-minded not-so-young who are young-at-heart! Tea Dances alternate with bingo afternoons, although Tea Dancers also manage to squeeze a game of bingo in, too!



The Tea Dances, which are organised by volunteers Paul and Sue Coleman, also raise funds for Alzheimer's Society. They hold raffles which this year, along with the Club's Easter Egg Tombola and recent Summer Band Night, has raised £925.00! The next Tea Dances are on Monday 11th July and Monday 25th July from 1.30pm - 4pm. On Monday 22nd August, there will be a Tea Dance Special with live music from Gary Cole, priced at £3.00. Cash Bingo afternoons, which are for over 18's only, are scheduled for July 4th and July 18th. Tickets are only £1 each, or 6 for £5. There will be a Summer Special on August 15th with FREE ice creams!

Both the Tea Dances and Cash Bingo afternoons are fun and friendly. There is a warm welcome for anyone who goes along. The bar is open, bar snacks and refreshments are available. If you require transport, why not give Beverley Community Lift a ring to see if they can help on **01482 868082**.

# Legal Q's and A's

Every month, Just Beverley invites a local team of legal experts to answer a question to which we don't know the answers.

This month concerns intestacy...

Going by the rules:

**Q. My sister died two years ago and her husband died four months later. Neither had made a will and their house and a considerable sum of money all went to my bother-in-law's family. Could I have contested this at the time?**

Coles the Solicitors have provided the following response.

**A. No. If people do not make wills then their money and possessions are dealt with under the intestacy rules. If your sister had outlived her husband, their house and money would have been distributed among her family (you), and your in-laws would have received nothing. Since your sister died first, her estate went to her husband under the intestacy rules and on his death, everything went to his family under the same rules. It is not possible to contest the intestacy rules.**

If you have a question you need to know the answer to, why not give **Coles the Solicitors** a call?

In life and death, they are here to help, in the very heart of Beverley. They are based at 22, Lairgate, Beverley HU17 8EP, telephone **01482 231300**.

Check out their website [www.coles-law.co.uk](http://www.coles-law.co.uk)

# You spend a third of your life in bed - so get the right one for you!

Everyone feels better after a good night's sleep! It doesn't matter how old or young you are, or what you are doing during the day, sleep is necessary to rejuvenate and refresh us. As we get older, we need less sleep - but 7 hours uninterrupted slumber is probably the optimum.

Snuggling up in bed is one of the greatest pleasures in life, especially if the bed is the right one for you. But an old, saggy, too hard or too soft bed could mean that your bed doesn't give your torso the support it needs, so you wake up with back-ache or worse.

You might not consider buying a bed or mattress from a mobility shop unless you are of limited mobility - but the variety of beds and mattresses which are available is extensive. Beds and mattresses are made of a variety of different materials, sizes, depths and firmness to give you support where it is needed and ensure you are not too hot and not too cold.

Beds can be static, adjustable via electronic buttons, let-down from store-cupboards or pull-out from a sofa. The mattresses used on electronic beds are usually thinner (6" deep) than mattresses on static bases which are a minimum of 8" deep. Mattresses for sofa beds are let-down beds are thinner still - often 2"-4". Latex foam is the perfect material for thinner or bespoke size mattresses as it can be made to size to suit your base.

Mattresses are also available with springs, memory foam or wool as well as latex foam, or a combination of all four. Beds are generally good for 10 years before they need replacing, but need replacing more often for bed-bound people.

You can cope with whatever life throws at you after a good night's sleep! If you are after a new bed or mattress, why not call in at **Allmobility, 110/112 Walkergate, Beverley** or call on **01482 887799**.

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**Shop open Mon - Sat 10.00am - 4.00pm**

## New openings in Flemingate

Following on from Peacock's 7,100 sq ft store which opened in June, fashion brand River Island is due to open a 10,066 sq ft store in mid-August. Both are new to Beverley and reflect Flemingate's strategy of creating an offer which complements and adds to what is already available in Beverley.

Charlotte Watkins, Peacocks marketing manager, said: "Flemingate's attractive retail and dining offer, combined with the charm of Beverley as a town, created an extremely desirable location for us to launch a new store. It forms part of our ongoing plans to secure promising new sites and we are keen to embed ourselves as part of the Flemingate experience, appealing to local and regional shoppers spending the full day out at this flourishing destination." Gourmet Burger Kitchen is also due to open this month!



## Flemingate Shuttle Bus to extend its route to Far Horizons Kite Weekend on July 30th

The Flemingate Shuttle Bus which runs every Saturday throughout the year linking Flemingate, Wednesday Market, North Bar and The Town Centre will extend its route on the weekend of July 30th to take in Beverley Racecourse which is hosting the Far Horizons - International Kite Weekend.

There will be spectacular kite-flying displays from around the world, including breath-taking artistic creations and synchronised musical sport kite routines.

A Day of Discovery and Dance featuring Green Ginger Garland Dancers, Makara Morris, Tatterfoals and Beverley Garland Dancers is to visit Flemingate on Saturday July 9th from 10.30am-11.30am before setting off into deepest East Yorkshire!

## The Teenage Market brings in the crowds

**Beverley's first Teenage Market was held at Flemingate on June 5th. Over 6,500 people attended to enjoy the entertainment provided by local artists, including Scunthorpe-born Jake Quickenden, and purchase the wares which 15 entrepreneurial stall-holders had for sale.**

Just Beverley was so impressed by the high standards achieved by these young people, that we have chosen to highlight two of them, one entrepreneur, one entertainer. Both are Beverley residents and both, we think, have bright futures.

**SaRaw's Food** was located just in front of Parkway Cinema. The food on offer was vegan, produced using uncooked vegetables, fruits, nuts and seeds and carob. There were salads and meal-trays and the most delicious chocolate energy balls you could ever wish to taste. The incredible thing about all this is that the stall-holder, Sarah Clayton, is only 13 years of age (her Dad was supporting her on the day) and she had made all of the dishes herself in her Mum's kitchen.

Sarah decided to become a vegetarian in January. However, a visit to see her vegan brother in Bristol convinced her to change her lifestyle to reduce the damage a meat-and-dairy-filled diet does to the planet and to the animals we get those foodstuffs from, and to help her become healthier. In 5 short months, she has already seen the benefit of eating a raw, wholefood diet and eliminating processed and animal-based products from her life as her eczema has cleared up.

Sarah told **Just Beverley**: "As a nation, we are encouraged to reduce CO2 production from the use of fossil fuels but each cow releases between 70 and 120kg of methane per year; methane is 23 times

more damaging to the climate than CO2. Every cow needs grazing land so tropical rain forest and other land is cleared of trees which further contributes to global warming. Cows contribute about 20% of the emissions which contribute to global warming. If we stopped eating beef and drinking milk, we could significantly reduce our carbon footprint."

Sarah's initial prime objective is to promote a vegan and raw-food lifestyle. 5 of her friends who attend Beverley High School with her have already gone vegan. She is being supported in this by Amy Levin, the world's leading raw chocolatier, who was so impressed with Sarah when she attended one of her raw cooking schools, that she has offered to mentor her.

Eating raw foods ensures all the vitamins and minerals are available for absorption the way nature intended. Eating organically-grown soya, nuts, seeds, quinoa, tempeh, buckwheat and hemp ensures availability of all the essential amino acids the body needs.

Sarah has also designed a t-shirt promoting veganism which is made of organic cotton. It will be available in almost any colour you can think of for £15.00 once Sarah's website has been launched or you can send her a message via her Facebook page.

The t-shirt will also be available from the Hull Vegan Festival which is held in Hull on September 17th. In the future, Sarah is looking forward to taking bookings to cater for events or supplying vegan food as gifts. Those chocolate energy balls would make great presents!

[www.facebook.com/sarah.clayton.77398143](https://www.facebook.com/sarah.clayton.77398143)

## Jack Parker - Jake Quickenden's warm-up act!

**Jack had the unenviable task of following Jake Quickenden's amazing set at the Teenage Market, yet few people drifted away. Why? Because this young man has an incredible stage presence and is able to hold audiences in his own right.**

He was so popular, he also played at the Sheffield Teenage Market and has been booked to play at The Teenage Market in Leeds on July 2nd!

As Jack said: "It was a really good gig; there was quite a buzz around when I took the stage after Jake and I didn't really lose many people. I jokingly said to the audience I would be happy to sign autographs at the end and guess what? People were coming up asking for my autograph! Unfortunately, I didn't have any of my albums with me as I had sold out or else I might have done quite well with them."

Jack sang several of his own-penned songs from his album 'Love Like Her' as well as some covers. 'Love Like Her' is Jack's first album (he is 19 in July).

The standard edition has 12 tracks; the deluxe edition has 18. It was recorded in a converted store room at Bridlington School which Jack used to attend - he is currently studying for an HND in artist development at East Riding College. Both versions are available from his website [www.jack-parker.co.uk](http://www.jack-parker.co.uk) for £5 or £7, as well as from Amazon. Various tracks are also available as downloads from iTunes, Spotify and SoundCloud.

Jack is a member of The Westwood Sessions and would love to be a full-time musician, having 'got the bug' playing at Beverley Folk Festival, Costa del Folk and other gigs over the past few years. However, he realises that, despite all the accolades and bookings he is currently enjoying, it might be a good idea to have something to fall back on, just in case that big break doesn't come his way. So he's thinking of going to university to train as a music teacher.

Jack has also got experience in stage management. This year, he and fellow Westwood Sessions artists, Josh Wolfsohn and Ben Cook, ran the outside

stage at Beverley Folk Festival, programming the entertainment, introducing the acts and making sure all ran smoothly. The weather wasn't as kind as it could have been, but there was a good, appreciative crowd especially when the sun shone! If you haven't managed to catch Jack yet, he will be playing Humber Street Sesh, Tribfest, Yorfest, Hornsea Carnival and Cornucopia Festivals. Do listen out for him - or buy an album; you won't be disappointed.





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To help us celebrate the opening of our Flemingate Store, this voucher entitles the holder to **10% off** their next Baytree purchase.

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**10%  
OFF**



This voucher entitles you to a **free Coffee** with every purchase of an Artisan Sandwich from Flemingate's favourite Deli.

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Introduce your friends to Guest and Philips at Flemingate and you'll all receive **10% off** your next purchases with this voucher.

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**10%  
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Take this voucher to Riva Lounge and Café Bar at Flemingate Beverley to receive a **Hot drink with a choice of Chocolate absolutely free** until July 31st 2016

**T&C's Apply.** Vouchers have no cash value and cannot be exchanged for cash. Vouchers must be used by the specified expiry date and will become void after this date if not used. One voucher per person max. Not to be used in conjunction with any other voucher

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WITH A CHOICE  
OF CHOCOLATE**



The Flemingate Trespass Sale is on. This voucher entitles you to a **further 20% off the existing 50% Sale price** for a strictly limited period

**T&C's Apply.** The voucher allows an additional 20% off of the current selling price of the item including those in 50% off sale. This voucher can be redeemed against any Trespass branded product. Non-Trespass and clearance items are not included. This voucher is valid in Trespass Beverley only. The management reserve the right to withdraw or refuse this offer at any time.

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# Yorkshire Soap Competition



For your chance to win a £50 hamper of Yorkshire Soap Goodies (pictured on the right), just answer the following question:

**Where is Yorkshire Soap Company's shop located in Beverley?**

Send your answers by email to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) by Monday 18th July. Include your name, address and daytime telephone number. Usual Just Beverley terms and conditions apply (see page 2).



## Lunch Time Menu Now Available

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Mon - Thurs: 5.30pm - 11.30pm  
Fri - Sat: 5.30pm - 12am  
Sun: 5.30pm - 11pm

## Indian Apricot Desert Recipe



This is a traditional desert from Hyderabad, which is very easy to make, unlike many Indian puddings!

- 500g soft dried apricot
- Warm water to soak the fruit
- 4 cloves
- 2 star anise
- Lightly whipped cream
- 2-3 tbsp. toasted pistachio nuts crushed to garnish

### Method:

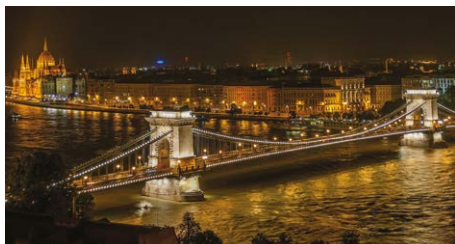
Soak the apricots in the warm water, cloves and star anise for 4-5 hours or overnight, so that they become soft. Drain the water, keeping 1 cup aside with the cloves and star anise for cooking. Cook the apricots with the cup of water, cloves and star anise over a low heat for 20 minutes or so.

Serve warm with the whipped cream and toasted pistachios sprinkled over the top.

# OneWorld Travel - Spotlight Budapest

***Split by the Danube into the West and East banks of Buda and Pest, the Hungarian capital is quickly joining the likes of Paris, Barcelona and Venice as one of continental Europe's best city break destinations.***

The famous Széchenyi Chain Bridge connects these two banks; however, it is much more than just a means of getting between the two. Designed by English engineer William Tierney Clark, the bridge was originally built in 1849, however only the pillars remained after its destruction during the Siege of Budapest in World War II. The bridge is just one of the city's top architectural attractions, which also include the outstanding Parliament building and the Buda Castle.



The Buda castle can be found within the historic streets of Buda, an ideal place to spend the daytime hours. Make sure to stop at one of the city's many cafes for a traditional lunch of Goulash (Gulyás) and Hungarian beer.

Evenings should be spent in the cosmopolitan Pest, so you can enjoy some of the best bars, restaurants and galleries in Eastern Europe. 'Ruin Bars' are trendy drinking establishments that occupy formerly derelict buildings and courtyards

and can be found all over Pest - an absolute must in the evenings of the warmer summer months.

Budapest has four Michelin-starred restaurants - and unlike the UK, a main course at one of these establishments will probably cost you less than £10.00.

If you like to sample local cuisine on a more informal level, a visit to the Great Market Hall will present you with a wealth of culinary delights. A Dinner Cruise sailing on the calm waters of the Danube River is ideal for those looking for a

memorable experience when visiting the city for a special occasion. A visit to Budapest wouldn't be complete without a trip to one of the city's thermal baths - the Széchenyi Thermal Bath being one of the more popular options.

There are around 125 thermal springs within the city itself - more than any other capital city in the world, and bathing in these warm waters has been a part of everyday life for many years. If you're the sort of tourist who likes to live the local culture, then a game of Chess whilst having a dip is a must.



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## Water softeners remove existing scale build up

**To understand the scale-removing process, we must understand the process whereby the water becomes hard in the first place.**

Water falling as rain is soft, then in our area particularly, it soaks through various layers of rock, slowly dissolving hardness forming minerals, mainly calcium and magnesium, which eventually make the water hard. The water then is pumped into the public supply and then into your home, where, over time the hardness minerals are gradually deposited.

It may seem strange that the compact softener in the kitchen cupboard can remove limescale in the shower upstairs, or from the coil in the hot water cylinder, but it does, efficiently and gradually.

Don't worry, great lumps of limescale don't drop off and float around the pipework, rather, the soft water created by the softener gently dissolves the calcium and magnesium hardness minerals that make up the scale, leaving the pipework free from scale after a few months.

Most importantly the softener keeps on protecting the pipes, tanks, shower heads, taps, cylinders and expensive appliances 24 hours a day, for years to come.

The advantages of softened water don't end there however, with softened water there are no more crusty taps or blocked shower heads to deal with, not to mention the water marks on shower screens sinks, taps and surfaces, cleaning is much easier. Heat exchangers and appliances such as washing machines are more efficient, cost less to run and last longer, with fewer repairs and failures. But the greatest benefit, as anyone who has a softener will enthusiastically tell you, is the sheer luxury of bathing or showering in beautifully softened water, even the towels are softer.

For more advice and information, call Dave Parry at Greens Water Systems on: **01482 351769** or call in at 647, Anlaby Road, Hull, HU3 6SX (please phone to check opening hours).  
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## In the garden...

**During July, the garden should be looking at its' best. There will be plenty of colour throughout the garden, with shrubs and perennials providing this in the borders and your baskets and containers should be overflowing with blooms.**

Scent can be found from jasmine and honeysuckle - I just love their fragrance as it hangs in the evening air. That said, my all-time favourites are the sweet pea and roses for their fragrance, to me they epitomise summer.

In the vegetable garden you should be reaping the rewards of your endeavours earlier in the year. Soft fruit (strawberries and raspberries) will need picking regularly as any damaged or deteriorating fruit left on the plants can attract mould and slugs!! Mine get picked very regularly and eaten 'on the hoof' when I'm passing them in the garden. Pick courgettes when they are young and tender, early potatoes should be ready to harvest and towards the end of the month onions, shallots and beans will be ready to harvest.

Work in the garden during July is about maintaining the status quo than anything else. If you can, work in the garden early in the day or in the evening, avoiding the midday heat and sun.

### Tasks for July...

- **Mow the lawn** - in dry spells don't cut it so often, raise the blades on the mower and leave the clippings on the lawn, all this will help retain moisture.
- **Water wisely** - I know we all like a lovely green lawn but watering your lawn is not necessary. When rain does fall, the grass will spring back and look lush again almost instantly.
  - Containers and hanging baskets will require watering on a daily basis and apply a liquid feed once a week.
  - Most established trees and shrubs will survive quite long spells of dry, hot weather. But water any newly planted shrubs and trees - give them a good soaking, it's better to give a few a good soak in rotation than all of them a little water each day.
  - Vegetables will need regular watering, otherwise they will certainly bolt and start producing seeds, making them inedible.
- **Pest Watch** - with warm weather and (inevitable) showers pests and diseases can breed and develop rapidly, so keep a very watchful eye and deal with them as soon as you spot them.
- **Plan for your holidays** - make sure everything is 'ship shape' before you go and book a friendly neighbour or relative to come in and water and harvest the produce.
- **Dead head** - do this religiously, it encourages more flowers to form and prevents flowers from setting seed too early.  
...and finally, take a look around the garden and make a note of plants that you may want to move - perhaps the colour combinations are not ideal or a plant is just not in the right place. You can then make the changes in the autumn.

## Happy gardening, J.

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



## Understanding ISO - A Beginner's Guide

ISO is one of three important factors in photography, the other two being Shutter Speed and Aperture (which we have talked about in previous issues).

### What is ISO?

In basic terms, ISO is the level of sensitivity of your camera's sensor to the available light. The lower the ISO number, the less sensitive it is to the light, while a higher ISO number increases the sensitivity of your camera. With increased sensitivity, your camera sensor can capture images in dimly lit environments without having to use a flash. However higher sensitivity comes at an expense - it adds grain or "noise" to the pictures, you also lose detail and at very high ISO settings images can seem blurry and have less colour detail.

ISO numbers start from 100-200 (Base ISO) depending on the camera model, and increment in value. ISO like shutter speed and f-stops are described as stops. A typical ISO sequence is: 100, 200, 400, 800, 1600, 3200, 6400 etc. (some cameras also have 3rd stops in-between) The important thing to understand, is that each step (one full stop) between the numbers effectively doubles the sensitivity of the sensor. So, ISO 200 is twice as sensitive as ISO 100, while ISO 400 is twice as sensitive as ISO 200.

Lets pretend, the scene you would like to photograph is in low light and your camera is telling you that to get the correct exposure your settings need to be:

ISO 100 - Shutter Speed 1 second - f stop 2.8

With a 1 second shutter speed you're going to get blurry images while hand holding the camera, by doubling the ISO your shutter gets faster, (use the information below as a guide). So for our example upping your ISO to 6400 will give you a faster Shutter Speed so you can get the shot without blur.

### ISO Speed Example:

ISO 100 = 1 second

ISO 200 = 1/2 of a second

ISO 400 = 1/4 of a second

ISO 800 = 1/8 of a second

ISO 1600 = 1/16 of a second

ISO 3200 = 1/32 of a second

ISO 6400 = 1/64 of a second

I'm sure by now you can understand that by using the exposure triangle of Shutter Speed, Aperture & ISO correctly you can get correct exposure in pretty much any scene.

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# Soroptimist International Great Britain and Northern Ireland (SIGBI) - an inspiring organisation

**Soroptimist International - the name comes from the Latin for sister sororis linked with the word optimist - believes that education, empowerment and enablement will improve the lot of women worldwide.**

It is a women's only organisation, which currently has 90,000 members in 3000 clubs in 126 countries and territories.

It has membership of the UN and is actively consulted on issues such as domestic abuse, arranged marriage and how women prisoners are treated.

The Beverley and District branch enhances this mission by working through its local members to ensure women have an equal voice in this region as well as nationally and internationally.

Additionally, it raises £££s for women's charities to help improve their lot and uses the talents of members to advance the well-being of many groups of people, not just women.

The mission seems almost utopian in its objectives but the advantage for members is that this shared vision and joint working creates lasting friendships, increases skill-sets and improves capabilities.

Trish Porter is this year's Beverley and District President, Liz Hallett is Publicity Officer and Anne Lane is the Secretary; another Beverley resident, Pharmacist Liz Lyle is Yorkshire Regional President, chairing the 25 Yorkshire clubs.

Trish's charity objective this year is to raise money for the Da Vinci Robotic system at Castle Hill Hospital which is used to reduce the extent of surgery for

people suffering from colorectal cancer.

Previous fund-raising challenges have included buying gowns for ladies having mammograms at Castle Hill Hospital, supporting Community Nurses and sending cleaning products to Nepal to help with the clean-up operation after the earthquake and to York to help after the floods.

As Trish told **Just Beverley**: "Soroptimists have lots of business contacts who can mobilise help very quickly!"



Meetings are held on the 2nd and 4th Wednesdays of the month at the Conservative Club, Wylies Road, 7.30pm, with speakers alternating with business meetings.

There are national and international conferences and dinners which increases networks and friendship groups.

If you would like to get involved, please email [hq@sigbi.org](mailto:hq@sigbi.org) or go along to one of the meetings where you will be assured of a warm welcome.



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# East Yorkshire Climbing and Mountaineering Club

If you are into climbing, hill-walking, hill-running, mountaineering, cragging, bouldering, mountain biking or caving, East Yorkshire has limited appeal. The highest point is Garrowby Hill, Bishop Wilton Wold, at 807 feet above sea-level, which, although giving great views from the top, can hardly be described as a mountain!

And we don't have any caves to explore! But that does not stop members of this 60-year-old club from traveling further afield to experience outdoor pursuits which are challenging and exciting. It also means that there are great opportunities for weekends and weeks away but also for less-strenuous day-walks of varying grades, weekly meets climbing at Rock City in Hull and trips to pubs in Beverley and Cottingham.

Just Beverley was really excited to chat to the Club's Media and Publicity Officer, Beverley D'Arcy. It's not every day you meet someone which runs this kind of club, which enables people to achieve their wildest dreams!

Bev said: "There is a huge amount of experience in the club for people who want to expand their horizons and challenge themselves physically or learn new skills in the outdoor pursuits field. Our members range from 40-70 years, although we welcome anyone from 18 upwards. People wanting to climb must do an 'Introduction to Climbing' Course at Rock City for safety reasons but after that, they could be going on our next weekend trip, staying in a mountain hut and enjoying the vast outdoors".



"We are affiliated to the British Mountaineering Council so equipment and clothing is discounted - and we are covered by insurance. Some of the things we do carry a certain degree of risk, but not every member takes part in every activity.

"Our club photographer, for example, doesn't like climbing or doing anything too vigorous but he loves scenery!"

Bev said the day walks are a great introduction to the group.

The next one is on July 9th from Ravenscar Hotel and is billed as 'moderate to strenuous'.

Anyone who would like to join the group for this walk should give Bev a ring on **07900 034481**, complete the form on the website: [www.eycmc.org/contact-us/](http://www.eycmc.org/contact-us/) or join the new EYCMC Meetup group.



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## SPORT

# Beverley's elite cyclist Dave Shackleton and the Wilsons Wheels Team

**For anyone who is not involved in the world of cycling, watching lycra-clad riders on incredible cycles which may have cost thousands of pounds is an armchair sport!**

Cyclists seem to travel amazingly quickly, covering huge distances through beautiful countryside with hardly any effort until they reach one of those steep hill-climbs (which most people would give up on) when they do exert themselves to get to the top as fast as they can, cheered on loudly by spectators who come to watch man (or woman) and machine working in harmony.

It is therefore a real coup to have such exciting competitions come to Beverley. The Tour de France, Tour de Yorkshire and East Yorkshire and Beverley Elite Circuit Race Series are real crowd-pleasers when huge numbers of people get involved in welcoming the riders and their fellow team-members, cheering them on as they race and even getting on their own bikes!

But how do you get to be an elite cyclist? Just Beverley were delighted to speak to Dave Shackleton of Wilsons Wheels to find out! Dave has been cycling for about 15 years, inspired by the Tour de France. He joined the Hull and East Riding Road Club and became a member of British Racing which entitled him to a licence to race in competitive races to gain ranking points.

Beginning on the lowest rung as a category 4 rider, it took him 5 years to gain enough ranking points to rise through to category 1 status. A couple of years at category 1 level and by now a member of Hull Thursday Road Cycling he reached Elite status through racing in Criterium circuit races (round town centres, such as Beverley) and Road races.



When he bought Wilsons Wheels bike shop in Beverley 6 years ago, Dave set up his own race team. There are 10 riders, some at category 3-4, others at 1-2, with Dave at Elite. On Friday July 8th, Dave will be riding in the Elite Race. Some of his fellow team members will be in the Support Race (category 3-4); they are Nathan Wilson, Stewart Fraser, Matt Beaumont and Pete Smith.

Dave rides a Bottecchia as they are aerodynamic with lightweight frames. He trains and races on the same bike all year round, although in winter, he adds mud-guards! He races in competitions anywhere within a 150-mile radius of Beverley -



which means pretty challenging countryside!

However, the cycle race in Beverley is pretty challenging as the route includes a cobble section. Dave told **Just Beverley**: "Cobble sections are tricky. If wet they are particularly difficult as they are slippery. But even in the dry the bumps mean you lose traction - so you just have to pedal harder!"

So what is it that appeals to Dave so much about cycling? He said: "There is friendly rivalry in the cycling fraternity but everyone helps everyone else. It's easy to get started; there are plenty of different cycling clubs with riders at different levels and visitors just wanting a ride out to see how they get on are very welcome.

"As for July 8th - it will be a great night out for riders and spectators alike!"



## Beverley Breezers - the women-only, easy cycling club



**British Cycling set up their 'Breeze' rides 5 years ago to encourage more women to cycle for fitness and friendship. Cyclists turn up on all kinds of bikes - road, hybrid, mountain, even shopper bikes - for short rides with a cake and coffee stop half way round!**

It's very sociable and great for beginners and women who want to enjoy their surroundings at a leisurely pace. Nationally, 95,000 women have now taken up cycling.

Local Area Volunteer Co-ordinator, Val French told Just Beverley: "We have recently set up a club in Beverley as we have thriving clubs in Hull, Pocklington, Barmby Moor, Driffild, Brantingham and Cottingham. Each club has a 'Breeze Champion' who organises the rides and we are hoping we have found the perfect person for Beverley. At the moment, Beverley is looked after by my colleague, Julie Turner. She and I were recruited as volunteer organisers in 2011 and trained up by British Cycling. We have had great success in setting clubs up - but Beverley deserves its own Breeze Champion."

Beverley Breezers meet at Beverley Leisure at 6pm on Mondays. Val and Julie are most grateful for the support from East Riding of Yorkshire Council in helping them set up the rides. To find out more and to check out available rides, go to [www.breezebikerides.com](http://www.breezebikerides.com) or [www.goskyride.com/Breeze/Index](http://www.goskyride.com/Breeze/Index). Put in your postcode and click 'find'. Untick all the boxes except for the 'include women only' box to get a list of all local, women-only rides with their degree of difficulty.

Typical 'Breeze' rides are marked 'Easy-going' but more difficult rides are available as ladies get fitter and more adventurous! Sign up on the website and register for the ride you wish to go on so you are expected!

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# Meet Team Jadan-Weldtite's Captain, Victoria Hood!

Our fabulous front-cover this month is graced by Victoria Hood. Victoria is the inspiration and role-model behind the top Yorkshire women's ladies' amateur team, Jadan-Weldtite, who were this year invited to ride in the Tour de Yorkshire women's race. Spectators can see the Jadan-Weldtite Team, including Victoria, race on July 8th during the Jadan Press-sponsored Beverley Women's Cycle Race.

Victoria got the cycling 'bug' in 2013 when she decided to give it a go. Having been involved in other sports, she was already quite fit, but when she turned up for her first race, she was shocked to find she was cycling alongside elite cyclists! Unlike the men's set-up, there were no ranking categories after the age of 23. No wonder there was such a huge drop-out of female cyclists after their teenage years! So Victoria decided the best way forwards was to set up a ladies' team.



The first task was to find a sponsor. She approached Pam Wainman of Jadan Press as Pam's family have always been involved in cycling. Pam was more than happy to help Victoria get things off the ground. Victoria said: "Pam is amazing; the best sponsor we could have hoped for. She has helped us every step of the way, from the very beginnings when I arrived in her office with nothing but a

dream of helping bring more women into sport right through to today, racing against the best in the world. We are so lucky to be involved with such an inspiring woman."



The team has grown from 4 to 16 girls, who race in inner city competitions (as well as the Tour de Yorkshire) in the UK and Europe.

Some of the Youth (7-16 years) and Junior (16-18) girls have gone to the Olympic Development Academy and Jenny Holl has been selected to ride for Great Britain at the World Track Championships this year- so she will be racing in Great Britain colours as well as Jadan-Weldtite colours! Jadan girls dominated the podium at the Scottish Junior National Championships, too, taking 3 gold and

7 silver medals. Wow! Victoria is really proud that she has helped bridge the gap between amateur and elite and that ladies' teams and races are now developing countrywide.



As her team has progressed, so more sponsors have got involved, such as Weldtite, who has totally bought into Victoria's ethos and is equally passionate about the pathways being created for junior riders.

Foxy Rentals' Andy Tindall provides the team with a car; Victoria is most grateful for his generosity and commitment to helping them compete at such a high level. And then there is Vive le Velo bike shop in North Ferriby whose owner Ed Neilson claims to be Victoria's No 1 fan and couldn't be more proud when they win!

Victoria told Just Beverley: "All of our local sponsors are 100% behind us. To have ended up where we are in such a short space of time is tantamount to their help and belief in us. The next few years are going to be exciting and when they see our girls competing against the best in the world they can be proud knowing their support and belief helped them every step of the way." Everyone wishes Victoria and Team Jadan-Weldtite every success! Go along from 6pm on the evening of July 8th and give them a cheer!



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## SPORT

# Beverley Racecourse - the FUN venue for horse racing and more!

**Beverley has been holding racing fixtures at the fabulous race course since 1767. Year-on-year, the race course facilities have been developed so that going horse racing today is an event with something for everyone. Racing is attracting a wider audience nationally as the food and bar outlets and additional entertainment appeals to more people than just racing fans!**

Have you ever been to the race-course to experience what a race meeting has to offer? If not, there are 5 good reasons to get yourself along there in July!

### **Reason One!**

On July 1st, which might have been and gone by the time you are reading this, is the 'Party in the Pasture' night which, as well as horse racing, includes entertainment by The New York Brass Band, fire-breathers, a roller-skating dance troupe and face art.

Gates open at 4.30pm, the first race is 6.15pm with the last race at 9.15pm. The course looks stunning as dusk falls!

### **Reason Two!**

Saturday July 2nd is East Yorkshire's biggest racing Saturday of the year with fabulous racing and a vibrant atmosphere. It's so popular that at the time of going to press, Premier tickets were already sold out! There is live music from the Paradise Steel Band and Mardi Gras Jazz Band with the first race at 1.50pm.

### **Reason Three!**

Tuesday July 12th brings a full afternoon of summer racing. Bring a picnic, sample the delicious food in the various outlets and enjoy the spectacle of man and beast racing against the beautiful backdrop of Beverley. First race at 2.20pm.

### **Reason Four!**

Beverley Race Course's third and final evening race night of the summer is on Monday July 18th. This is not to be missed as this carnival-inspired evening counts down to the opening of the Olympic Games in Rio de Janeiro. Enjoy carnival floats with live drummers, Samba dancers, a wandering band, colourful face art and racing,

which is part of the Go Racing in Yorkshire Summer Festival. This will be a night to remember! Gates open at 4.30pm with the last race at 8.40pm.

### **Reason Five!**

Roll Up! Roll Up! Circus Raceday is an exciting new circus-themed meeting which is perfect for the whole family. On Tuesday July 26th you can enjoy circus skills workshops, funfair rides, candyfloss, circus-style entertainment and racing. Learn how to juggle, have a go on a unicycle or be a clown all courtesy of the internationally-acclaimed Greentop Circus of Sheffield. Gates open at 12 noon with the last race at around 5.35pm

Beverley Racecourse is the perfect place for everyone, from young professionals to racing stalwarts to young families. Picnic on the Hurn or enjoy the delicious fare served up in the new Attractions Restaurant or any of the other food outlets serving anything from burgers to bistro-style food. Enjoy champagne, cocktails or non-alcoholic beverages from a variety of bars and marquees. Enjoy the atmosphere, the racing and the view!

Find out more at [beverley-racecourse.co.uk](http://beverley-racecourse.co.uk)



## Tales from the Racecourse - A day in the weighing room

**The weighing room is the nerve centre of the racecourse. It's a sacred place with only officials, trainers, stable lads, jockeys and their valets allowed through the door. It's the control room where fair play is ensured before each race and after.**

There are all kinds of infringements that can result in cautions or bans for jockeys, such as taking another horse's ground, bumping into another horse, excessive use of the whip (a jockey may only use the whip seven times in the last furlong) or not trying. Stewards scrutinise every race, watching from all angles through binoculars and banks of cameras and ensuring that British Horseracing Authority's Orders and Rules of Racing are adhered to.

Overseeing the stewards is the Clerk of the Scales. He weighs the jockeys before a race, making sure they meet the weight shown on the race card. Jockeys who are too light may have to have lead weights added to their saddles so the horse is not at an unfair advantage. Jockeys are weighed back in again after the race as, in years gone by, jockeys have been known to throw out the lead weight! There is a 2lb leeway in case of rain. The Clerk of the Scales also checks the jockeys' colours to make sure the commentators and race goers can identify the horses.

The Clerk of the Course oversees everything that happens during the racing and before.

He has already walked the track to find out what the 'going' or track surface is like, as it can affect whether a horse runs or not. The 'going' is described as 'hard', 'firm', 'good to firm', 'good', 'good to soft', 'soft' or 'heavy' depending on the amount of moisture in the track and is measured with a 'Goingstick' or penetrometer.

The Clerk is responsible for staff, jockeys, stewards, starters, crowd management and even loose horses.

Then there is the Declarations Clerk - me - the Starter and his assistant and also the Judge is based in the Weighing Room until he is needed in the Judge's Box which is opposite the winning line of the race. His decision as to which horse has won is final! Nowadays his job is much easier as technology can determine the winner within millimetres! But years ago, the Judge had a piece of string with a weight like a plumb line which he used to judge the winner. If he had blinked, he could have missed the finish!

More stories from me next time! And don't forget to look at my 'Beat the Bookie' tips next time you go racing at Beverley Racecourse!



Colin Stamford

# Golf with Stewart Fraser

**It's that time of year again! The 145th Open Championship is nearly here! It's the biggest event in the golfing world, running from July 10th-17th at Royal Troon.**

Regional qualifying was held recently for the area's finest players - and that included Beverley Golf Club's own Assistant Golf Pro, Michael Durcan.

Michael headed off to qualifying at Moortown Golf Club, Leeds, on a June Monday morning, spirits high as the early morning showers would have passed by his 1pm tee-off time. By 1pm, there was sunshine - although there was a gusty wind which needed to be taken into account when taking shots. There were 6 qualifying spots; it was predicted that Michael would need around level par to take one of those slots.



After a warm-up it was tee-off time. Michael started with a solid tee shot down the right side which led to a solid par. The decent gallery showed their approval.

The front 9 was a mixture of solid golf, tee to green, with some holed putts for level par with 2 birdies and 2 bogeys. The back 9 started with a par but then, thanks to 2 consecutive 10-foot putts, Mike made back-to-back birdies to go 2-under! A couple more pars followed.

On the 15th, Mike hit his second shot to the back of the green, leaving a treacherous downhill putt. He knew it was tough putt, as one of his playing partners had a similar putt beforehand; he'd hit 30ft past the hole and walked off the green having had 4 putts to get the ball in the hole. Mike picked his line and gently started the ball rolling towards the hole..... and it went straight in to get to 3 under par. It was accompanied by a fist-pump!

A bogey followed on the 16th after a tee-shot into the rough. There was another on the 17th after a tee-shot that landed on a sprinkler head (!) and bounced over the back of the green. Surely bad luck wasn't going to rob Mike of qualification?

Mike stood on the last tee, knowing a par would probably mean qualification. He hit a perfect tee. His second shot was perfect,



to 12 foot of the hole with 2 putts to the flag. Mike finished in 2nd place - but did he reach the qualifying standard?

Qualifying turned out to be level par which means a spot at final qualifying on June 28th at Glasgow Gailes Golf Course.

As **Just Beverley** will have gone to press by then, watch **Just Beverley's website** and **Facebook pages** for news on whether Mike is now just 2 good rounds away from qualifying for The Open!

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# Stay Safe on the Road this Summer with Evans Halshaw Beverley's Vehicle Check

Winter driving hazards are well understood, but summer brings its own set of driving challenges. According to a major breakdown service, there is a 20-30% increase in call outs on the sunniest days.

To avoid an unnecessary breakdown on day trips and holiday getaways, Evans Halshaw Beverley is offering Vauxhall owners a Summer Safety Check to ensure their car is in tip top condition. The service will run from 1st June 2016 to 30th September 2016 and retailers all over the country are gearing up to undertake the 25-point vehicle check before summer gets into full swing.

From essential tyre checks to topping up brake fluid, coolant, engine oil and screen wash, the comprehensive vehicle inspection will ensure motorists can make the most of their summer road trips.

Dealer Principal, Aaron Brown, commented: "This service is about giving customers peace of mind this summer when they are out on the road, whether they are driving to the airport or making their way to a festival or theme park.

"Warmer weather brings an increased chance of tyre blowouts and the typical British summer mix of sunshine and showers

makes for slippery road surfaces. It's vital that vehicles are in good order to minimise the risk of a motoring mishap.

"After checking all of the key features of your car, we will also treat you to a free 1 litre bottle of screen wash and vital fluid top ups. This essential summer check is priced at the convenient low cost of £19.99 and we urge all customers to take advantage of this deal.

"We know how important it is for Vauxhall customers to feel their car is in good hands, wherever and whenever they are out on the road."

To book a Summer Safety Check, please contact **Evans Halshaw Beverley at Swinemoor Lane, Beverley, HU17 0LJ.**

Alternatively, call **01482 862 801** or go online to **www.evanshalshaw.com/vauxhall.**

Get ready for summer - Vauxhall's Summer Safety Check includes:

- Fluid Top-ups
- Coolant
- Brake Fluid
- Screenwash
- Engine Oil
- Air Conditioning Tune-Up
- Lights and Electrics
- Under Bonnet
- Brakes & Hubs
- Underside
- Wheels & Tyres
- Interior
- Free Screenwash



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FROM £99 PER MONTH  
with £0 Deposit after  
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and £1400 Vauxhall Deposit Contribution



### CORSA 1.4i LIMITED EDITION 75PS 3DR

FROM £129 PER MONTH  
with £0 Deposit after  
£500 Scrappage Allowance  
and £1,500 Vauxhall Deposit Contribution



#### Representative Example

47 Monthly Payments of	Customer Deposit	Dealer Deposit Contribution	Scrappage Allowance	Term of Agreement	On the Road Cash Price	Total Amount of Credit	Credit Arrangement Fee*	Option to Purchase Fee**	GMFV - Option to Purchase Payment	Total Amount Payable	Rate of Interest (Fixed)	Representative APR
£99.00	£0.00	£1,400.00	£500.00	48 Months	£9,903.02	£8,003.02	£149.00	£149.00	£4,325.00	£10,378.00	3.93%	5.2% APR

#### Evans Halshaw Vauxhall Beverley

01482 862 801  
evanshalshaw.com/vauxhall

Swinemoor Lane  
Beverley  
East Yorkshire  
HU17 0LJ



**VAUXHALL**

**Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO<sub>2</sub> emissions (g/km). Vauxhall Corsa range: Urban: 38.2 (7.4) - 76.3 (3.7), Extra-urban: 58.9 (4.8) - 94.2 (3.0), Combined: 48.7 (5.8) - 88.3 (3.2). CO<sub>2</sub> emissions: 133 - 85g/km.**

Pendragon Motor Group Limited is a credit broker/intermediary that can introduce you to a limited number of lenders to provide funding for your vehicle. They may incentivise us for introducing you to them. All information is correct at time of print and is subject to change without notice. Not to be used in conjunction with any other offer. Representative Example is based on a Personal Contract Purchase (PCP) agreement. Contract mileage of 5,000 per annum and an excess mileage charge of 6.0p (excl VAT per mile). Further charges may apply subject to vehicle condition and mileage if you return the vehicle at the end of the agreement. \*Payable with first monthly payment. \*\*Payable with Option to Purchase Payment. Vehicles available while stocks last. Image for illustration purposes only, and may show optional specification. Finance subject to status. Terms and conditions apply. Applicants must be 18 or over. Guarantee/indemnity may be required. Offer only available on selected new car Corsa stock, ordered between 11th - 29th June 2016 and registered by 30th June 2016. †First year insurance offer available on Corsa Limited Edition new car orders only, excluding Red and Black Editions. All drivers must have held a valid full UK licence for a minimum of 1 year. All policies are underwritten by Agas Insurance Ltd. Other insurance specific T&Cs apply. Drivers aged 18-20 will make a contribution of £99 to their premium and must agree to the fitting of a telematics box to the car. Only available through ingenie. The offer will cover the full premium for drivers aged between 21-75 (motor policy only). Only available through Vauxhall Insurance. Offers available on orders or registrations between 1 April and 30 June 2016. Offer includes Vauxhall Employee Partner discount, and may include Scrappage Allowance and Finance Deposit Allowance where stated. Scrappage allowance only available when financed with an approved Evans Halshaw Finance Company, subject to acceptance. For full details on this offer, please visit your nearest Evans Halshaw Vauxhall dealership. Terms and conditions apply.

# PUZZLE PAGE

What did they mean...

## Sudoku

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

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

## Wordsearch

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

ACTIVE  
 BADMINTON  
 CYCLING  
 HIKING  
 OUTDOORS

RUNNING  
 SQUASH  
 SWIMMING  
 TENNIS  
 WALKING

Cycling is a good thing, it keeps youngsters off the streets

You can observe a lot just by watching!

I'm not allowed to comment on the lousy ref

That's inches away from being millimeter-perfect!

Well either side could win - or it could be a draw...

(Jockey), has a quick look between his legs and likes what he sees



Do you have any amusing stories, quotes or pictures? Send them to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

## Charity Champions

Just Beverley loves to celebrate good news! We know there are many un-sung heroes in Beverley who do so much to help others, so here's your chance to let us know about your efforts. Email [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) or call 01482 679947.

### The First Beverley Soup raises £540!



**Beverley Community Lift (BCL) will now be £540 further towards their fund to buy a new vehicle with a hydraulic lift as they were the winning pitcher at this novel new fund-raising event.**

Over 80 people attended, enjoying a meal of a variety of delicious soups and other refreshments which were donated by local companies and well-wishers and entertainment from singer/songwriter Katie Spencer.

Although BCL won the pot, runner's-up East Yorkshire Food Bank, Riding for the Disabled and Hull & East Riding Time Bank were all able to make new connections, find new volunteers and gain new supporters for their causes.

St Mary's Church was a wonderful venue, for which grateful thanks are expressed, but Beverley Soup organisers are keen to organise Beverley Soup 2 in a different venue.

Perhaps you have a suggestion as to a suitable host? The organisers can be contacted by email at [beverleysoup@gmail.com](mailto:beverleysoup@gmail.com)

### Beverley Athletics Club donates £1000 to Longcroft School Athletes

**Longcroft School and Sixth Form College cross country and track and field athletes taking part in local, regional and national competitions will now wear kit purchased for them by Beverley Athletics Club.**

Club member, Rob Reid (whose son Isaac is in the team and is in year 9 at Longcroft) liaised with PE Teacher John Savage who is seen here with Head Teacher Ian O'Donnell, Captain Tara Woodruff and other team members accepting the vests on the school's behalf.





# Transform the way you look at ladies-only gym

**Tired of trying and failing to get the body you want and a healthy way of life you can stick to? This Beverley ladies-only gym could have the answer you've been looking for.**

The success of Gymophobics, which also has centres in Hull and Hessle, is delivering amazing inch and weight loss results to the female population of Beverley and the surrounding villages.

Demand from women living in Beverley has never been more apparent especially with the government pushing more and more for ladies to engage in 30 minutes exercise 3 times a week. Now ladies living in the East Riding will have easy access to the resistance-based workouts that have transformed the lives of over 200,000 women throughout the UK.

In fact, the Gymophobics way to work out is so unique, it is the only method that is trademarked in the whole of the UK.

What's more, it takes just 30 minutes and is targeted to deliver results in the areas you want. With just two to three 30-minute sessions a week, you can tighten, tone and strengthen in an easy and fun way. Whatever your shape, size or age, Gymophobics is a welcoming space where you'll find other like-minded ladies.

There's a friendly family atmosphere and no mirrors, no loud music and no waiting thanks to a straightforward and convenient appointment system. It's not a gimmick, simply a proven system focused on your goal to get a figure you love.

Forget spending hours on a treadmill - it won't work in the way you want it to, as Sarah Evans owner of Gymophobics in Hull, Beverley and Hessle, explains:

"If you have been to a conventional gym you will know what I mean by 'cardio,'" she said. "It's all those exercises that are designed to get your heart pumping, such as jogging on a treadmill or using exercise cycles, rowing machines, etc. I even include aerobic classes to music in this list. Sorry, girls, but cardio won't do it for you.



"That's not to say that you shouldn't do any cardio as it will get you fit and help you avoid a heart attack, but as far as figure improvement and weight-loss go, cardio is a waste of your valuable time."

Simply dieting alone is not the answer either, said Sarah. "If you take on board fewer calories than you spend, then you will see the pounds drop off," she said. "But there are two problems you should be aware of when dieting. The first of these is that if you are not very careful, dieting can make you fat. Sounds ridiculous, I know, but the truth is that if you diet too strictly it can send your metabolism into 'hibernation'. In other words, you will then be burning fewer calories than before you dieted.

"The second problem with relying on diet to help you to lose weight is that no diet ever invented can

be targeted at your problem areas. So a diet may make you lighter, but it won't necessarily give you the figure you want.

"When dieting, most of us melt like a candle. We lose from our face first, then we lose our bust and by the time we get down to the areas we really want to lose from, we may look far more pear-shaped than before we lost weight."

The good news is that you can transform the way you look if you know how to do it. With personal support from Gymophobics at every session, as well as regular progress checks to keep you motivated and see how well you have done, you'll soon see how much can be achieved.

Sarah said: "Our unique Resisted Tension system uses machines that are silky smooth to use and adjusted at the touch of a button and can help you lose inches in all the right places, giving you a lean and mean figure that will look great in a swimsuit. Don't take my word for it come and try it for yourself!"

Still not convinced? Most women lose a dress size in the first few weeks, so why not come along, have a free guest visit, meet the team and see for yourself how easy it is to become one of our family members here in Beverley. You can also visit, The Beauty Room (within Gymophobics) for all those little extra's all our ladies deserve.

Visit [www.gymophobics.co.uk](http://www.gymophobics.co.uk)  
For Gymophobics Beverley, call **01482 864414**.



Gymophobics in association with #OMG-OBESITY MUST GO!

**Try it  
Love it  
Lose it**

Haley Lawes:  
Gymophobics  
Instructor of the  
year 2014



**FREE  
Enrolment  
FOR THE FIRST  
25 LADIES  
TO BOOK A GUEST VISIT**

# Want a fitness plan that suits you & your needs?

**Gymophobics**  
THE 30MINUTE WORKOUT  
THE UK'S PREMIER INCH & WEIGHT LOSS CENTRES

**Gymophobics holistic approach to changing people's lives involves prescribing each member with a PERSONAL PLAN** which sets out her Gym sessions, her group sessions, her home exercises, her personalised diet plan and lifestyle counselling. With so much information to think about, each member is now provided with a **written Personal Plan which they can take home and refer to at any time**. This is adapted and upgraded on a regular basis. It is no surprise then that our members achieve far better results than conventional Gym members.

changing *shape*... changing *lives*

**Clare:** Previously a member in Hull, NOW an instructor in Hessle



Before



After

Exercise Right, Eat Right, Live Right at ...

Keep in touch - Find us on

24 New Walkergate **Beverley** HU17 9EE  
tel: **01482 864414**

1A Southgate **Hessle** HU13 0RB  
tel: **01482 641001**

41 - 43 Baker Street **Hull** HU2 8HP  
tel: **01482 214433**

## Lunchtime Conversation by John Fewings

The following poem was inspired by (and partly written in) the Memorial Garden just inside North Bar. It's a wistful poem of undeclared love.



*I waited in the garden where you lunch,  
Carefully I planned what I would say.  
"Isn't it lovely and quiet here?  
And such a gorgeous day!"  
And you responded pleasantly,  
Gave me such a smile.  
I took your hand in my hand.  
We chatted for a while  
Of sandwiches and weather vanes,  
Of lavender and bees,  
Of weathered bricks and fountains  
And overhanging trees.  
And then we heard the church-bell chime  
And shyly rose to go  
And agreed to meet tomorrow  
Tho' I know it won't be so*

*Because today's another Sunday...  
But I promise I will speak  
On Monday...  
Or if not then  
Then  
One day...*



**John Fewings is a member of the Argy-Bargy Poets and a presenter on Beverley FM.**

**Find out more about John on his website:  
[www.johnfewings.zone](http://www.johnfewings.zone)**

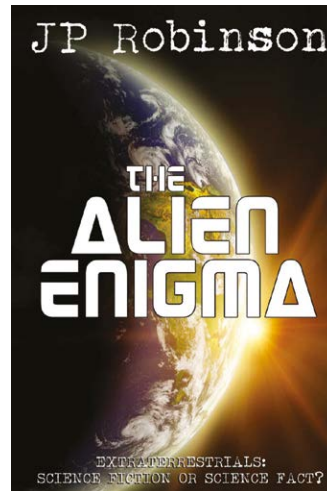
## JP Robinson - the Beverley-born writer and photographer with a fascination for aliens!

**Jamie Robinson, who writes as JP Robinson, has written a book exploring the possibility that aliens exist.**

He's never had a 'close encounter' or any other personal experience of life from beyond our world, but thinks the body of evidence from so many senior personnel in different agencies from so many different countries is worth exploring in an objective, non-speculative manner. That's what his book, *The Alien Enigma: Extraterrestrials: Science Fiction or Science Fact?* does.

Jamie's background would not lead you to even imagine that he would write a book like this. He was born in Beverley to a French mother (who was born in Algeria) and a Hull-born father; he has a Dutch partner, who he met in America, and a daughter who was conceived in Namibia! He studied photography in Newcastle and ran his own photography business for several years. He writes poetry and songs - none of which have been published, despite interest from Mercury Records - and played in an indie band in the 90's. As well as writing, Jamie now works in IT and catering industries.

About 5 years ago, Jamie realised his interest in all things extraterrestrial was growing. He would watch TV programmes and imported videos



from America, read articles by people who had experiences that could not be described using common knowledge and sought out reports from people who have said that governments have concealed their testimonies. This he has collated into his book.

Jamie said: "There is so much 'space secrecy' that I wanted to find out why it is suppressed. For example, NASA has dubious origins - it was set up with Nazi help - but that and other information is concealed from the public.

"For example, there is a theory that the moon is an artificial object and it doesn't belong where it is actually situated. Men have been to the moon, but what they saw wasn't reported. Neil Armstrong, who was the first man on the moon has said that there was a spaceship already there when they arrived.

"Everyone knows about Roswell and the alien spaceship which crashed on the Foster ranch, but not about the other 4 or 5 incidents which happened in the same area on the same day. Why?

"I suppose the real purpose behind my book is disclosure. Why are things covered up? What do governments know that we don't? Do governments have arrangements in place with aliens? There is a theory that alien abduction is linked to knowledge transfer, so has some of our technical knowledge come from extra-terrestrials?"

It's the 50th anniversary this year of Erich von Daniken's seminal work, 'Chariots of the Gods' which suggested that much of man's original knowledge was given by ancient astronauts who were welcomed as gods. JP Robinson's book explores more recent information on this topic and many other linked themes. It is not sensationalist; it just states the facts!

If JP Robinson's book has whetted your appetite to find out more, you can buy it in paperback or download it onto Kindle from Amazon. It's a 440-page book, with a special hard-back edition planned for publication in the future. Whether you are a complete sceptic or believe in UFOs, you have to agree that there is a lot of space out there for us to be entirely on our own!

# Amy Johnson Festival – Beverley composers to take the stage!

**As part of the upcoming Amy Johnson Festival, Beverley-born artists, Kerrin Tatman and Freya Bryson will be performing in honour of the legendary aviatrix in Holy Trinity Church, Hull, on 30th of July.**

The event will be the debut performance of two pieces written by composers Kerrin Tatman and Freya Bryson to celebrate Amy Johnson's life and her mysterious disappearance. Both performers have been inspired by the short life Amy Johnson lead, and have wanted to celebrate her life through song since they first began composing.

Amy Johnson was the first female pilot to fly alone from Britain to Australia and was the first British-trained woman to qualify as a ground engineer - the only woman in the world to do so at that time. She disappeared on a routine flight in 1941.

Freya told **Just Beverley**: "Amy Johnson's life and mysterious death have captivated both myself and Kerrin's imagination from an early age. We are delighted to have been invited to take part in the Festival to celebrate her life, honouring her fascinating story and celebrating her indomitable spirit in this concert.

"Although we will never be pilots, nor will we ever be capable of Amy's achievements, music is very similar to flying. When you start you are exhilarated and nervous. You try to tame the air around you to carry the song successfully. You use your navigational and timing skills in the hope that you don't fall, but that you soar. Sometimes you could call it falling with style, but other times when you put in the hard work, the hours, the technical skill and the desire, as a musician, it is the closest you get to flying with your feet on the ground. We've spent a lot of time finding the right music to honour her and hope that the East Riding will join us in celebrating one of our most beloved icons."

The performance will conclude with a live aerial silk performance from circus artist Claire Harvey on a 6-metre high rig accompanying Kerrin Tatman's solo cello piece 'Mourn'. A variety of other original compositions celebrating icons from England's heritage will also be performed. The show starts at 19:30 and tickets are available from [www.hullboxoffice.co.uk](http://www.hullboxoffice.co.uk).

Details about other events taking place during the Festival which runs from July 1st - September 6th can be found at <http://amyjohnsonfestival.co.uk/>

It includes the Far Horizons Kite Weekend on Beverley Westwood on Saturday 30th and Sunday 31st July. See page 4 for more details!



# Beverley Puppet Festival 15th, 16th & 17th July 2016



**Beverley's much loved, award winning Puppet Festival returns this summer with a line up featuring giant puppets, kooky clowns and strange beasts.**

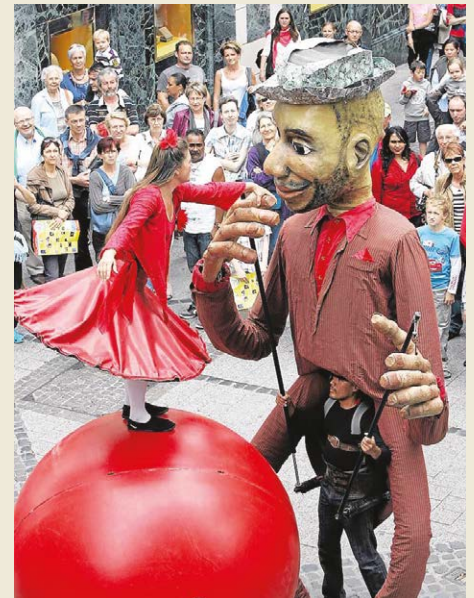
Hosted in the heart of East Yorkshire, the 7th Beverley Puppet Festival, a Beverley Arts Trust event, will be happening over two days and three nights between 15th and 17th July 2016 and follows on from the 2014 festival, which was awarded a Remarkable East Yorkshire Tourism Award for Most Remarkable Small Event.

Having grown from just 5 puppet companies in 2005, it now attracts thousands of visitors and is the largest festival of British puppetry in the world...and all in one place - Beverley!

Enjoy an exciting and diverse range of shows for children and adults alike at East Riding Theatre, Parkway Cinema and the Masonic Hall PLUS free outdoor street theatre across Beverley Town Centre and the new Flemingate Centre. Join us at the Festival Hub at Beverley Friary, with even more shows, puppet making workshops, specialist puppet book seller, Pelham Puppets exhibition and central box office plus a licensed bar and food.

Book tickets and get group discounts via the festival website:

[www.beverlypuppetfestival.com](http://www.beverlypuppetfestival.com)  
or call 01482 391672 / 07855 328552



# Bowls - it's not just for old men!

**Bowls (or Lawn Bowls to be exact) really is a unique game in that it can be played by anyone regardless of sex, physical ability or age, which is why the youngest member of Beverley Towns Bowls Club is just 13 and the oldest is 89!**

It takes minutes to learn how to play it, which means you could turn up to a club and be playing almost immediately. However, as with anything, the more you practice the better you become!

There are more than 2,500 clubs across England. In the **Just Beverley** area, there is a very active club at Walkington ([www.walkington-news.org/bowls.html](http://www.walkington-news.org/bowls.html)) but we were invited along to Beverley Town Bowls Club to find out more about this underrated sport.

The sport is played on a flat 'green' of closely-cut grass, which is 34-40 metres long which is divided into six strips of playing areas known as 'rinks'. The green is surrounded by a gully to catch bowls which leave the green. Outside of this is a bank where markers are placed to indicate the middle line of the rinks and their corners.

There are 2 teams in a match consisting of 1 (singles), 2 (pairs), 3 (triples) or 4 (fours) players. Each player has four 'woods' (bowls) in singles or pairs, three in triples and two in fours.

The team tosses a coin to see who goes first. The first bowler (known as the 'lead') places a rubber mat at one 'end' of the rink and rolls a small white ball called a 'jack' to the other end of the rink as a target. The jack must travel at least 23m when it comes to rest; it is then centred on the mid-line of the rink. The teams take turns to bowl their woods towards the jack. The winning team is the one which has the most woods nearest to the jack, scoring 1 point for each of the bowls which is closer to the jack than the opponent's closest bowl. Easy!

But there is a catch! Woods are shaped and weighted on one side so that they take a curved path towards the jack - it's not like delivering a cricket ball at a wicket! Bowls have to be cradled and rolled towards the jack (never bounced!), taking into account the weighting. Players must change the side of the bias so they can approach the jack from different directions to get closest to it. The opposition will always try to knock woods out of the way or block the path to it, too. The final bowler will often try to 'fire' at the jack to take it away from the rest of the woods, especially if opponents' woods are lying closest to it. Bowls can be a very tactical game, especially when playing with experienced players!



Bowls are made of hard plastic composite material nowadays, whereas in the past they were made of the hard wood lignum vitae (hence the term 'wood') and between 12 and 13cm diameter.

Club captain Dave Money told **Just Beverley** that although bowling is the prime raison d'être, of the 60 members, 16 attend entirely for the social aspects. The 44 other members all play in teams either internally or in many of the external bowling leagues around the area - some even play against teams across the Humber Bridge. There are social and league games every afternoon and 3 evenings each week during the season, which runs from mid-April to mid-September.



Beverley Town Bowls Club has two greens, one slightly smaller than the other. The smallest one is where the ladies played prior to 1997, before the sexes merged. Longest-serving lady member Mary Smith remembers when the ladies and men played separately - something which seems quite odd nowadays! Both greens are immaculately kept by a team of 10 people who are frequently complimented as to how well they 'run'. As well as gardening, they also paint and decorate to maintain the outdoor seating and the clubhouse. The clubhouse has a kitchen for those all-important cups of tea as well as storage lockers for shoes and coats.

Why is bowls such a great sport? Brian Havercroft was 70 when he took it up as he 'got too old for tennis'; he's now 82, though you wouldn't think it! He said: "The walking and bending keep me physically fit, the counting keeps me mentally fit and the chat and banter keep me socially fit!"

They really are a very sociable group of people who would welcome anyone who would like to have a go. Just give Dave Money a call on **01482 860918** for a chat and he will arrange to meet you at the Club to show you the game and meet his fellow members. And don't worry if you get the bug; during the closed season, bowlers play 'short-mat' indoors at Molescroft Pavilion, Woodmansey Village Hall or Beverley Memorial Hall or 'full rink' at Hornsea Indoor Bowls Centre. Bowls really can be a life-changer!

**Beverley Town Bowling Club, Recreation Ground, Norwood, Beverley HU17 9HX. Tel: 01482 860918.**

## Competition Winners



Cinema competition winner Simon Delaney, with one of the runners up Angela Shingler and the Parkway Cinema Manager, Trevor.



The winner of the Burton Agnes Jazz and Blues Festival Tickets - picture sent in by Mr and Mrs J. Stutt.

### WINGS & WHEELS 2016

CELEBRATING 25 YEARS AT BEVERLEY AIRFIELD

GA FLY-IN  
Sunday 21st  
August  
9am till 4pm

## SATURDAY 20TH AUGUST 2016

INVITED FLY-IN UNTIL 11AM, AIR DISPLAY 1-4PM.  
OPENING OF OUR NEW FLIGHT TRAINING CENTRE BY MIN LACEY.

**ADMISSION £5.00 ADULT / CHILDREN FREE**  
**BAND AND THEMED EVENTS ALL DAY**

40's theme for the day, you are welcome to dress as appropriate.  
Bar, food and refreshments all day.  
Evening hangar dance and bar, live music 8-12 HAC members and guests.  
*Airshow compere - Peter Willoughby.*

Static displays - 40's Vintage Car Group, Motorcycles, Tractors, Re-enactment Group and Amy Johnson Festival.  
Aircraft static flight line displays including Spitfire and Messerschmitt.

PAY FLIGHTS - Rapide and Harvard vintage aircraft and Helicopter pay flights available, pre-book or pay on the day.

AIR DISPLAY - BBMF Hurricane, Spitfire, Dakota, Rapide, Harvard, Westland Scout, Search and Rescue Helicopter, Parachute drop, RC Models.

**DONATIONS TO:**  
RAF Benevolent Fund, Paratroop Benevolent Fund and Bomber Command Memorial Fund.

SPONSORSHIP PACKAGES AVAILABLE

For further information and sponsorship enquiries contact Rodney Robinson: 07896 095992 / 01964 544994  
[rodney.robinson@hullaeroclub.co.uk](mailto:rodney.robinson@hullaeroclub.co.uk)  
Beverley Airfield / Linley Hill Road / Leven / HU17 5LT

## Mindfulness and Conscientiousness are perfect team-mates

**Are you as glued to the EURO 2016 tournament as we are at Johnson Towers? Isn't it wonderful to watch players giving it their all - and being rewarded with a win and progression to the next round?**

We know that the players that have been selected to represent their countries are the ones with reputations for working tirelessly, week in, week out - the conscientious men who train hard, accept responsibility when things go wrong and work hard to put things right next time.

Conscientiousness combines hard work with a sense of duty. Working hard includes improving technique, looking for new ways to achieve best outcomes, setting more and more challenging goals and seeing setbacks as an opportunity. A sense of duty makes you into a team-player - there is no 'I' in team - so your colleagues know they can rely on you to always put in a full shift and deliver to your full potential.

Conscientiousness brings benefits, not only to footballers but to all types of team, including the work-place and the family.

Isn't it great to know that you can rely on someone in whichever walk of life you are travelling?

But being conscientious boosts your reputation, too! Being perceived as hardworking and organised can gain you a higher standing than people who are considered as lazy underachievers.

However, the best thing about being conscientious is to your health. Conscientious people tend to be less stressed, look after themselves by eating healthily and exercising - and they are more mindful.

You've seen the football teams go into a huddle at the start of the game? Well, that's so they can clear their minds to concentrate on the match. The teams that know where each of their fellow players are instinctively are the teams which get results.

The teams which know that each of their fellow team-members are concentrating on the ball and positioning of each player are the ones which keep the ball. Distractions lower concentration and reduce productivity by increasing stress-levels, so mindfulness plays an important role in sport.

I can't help you to play football, but I can help teams work better together to achieve success. And I can teach you mindfulness.



If you would like to have a chat as to how I can help you or your team, please give me a call on **07585 802035** or email me at [linda@releaseyourpotential.co.uk](mailto:linda@releaseyourpotential.co.uk)

Until next time,

Linda

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# What's On IN BEVERLEY

Email: [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

Telephone: **01482 679947**

For more events visit:  
[justbeverley.co.uk/events](http://justbeverley.co.uk/events)

## Friday 1st July - Sunday 3rd July

• **Burton Agnes Jazz and Blues Festival**  
Burton Agnes Hall YO25 4NB. £80/£50/£40  
[www.burtonagnes.com](http://www.burtonagnes.com). Tel: 01262 490324.

• **Other Lives Productions present Leaving, Life and Love**

East Riding Theatre. 7.30pm nightly. £10.  
3 bittersweet comedies dealing with endings and beginnings

## Friday 1st July

• **Party on the Pasture Race Night**

Beverley Racecourse. Gates open 4.30pm, first race 6.15pm. Various prices. Thrilling racing along with music from New York Brass Band, entertainment from a roller skating dance troupe, face art and fire performers as dusk falls.  
[www.beverley-racecourse.co.uk](http://www.beverley-racecourse.co.uk)

## Saturday 2nd July

• **The Big Saturday Raceday**

Beverley Racecourse. Gates open 11.30am, first race 1.50pm. The biggest Saturday of the year! Entertainment by Paradise Steel Band.

• **Hessle Sinfonia play Holst, Elgar and Vaughan Williams**

Longcroft School Auditorium. 7.30pm. Classical music by British composers in a relatively informal setting.  
[www.hesslesinfonia.org.uk](http://www.hesslesinfonia.org.uk)

## Sunday 3rd July

• **Ladies Night Out in aid of Yorkshire Cancer Research**

Parkway Cinema, Flemingate, Beverley. 6.30pm. £20. Screening of the new 'Absolutely Fabulous' film, performance by The Ruby Red Performers (as seen on BGT), glass of fizz on arrival, canapes and nibbles served by 'buff' waiters. Bookings and enquiries 01482 679333.on BGT), glass of fizz on arrival, canapes and nibbles served by 'buff' waiters. Bookings and enquiries 01482 679333.

## Monday 4th July

• **Not The White Horse Folk Club Singers' and Musicians' Night**

Conservative Club, Beverley. 8.30pm. £2

## Wednesday 6th July

• **An Evening with Kerry Clairvoyance**

Beverley Memorial Hall. 7pm. £15. Tickets from Beverley Tourist Information.  
[www.kerryclairvoyant.com](http://www.kerryclairvoyant.com)

## Friday 8th July

• **Elite Circuit Race Series Cycling around the streets of Beverley**

Beverley Town Centre. 6pm. Free spectating. Men's and women's racing. 60 minutes of a 1.25km circuit through Beverley Town centre with sections over cobbles.  
[www.eastyorkshireclassic.co.uk](http://www.eastyorkshireclassic.co.uk)

• **Beverley Theatre Company presents 'An Evening of Light and Shade'**

Tickton Little Theatre. 7.30pm. £7. Tickets from 01964 543594, [ticktonvh@drmorris.karoo.co.uk](mailto:ticktonvh@drmorris.karoo.co.uk) or on the door.

## Saturday 9th July

• **BIG G Cyclo sportive - cycling on country lanes with marked routes, stewards and support**

Bishop Burton College. Free refreshments before the start. 10am start for Mini-G (30km) with one food station (£5 entry). Start between 8am and 9am for 150km, between 8am and 9.30am for 60km and 100km routes with more feeding stations (£25 entry). Hot meal after

the ride. Free t-shirt. Promoted by Hull Thursday Road Cycling. Enter online <http://big-g-sportive.co.uk/>

• **Cheeki Monkeys Baby & Children's Preloved Summer Market**

Beverley Leisure Centre, 1-3pm. £1/adult, free for kids. Goody-bag for the first 100 through the door!

• **Norwood Nites presents Walt Disney's Last Film**

Norwood Church School Room. 2pm with cream tea. Free. Raffle. Experience this special film filled with song, friendship, fun and adventure! Can you work out what it is? Contact Beverley Community Lift if you need transport on 868082.

• **Jack Gillett presents an Evening Viola Recital**

Toll Gavel United Church, Beverley. 7pm. £10/£8 including refreshments. The programme includes music by Kreisler, Schuman, Vieuxtemps and more and also features Louise Lansdown.

## Sunday 10th July

• **Family Fun Day**

Beverley Rugby Union Club, Norwood. Entry free, limited parking £2. Joint venture by Beverley Westwood Lions and Beverley RUFJ Junior Section. Also involves

**Musicians' Night**

Conservative Club, Beverley. 8.30pm. £2

**Tuesday 12th July**

• **Afternoon Racing**

Beverley Racecourse. First race 2.20pm. Various prices.  
<http://beverley-racecourse.co.uk/>

**Friday 15th July - Sunday 17th July**

• **7th Beverley Puppet Festival**

Beverley Friary, East Riding Theatre, Masonic Hall, Parkway Cinema, Friary Marquee and the streets of Beverley play host to 30 puppetry companies with shows for all ages. Tickets from Beverley Tourist Information.  
[www.beverleypuppetfestival.co.uk](http://www.beverleypuppetfestival.co.uk)

**Monday 18th July**

• **Rio Rio Carnival Race Night**

Beverley Racecourse. Gates open 4.30pm, first race 5.35pm. Various prices. Entertainment from a wandering band, samba dancers, Rio-inspired carnival floats, drummers, face-painters and more as we count down to the opening of the Rio Olympics. <http://beverley-racecourse.co.uk/>

• **Not the White Horse Folk Club presents Anna Shannon**

Conservative Club, 8.30pm. £7.

**Tuesday 19th July**

• **Pop-up Business Café**

North Bar Tea Rooms, Georgian Quarter, Beverley HU17 9DG. Free. 9am - 1pm. Business advice for start-ups and established businesses looking for growing and wanting advice on marketing, social media, web, finance, tax and accountancy. Pop-in or book a time-slot at <https://beverleypopup.eventbrite.co.uk>

**Saturday 23rd July**

• **Talk and Film - Andy Robertshaw on 'The Battle of the Somme'**

Treasure House, Beverley. 2pm. £5/£3. Suitable for 13+.  
[www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events)

**Monday 25th July**

• **Monday Afternoon Tea Dance in aid of Alzheimer's Society**

Armstrong Social Club 1.30pm-4pm. Sequence dancing and bingo.

**Tuesday 26th July**

• **Roll Up, Roll Up Circus Family Raceday**

Beverley Racecourse. Gates open 12noon first race 2.10pm. Various prices. Circus skills, funfair rides, candyfloss, circus-style entertainment and more. <http://beverley-racecourse.co.uk/>

**Saturday 30th July**

• **Battle of the Somme Family Day**

Treasure House Education Room, Beverley. 10am-3pm. Free. Drop in and take part in interactive demonstrations with historian Andy Robertshaw. Handle objects, try on uniforms and enjoy craft activities.

• **5th Annual Raft Race in aid of NURSE**

Beverley Beck. 11am - 4pm with first race at 12.30pm. Stalls, entertainment and refreshments. [www.nurse-charity.uk](http://www.nurse-charity.uk)

**Saturday 30th July and Sunday 31st July**

• **Far Horizons International Kite Festival**

Beverley Racecourse. 11am - 5pm. £25/£10/£6/free. Free parking.  
<http://amyjohnsonfestival.co.uk/whats-on/far-horizons/>

**WEEKLY GROUPS  
AND SOCIAL NIGHTS**

**MONDAYS**  
AFTERNOON TEA DANCE (FORTNIGHTLY)  
1.30PM TILL 4PM - £2 TO DANCE & A GAME OF BINGO (Proceeds to Alzheimer's Society)  
MAGIC MONDAY CASH BINGO SESSION (FORTNIGHTLY)  
TICKETS FROM £1 (OVER 18'S ONLY)  
SEE LEAFLET FOR DATES AND TIMES

**TUESDAYS**  
MONDAY EVENING LINE DANCING WITH CHERYL - TEL 01482 573573  
LINE DANCING WITH DENISE 1.30PM - TEL 07890686848  
SLIMMING WORLD - TEL 07769326250

**WEDNESDAYS**  
TAI CHI WITH JANET 1.45PM - TEL 01482 492513  
ARMSTRONGS PRIZE BINGO AT 8PM - All Welcome

**THURSDAYS**  
THURSDAY AFTERNOON CLUB (OVER 60'S) - Membership required  
1.30PM-3.30PM DANCING/ BINGO / SOCIAL, AFTERNOON  
WEEKLY SUBS TAKEN FOR DAYS OUT ETC - ORGANISER JOAN MARTIN  
ARMSTRONGS BALLROOM & SEQUENCE DANCING AT 8PM - All Welcome  
£1.50 TO DANCE OR 50P FOR SPECTATOR, BINGO AND RAFFLE A MIXTURE OF  
BALLROOM DANCES AND MODERN SEQUENCE.

**FRIDAYS**  
AFTERNOON LINE DANCING WITH HILARY USHER TEL - 07900567328  
VARIOUS CLUB EVENTS AND TICKET EVENTS THROUGHOUT THE YEAR AND  
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**SATURDAYS**  
VARIOUS CLUB EVENTS AND TICKET EVENTS THROUGHOUT THE YEAR  
& PRIVATE HIRE OF FUNCTION ROOM AVAILABLE DAY & NIGHT

**SUNDAYS**  
ARMSTRONGS SEQUENCE DANCING NIGHT AT 8PM  
£1.50 TO DANCE OR 50P FOR SPECTATOR, BINGO AND RAFFLE AND  
MIXTURE OF MODERN SEQUENCE  
PRIVATE HIRE OF FUNCTION ROOM AVAILABLE FROM 12NOON TILL 6PM

**WWW.ARMSTRONGSOCIAL.COM OR TEL 882999**

Air Cadets; Army Cadets; Beverley Community Lift; Beverley Church Lads and Girls Brigade; Cherry Tree Centre; Beverley Track and Fitness Boxing Club; Guides and Brownies; Beverley FM; Tickton AFC Juniors; Beverley Lions; Humber Police & Humber Colts. A FUN DAY run for the community by the community! Food, drink, entertainment, games and competitions. Picnic area if you wish to bring your own food. Queries: 07947 109006  
[grocerjack@grocerjack.karoo.co.uk](mailto:grocerjack@grocerjack.karoo.co.uk)

• **Walled Gardens of Beverley Open Day (NGS gardens open for charity)**

39 North Bar Without; 45 North Bar Without; 6 York Road; The Elms. 12 - 4pm. £6/free. Plants for sale, refreshments.

**Monday 11th July**

• **Monday Afternoon Tea Dance in aid of Alzheimer's Society**

Armstrong Social Club, Beverley. 1.30pm - 4pm. Sequence dancing and bingo.

• **Not The White Horse Folk Club Singers' and**



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