

just

ISSUE 49

BEVERLEY

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FREE

GUEST AND PHILIPS FOR PERFECT GIFTS

WIN!

- BOOTLEG SHADOWS TICKETS
- 'THE KID WHO WOULD BE KING' MERCHANDISE
- VALENTINE'S MEAL FOR TWO AT THE TIGER INN



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on or recycle it responsibly

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



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BEVERLEY ARMS

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Competition Terms and Conditions

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

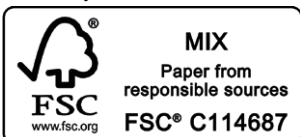
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You can pick up the magazine from:

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

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LETTER FROM THE EDITORS



Our theme-of-the-year, small changes BIG impact continues to catch on! The Beverley Westwood Lions have bought some new kit for Beverley Rugby Union Football Club, bought from YOUR donations to the Lions over the past year - small donations make a large sum which are making a whole club of young people very happy. Read about it on page 18.

On February 14th we celebrate Valentine's Day. It's a lovely day for young and old romantics alike! Our advertisers have a number of offers that you may wish to take advantage of, from chocolate to a special meal out or a piece of stunning jewellery. Send in your Valentine's Day pictures showing how you celebrated. Did you pop the question? We are always keen to hear your good news - let us know about it by emailing info@justbeverley.co.uk or ringing **01482 679947**. Keep your eye on our website www.justbeverley.co.uk and our Facebook pages, too, to keep abreast of what's going on in Beverley and beyond.

Julian.



It never ceases to amaze me as to the breadth of entertainment and sporting possibilities there are in our small town and the surrounding villages, many of them put on entirely by volunteers, supported by donations from local people

and commercial enterprises. We really do have a great community - no wonder people want to come and live here! The challenge is, to make sure newcomers are welcomed and they find out what's going on so they can join in and then, perhaps, they get involved with the volunteering, too. But it's important to look out for people who don't join in, no matter how many years they have lived here. Our article on page 10 looks at loneliness and social isolation - perhaps you have a neighbour who you hardly ever see who might like a copy of **Just Beverley** as an ice-breaker?

It would be lovely to see photos of you passing on your copy of **Just Beverley** to your neighbour! You can send photos to info@justbeverley.co.uk. Whatever you are doing this February, be happy! **Linda.**



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Shortlisted Nominee
2017 & 2018



REYTA
Remarkable East Yorkshire
Award Nominee 2016
'Best Newcomer'

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

COUNTRYSIDE EVENTS 2019 HANDBOOK NOW AVAILABLE

East Riding of Yorkshire Council's countryside access team aim to put on events which are suitable for people of varying ability - they now hold the Customer Service Excellence Award which demonstrates how well they are appreciated. They are also responsible for some of our local nature reserves, including Beverley Parks, which this year features more prominently as its only 2 miles from Beverley town centre!

You can find the new booklet at Tourist Information Centres, libraries and Council Information points or download it at www.eastriding.gov.uk/leisure/events/. There are walks, talks, wildlife watching, conservation and craft as well as Kids Go Wild events. Booking is necessary for most events – along with appropriate clothing and footwear.



MORE PEOPLE FLOCKING TO EAST YORKSHIRE TO WATCH WILDLIFE

Recent research commissioned by the Yorkshire Wildlife Trust show the number of visitors to East Yorkshire wildlife reserves has more than doubled in the last 8 years, with the value to the economy increasing from £9million to £24million a year, bringing a welcome boost to our local tourism businesses.

Many people pass through our rolling countryside in a bid to reach popular beach resorts like Bridlington and Filey, especially in the summer. However, wildlife watching attractions and reserves across East Yorkshire are flourishing - drawing more visitors who enjoy bird watching, walking and exploring the coast throughout the year and doubling the numbers where visitor facilities have opened in the last few years. This includes RSPB's Bempton Cliffs where gannets are set to return this month, Yorkshire Wildlife Trust's friendly and family orientated Living Seas Centre at Flamborough and Yorkshire Water's Tophill Low with its heated hide serving hot drinks.

Yorkshire Wildlife Trust has developed a toolkit to help businesses showcase their offering to help them promote the wildlife and wild places of East Yorkshire as well as details of wildlife you can watch locally. You can find it at www.yorkshirerenaturetrainagle.org.uk



FAIRTRADE FORTNIGHT BEGINS FEBRUARY 25TH

Fairtrade Fortnight is an action-packed highlight of the year, when campaigners, businesses, schools and places of worship show their support for the farmers and workers who grow our food in developing countries.

This year's campaign centres around the campaign for fairer incomes for producers with the slogan SHE DESERVES A LIVING INCOME. Fairtrade means that producers get a living wage, but unfortunately, not all products are fairly-traded. In the chocolate market, only 8% of the total sold in this country is Fairtrade certified. In the past 2 years, world cocoa prices have dropped with farmer's incomes falling by up to 40%. However, the price you and I pay for chocolate in the shops has increased!

So, who gets that extra profit? Sadly, not the producers but other people in the supply chain such as wholesalers and supermarkets. The Fair Trade minimum price for farmers/producers

ensures they can continue to produce the products we love with the Fair Trade Premium enabling investment in farms and communities, such as schools, clean water, roads and healthcare.



So next time you buy a bar of chocolate, make sure it has the Fairtrade logo so you know the person who produced it is rewarded for their hard work.

HAIRDRESSING HILARITY AT THE EAST RIDING THEATRE

This March sees the arrival of The John Godber Company's new and updated staging of Jane Thornton's previous sell-out comedy 'I Want That Hair' at the East Riding Theatre from Wednesday 6th to Saturday 30th March, at 7:30pm.

The show stars Hull-born singer and actress Pippa Fulton, who recently moved back to East Yorkshire after stint in the West End and various stage and screen productions. She is proud to be returning to the John Godber Company after previously playing Kealey King in John Godber's two-part hit The Kings of Hull.

I Want That Hair will be the first time Pippa has performed at the East Riding Theatre, despite visiting it to watch shows many times, and she is certainly excited to take to the stage in Beverley!

Pippa's co-star is Jackie Lye, who made her professional debut in the original production of C.P. Taylor's 'And a Nightingale Sang' over 40 years ago! Jackie is still best remembered for

playing Sandra in the popular BBC sitcom Brush Strokes, as well as appearing in Casualty, Vera, Doctors and many shows at Hull Truck.

The play is a hilarious comedy, set in a local hairdressers, where we are asked to join Bex and Heidi as they grapple with gossip between the washes and the highlights. But, with Bex having a big birthday coming up, she starts to wonder if it's not just her salon that's at the crossroads. Should she change the salon, the wallpaper, her hair or the way she lives her life?



Certainly, 'I Want That Hair' will be a fresh female comedy this spring at the always brilliant East Riding Theatre.

STOP PRESS! THE X-FACTOR HEATS RETURN TO BEVERLEY!

Have you got the X-Factor? If you are age 16+, X Factor want to see YOU audition for Series 16!

Armstrong Social Club on Saturday 9th March at 8pm (doors open 7.30pm) is the place and time for groups or solo artists to showcase their talents. Apply at www.armstrongsocialclub.co.uk, fill in at form at the club or contact SallyAnn on 07855 830685 and you will be contacted with an audition time. No queuing, no hassle and with a full P.A with sound engineer and DJ on hand to give you your best shot at stardom! All details can be found at www.itv.com/xfactor

If you impress the X Factor audition team, you then get the chance to audition in front of the X Factor judges later in the year! So, if you think you are the next Dalton Harris, Rak-Su, One Direction or Little Mix, you know what to do. Supporters and audience are very welcome (adults £2, children over 10 accompanied by a parent or guardian £1).

THE WHITE COMPANY COMING TO BEVERLEY

Leading lifestyle brand *The White Company* is to open its first store of 2019 in Beverley.

The shop will be located in the central and pedestrianised street of Toll Gavel with a trading space of 2700 sqft, all on one level.

The quintessentially British brand is synonymous with transforming houses into homes, creating impeccably stylish, beautifully designed products with British town and country heritage at its core.

The store will offer fragrance, bath and body, beauty (including an award-winning skincare

range) and home accessories, alongside a stunning clothing collection of the softest cashmere sweaters, luxurious loungewear and chic dresses and accessories.

A selection of The Little White Company products, featuring premium-quality, affordable baby clothes and nursery equipment, will also be available.



TREAT YOUR LOVED ONE ON VALENTINE'S DAY

It's that time of the year when we think about treating the special person in our life. White Rabbit Chocolatiers have the perfect solution to your search for the perfect gift.

Is there anyone who doesn't love chocolate? White Rabbit boasts two Master Chocolatiers in Sally Hawkes and Kathy Bates and Amy Fenner, who has studied under Paul A Young at the Academy of Chocolate and at Slattery Patisserie and Chocolatiers, who create artisan chocolates from white, milk and dark chocolate, each with their own indulgent flavour. For Valentine's Day, they have created small chocolate hearts, painted chocolate hearts with champagne truffles and large hearts which can be personalised with your own message.

Personalisation takes about 30 minutes, which gives ample time to sample the delights in White Rabbit's Chocolate Café - there's 10% off a drink in the café should you choose to sit and wait for your 'heart'. But why not sample the delicious food at the same time? The café now serves breakfast from 9.30am-12noon Tuesday to Saturday; a selection of bistro dishes, sandwiches and bruschettas from 12noon and of course, signature chocolate tapas and sweet



treats to accompany your hot chocolate or other beverage. All drinks and dishes are labelled as suitable for vegans or vegetarians or if they contain gluten. Amy is intolerant to gluten and dairy, so she ensures all products are labelled correctly.

White Rabbit has so far won 17 Great Taste Awards - so along with the personalized heart, why not treat your loved one to a Chocolate Wonderland or Afternoon Tea? They would love you even more for it! Book on **01482 679325** or via the website **www.whiterabbitchocolatiers.co.uk** where you can also order your favourite chocolates!

CELEBRATE 50 YEARS OF CHRISTINGLE ON FEBRUARY 3RD



The Children's Society Christingle Celebration has been a source of raising vital funds for children throughout the world. When children, especially those aged between 10 and 18, face a crisis, the Children's Society is there to help for as long as needed, making small changes that make a big difference.

The very first Christingle service in the UK was held in Lincoln Cathedral in December 1968, but they began in the Moravian Church in Germany in 1747 when Bishop Johannes de Watteville tried to find a simple way to explain the happiness that comes to people through Jesus, the Light of the World. He came up with an orange, to symbolize the world, with a red ribbon around it to symbolize the love and blood of Christ, with sweets and dried fruit on 4 sticks to represent all God's creations in the four corners of the world with a lit candle in the top representing Jesus' light which brings hope to children living in darkness.

Christingle services bring the whole community together to share this long-standing tradition. They are particularly popular during Advent, Christmas and Epiphany. This year, Beverley Minster and Toll Gavel United Church celebrate Christingle on February 3rd at 10.30am and 4pm respectively. These are fun services with everyone joining in to make a Christingle - and eat the sweets afterwards - as well as donating money to help children in need.

70'S BEVERLEY BAND, DIGGORY VENN, TO PLAY AGAIN

The original line-up of Martin Peirson, Peter Robinson and Robin Peirson have agreed to revisit their back catalogue to help the Processed Pea celebrate its 50th anniversary. The band, who have not played together since 1979 were frequent performers at the Pea during the seventies.



Diggory Venn will play a short warm-up at Kardomah94 in Hull on Saturday 2nd February at a fund-raiser called 'Perfect Combination' for The Stephen Hughes Foundation. The band's track, 'Tickle, Bang & Slap' was included on the recent CD collection of

the same name which launched this annual event. Then Diggory Venn appear at the Processed Pea on Monday March 4th for a double bill with the Late Night Marauders. Diggory Venn will be joined by ex-Housemartin Hugh Whitaker on percussion for both shows. Diggory Venn started out at Longcroft School as a covers band, then became

a duo with Martin (vocal, guitar) and Peter (bass) performing mainly their own material before being joined by Robin (mandolin, guitar, harmonica) for early recording projects at Fairview Studios, Willerby, in 1974 and for live shows. The band even released an album on cassette 'And then in the Night'. Perhaps you have a copy? Over the next couple of years, drummer Sean Devitt joined along with Paul Bird, Barry Ross and Brian Nelson to form a 7-piece folk-rock band performing mostly original material. They had 2 songs featured on the live album 'Just a Taste of The Processed Pea' and released their own LP 'Good Friends' in 1977. They disbanded in 1979 with the core of the band resurfacing as Jump the Gun. When asked if this could be a permanent reunion, Martin Peirson said: "No, this is just for fun! We are all doing other things musically now but we are all looking forward to trying to remember words and tunes we haven't played for over 40 years! Sadly we won't be wearing our original jeans as they, er, shrunk in the wash!"

Tickets and information for the forthcoming shows: **www.facebook.com/events/1909539632433016** (Kardomah 94). Or online at **www.wegotickets.com/location/8156** or phone **01430 810669**.



EVERY THURSDAY AT 10.30am
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4.20 with drink and biscuits included. Aimed at 55s and over. Films subject to change.

Thursday 7th February -

A Star is Born
First Man

Thursday 14th February -

Juliet, Naked
A Star is Born

Thursday 21st February -

The Old Man & The Gun
Juliet, Naked

Thursday 28th February -

Widows
The Old Man & The Gun

LIVEshows

Sunday 27th January at 7.30pm -

BUZZ COMEDY CLUB'S JANUARY SHOW

Sunday 10th February at 7pm -

THE BOOTLEG SHADOWS

Sunday 3rd March at 7pm -

THE UPBEAT BEATLES

Wednesday 20th March at 7.30pm -

WEST END NIGHTS

Sunday 24th March at 7pm -

OYE SANTANA

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**ONLY
£195**

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

For more information,
please contact a member of staff

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



1st February



1st February



6th February



8th February



8th February



15th February



15th February



22nd February



22nd February



COMPETITION WINNER

Congratulations to Kate Mumby who won last month's competition to win a pair of tickets to the Beverley Buzz Comedy Club.



YOUR LOCAL INDEPENDENT CINEMA



A MUST-SEE CONCERT TRIBUTE TO THE WORLD'S GREATEST INSTRUMENTAL GROUP

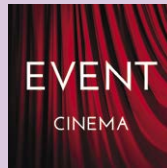
The Bootleg Shadows are one of the UK's premiere 60's tribute bands who have been entertaining audiences in theatres around the UK with their celebration of the great music of The Shadows and Cliff Richard for over 12 years.

You can expect to hear all of the hits, from Apache (the No 1 hit which launched The Shadow's career in 1960) up to Riders in the Sky in 1980 and everything in between! The band also sometimes throw in a few 'wild cards' so you may hear some Beatles or some Duane Eddy or The Tornados' Telstar or even Fleetwood Mac's Albatross. Above all, expect a great night out. The concert is really a show, which of course encompasses the fantastic music of The Shadows and Cliff, but also contains a lot of laughs along the way - audiences always leave with big smiles on their faces. The attention to detail in performing the music is second to none. Period-correct instruments and amplifiers are used to re-create that great sound of the 60's, coupled with the 'look' of the Shadows and their trademark synchronized dance steps, creating a spectacular show for all fans of 60's music to enjoy. They do not attempt to be look-a-likes per se but are sound-a-likes and the feedback from audiences is fantastic.



The band have met with the 'real' Shadows on a number of occasions, including headlining at the International Cliff and the Shadows convention in Holland in front of Bruce Welch & Brian 'Licorice' Locking! They also headlined the annual "International Celebration of Shadows Music" celebrating The Shadows & Cliff's 60th Anniversary. The Shadows chalked up 35 hits of their own (not counting another 33 with Cliff Richard), giving them more hits than any other British group and securing them a unique place in the annals of popular music. As a result, there is a large fan base of very dedicated Shadows supporters throughout the country. The Bootleg Shadows have great responses and get many repeat bookings!

Want a sneak preview? Then head to YouTube where you can find the band in action: www.youtube.com/watch?v=zuSSYo5jpZs. Tickets are now on sale for The Bootleg Shadows, live on stage at Parkway Cinema's Hayward Theatre, online or in person. This is sure to be a very popular evening!



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.

**Monday 4th February at 7pm -
A PRIVATE WAR + Q&A (15)**

**Tuesday 19th February at 7.15pm &
Encore Sunday 24th February at 2pm
ROYAL OPERA HOUSE: DON QUIXOTE**

**Tuesday 19th February at 6pm -
EOS: YOUNG PICASSO**

**Sunday 10th March at 3pm -
BOLSHOI: THE SLEEPING BEAUTY**

**Tuesday 2nd April at 6.15pm -
ROYAL OPERA HOUSE: LA FORZA DEL
DESTINO**

**Sunday 7th April at 4pm -
BOLSHOI: THE GOLDEN AGE**

**Tuesday 9th April at 6pm -
EOS ENCORE: REMBRANDT**

WIN BOOTLEG SHADOWS TICKETS



The Bootleg Shadows and Parkway Theatre are offering TWO lucky winners a pair of tickets EACH for this concert on Sunday 10th February at 7pm.

All you have to do to be in with a chance of winning is to answer the following question:

What was the title of the No 1 record in 1960 which launched The Shadow's career?

Send your answer by email to competition@justbeverley.co.uk by midnight on February 5th. Put **BOOTLEG SHADOWS** in the subject box with your answer, name, address and daytime telephone number in the body of the email.

The names of the 2 winners will be drawn out of the hat and informed on February 6th. Winners must be available for publicity purposes for Just Beverley, Parkway Cinema and The Bootleg Shadows. Good luck!

'THE KID WHO WOULD BE KING' MERCHANDISE UP FOR GRABS!



This epic British film released by 20th Century Fox on February 15th ready for half term is set to wow audiences with a mix of old-school magic meets the modern world.

Here's the synopsis! Alex (Louis Ashbourne Serkis) thinks he's just another nobody until he stumbles upon the mythical Sword in the Stone, Excalibur. Now he must unite his friends and enemies into a band of knights and, together with the legendary wizard, Merlin (Patrick Stewart), take on the wicked enchantress Morgana (Rebecca Ferguson). With the future at stake, Alex must become the great leader he never dreamed he could be. Directed by Joe Cornish, the cast also includes Dean Chaumoo, Tom Taylor, Rhianna Dorris and Angus Imrie. You can view the trailer for the film at: www.youtube.com/watch?v=TADKiHYj6RE

20th Century Fox have generously donated a prize pack of fabulous merchandise for the winner of our competition. The prize includes:

- Paper Mask
- Stationery Set
- Foam Sword
- Hoodie
- Parkway Cinema also throw in a pair of tickets to see the film!

What do you have to do to win? Just answer this question:
Who pulled Excalibur out of the stone and became King of England?

Send your answer by email to: competition@justbeverley.co.uk by February 18th. Put **'EXCALIBUR COMP'** in the subject box with your answer, address and daytime telephone number in the body of the email. Winners must be available for publicity purposes for Just Beverley, Parkway Cinema and 20th Century Fox. Good luck! PS: Don't forget to follow Just Beverley, Parkway Cinema and 20th century Fox on Facebook!



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NEIL WATERHOUSE JOINS EAST RIDING COLLEGE AS EXECUTIVE DIRECTOR

The role which Neil was appointed to late last year encompasses responsibility for Commercial and Finance, developing opportunities for the College and establishing closer links with the business community to become a training provider of choice.

Neil was an enthusiastic East Riding College Governor for several years and knows how the College has developed its very special place in the communities it serves over the last few years with its new Beverley campus at Flemingate, its extensive facilities at Bridlington and its city centre site in Hull. Taking students from entry level right the way up to Masters, with apprenticeships, degrees, short courses, full-time, part-time and even distance learning courses, the College has so much on offer.

Its key curriculum areas are Creative Arts and Digital Skills; Early Years and Care; Hair and Beauty; Construction and Engineering; Hospitality and Retail and Business and the Leisure Economy with many people taking courses, not only for training or career-progression but also for fun! Although it offers mainstream skills, it is also a specialist Trades Union Studies Centre. Not a lot of people know that!

Neil said: "The College was recognised as good by Ofsted overall, and for the quality of teaching, learning and assessment, leadership and management, outcomes for learners, 16-19 study programmes and apprenticeships at the

last inspection. It gained outstanding grades for personal development, behaviour and welfare and adult learning programmes.

A growing area at the College is apprenticeships, with the College actively talking to businesses to find out their needs and how it can help meet them. For many businesses, utilizing the apprenticeship levy is complicated but the College can help businesses not only with the professional development of their staff but with the development of the business itself. Neil's previous career in banking means he knows many of the businesses he is now engaging with so he has insight to the way those businesses work and how the College can help them achieve more. This in turn is helping employers understand how the College can help their business. It also means new programmes are launched every year to meet the demands of employers and the labour market.

The appointment of Neil as the commercial expertise of the College enables Principal and Chief Executive Mike Welsh to further the College's mission of driving economic regeneration and sustainable growth across the region by providing high quality training for local people, communities and employers.

As Neil says: "East Riding College has the ability to transform everyone's lives so they can fulfil their potential. It's a great privilege to be working for the College, with enthusiastic members of staff and a loyal and supportive Governing Body.



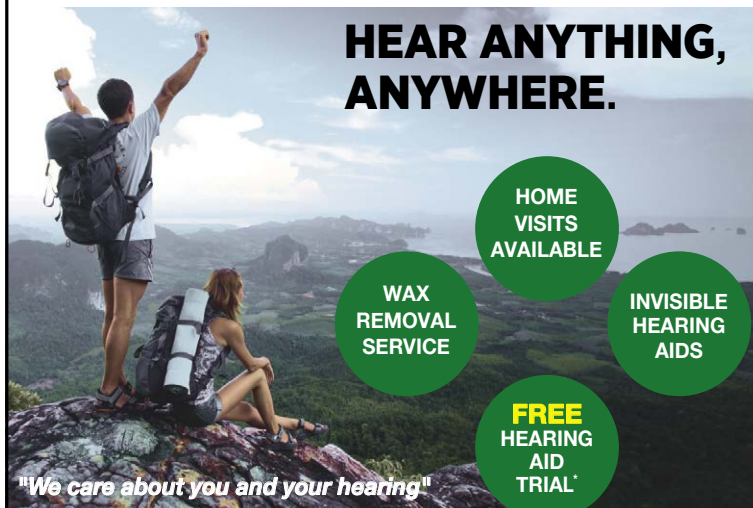
I want to see our students achieving beyond their dreams and East Riding College recognised for being the best training provider in the area."

Whatever your age, you might be surprised to see what courses are on offer and what other services the College provides. If you are in Beverley, do visit Elwell's Restaurant, treat yourself to a hairdo at Inspire and see where New Horizons Travel Agency can tempt you to visit - you can check out opening hours on the website - where you might also just find a course teaching a new skill to sign up for.

For young people looking for their next steps after GCSEs, East Riding College could be the learning provider they are looking for. www.eastridingcollege.ac.uk

HEAR THIS!

HEAR ANYTHING, ANYWHERE.



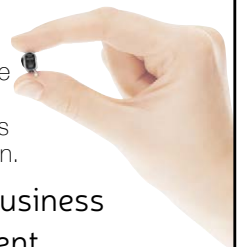
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HAVE YOU CHECKED ON YOUR (ELDERLY) NEIGHBOUR RECENTLY?

Our New Year Resolution is to try to make small changes which will make a BIG difference to people near and far. Our list included things like recycling more, exercising more and talking more instead of using social media but also included saying 'hello' to more people to increase social cohesion. In this cold weather, with the dark nights only slowing drawing out, perhaps saying 'hello' to that neighbour you haven't see for a while, especially the one who lives alone, could really help them feel less isolated and lonely.

Recently, all 67 East Riding of Yorkshire Councillors were invited to attend a briefing at County Hall on the problems of loneliness and social isolation as it is said that there are many people who live alone in this part of the country who do not engage socially with others, despite the many clubs and fellowship groups who would welcome them with open arms.



Denis Healy was one of the Councillors who attended the meeting. He told **Just Beverley**: "This talk brought home to me what an loneliness could be. I spend a lot of time on people's doorsteps, talking to them and recently met a lady in her 80's who told me I was the first person she had spoken to for a couple of days. I discovered her relatives all lived many miles away, so she spent Christmas on her own. I asked her what I could do to help but she told me not to feel sorry for her, that she can look after herself, she is used to it and that's the way her life is.

"The experts tell us that loneliness is not the same as social isolation and that people can be alone yet not feel lonely, or surrounded by people but still feel lonely. They say it is a public health priority, in a similar way to smoking and obesity, in that it can lead to depression, dementia, high blood pressure, loss of confidence, drinking, overeating and even death and that 44% of the East Riding population feel some sort of loneliness. The Government has a definition - "loneliness is a subjective, unwelcome feeling of lack or loss of companionship, occasioned by the mismatch between the quantity and quality of social relationships that we have and those that we want". But I prefer Mother Theresa's definition "Loneliness and the feeling of being unwanted is the most terrible poverty."

The social problems of the East Riding, an affluent county, may not be as obvious as those in inner city areas, but behind so many doors in our town, there are people whose spirit can be lifted so easily if others look out for them. Communities can help if people take collective responsibility for reaching out to others who might appreciate it.

Molescroft Parish Councillor Jackie Heffer, is someone who beats her feelings of loneliness by trying to ensure other people aren't lonely. She,

along with other Councillors and the East Riding of Yorkshire Council, has set up 'Tomorrow's Youth' which is held every Wednesday at Molescroft Pavilion from 2.15pm-3.45pm. Anyone over the age of 50 (it's not for children, though) is very welcome to a never-ending pot of tea or coffee with games, table games, arts and crafts and more to make new friends. Since 'Tomorrow's Youth' began, firm friendships have been made with people even arranging holidays together! If you would like to go, or know someone who might enjoy it, give Jackie a call on **07715 962108** and she will arrange transport for you.

Rev. Ali Doonan, Associate Vicar of St Mary's, has taken people to Tomorrow's Youth and been very impressed by the community which has grown from such humble beginnings. She said: "I am very aware that loneliness and isolation is a major problem. As a society, we must find more 'ways in' to combat it - but as GDPR bites, that's not so easy and lonely people could lose their identity and self-esteem because neighbours feel they are intruding."

Many of our churches offer fellowship or 'meet-ups' for older people. The Methodist Church runs a Fellowship Group at Norwood Church on Mondays (10.45-1.45), provides lunches every other Tuesday at Toll Gavel's Community Hall and meets from 2pm every other week at Tickton Methodist Church - Christine Milburn on **01482 863558** is the person to speak to if you or someone you know would like to go.



Likewise, St Mary's Church runs a coffee morning on Thursdays from 10am-12noon in the Parish Hall - which has also become a 'crafting' group - and welcomes all-comers. There is always someone there to meet and greet, but if walking into a room full of strangers is not your strength, call **01482 869137** and you will be befriended and taken there. The Minster has a myriad of small groups which provide the opportunity for people to form meaningful relationships with others in a variety of settings - bell-ringers, walkers, pizza and prayer, sewing - which are not just for church members. Call **01482 868540** or visit <https://beverleyminster.org.uk> for more information.

A warm welcome can always be found at the Open Door Community Café in Cherry Burton, which is held in St Michael's Centre

behind the church on Main Street. Open during the day on Tuesdays and Fridays, it's a place where people can meet, chat and be. How many people outside of Cherry know about this café? Very few, we wager! Yet, all are welcome. Age UK are starting a pop-in session in the Welcome Room at Toll Gavel Church's Community Hall (Walkergate entrance) every Tuesday from 1pm-3.30pm, too. Would the lonely lady in Beverley like to go to somewhere like this? Perhaps if someone in her street suggested it to her and took her along, it might just be a way to ease her isolation.

The Loyal Beaver Branch of the Oddfellows Society has been short-listed for a national Fantastic for Families Age-Friendly Welcome Award which recognises they have made an exceptional effort to ensure that older visitors within their communities can access a wide range of activities and events. Branch secretary Steve Duke said: "Our events are spread out over the week at different times of the day and are all accessible and free or low-cost. We promote lift-sharing and care, compassion and community as our core values. Making and maintaining friends doesn't come as easy as it did in the school yard, so we hold regular meetings, stay in touch, share some laughs and look out for each other. We love new people joining us - do call me on **01482 860537** or email steve.duke@oddfellows.co.uk

A new initiative is 'Men's Sheds' where men (and occasionally women) can pursue practical skills in company; they are the very opposite of the garden shed where people can tend to isolate themselves. Men's Sheds are about social connections, friendships, sharing skills and knowledge and laughter. Shedders meet anywhere they can for camaraderie and then find somewhere that can be kitted out with tools (such as portakabins, warehouses, garages, even a disused mortuary) to get involved with community projects and fulfil the human need to be valued and wanted. Shedders in this area are looking for such a space. There's a Shed on Beverley Road, Hull (info@meninshedshull.org, tel **01482 803700**), one in Withernsea (**07412 626041**) or, if you know of a suitable building for a shed around Beverley and want to find out more, contact Carole Johnson on **01652 637700** or email carole.johnson@hwrcc.org.uk

We concur with Councillor Healy as he has the last word. "If, as we move into 2019, more of us reach out to people feeling lonely, you never know what a difference we could make. The experts would approve too!"



FLIPPING 'ECK! IT'S THE BIG BEVERLEY COMMUNITY CHARITY PANCAKE RACE! CALLING ALL PANCAKE TOSSERS - REGISTER YOUR TEAM NOW!

The 'Big Beverley Pancake Race' is back again, after its revival last year, on Sunday March 3rd from 11am.

Calling all pubs, restaurants, cafes, shops, businesses and groups. Come and support your community! All teams are welcome! Just round up a team of four willing tossers and join up, preferably in fancy dress, to compete in the 'Big Beverley Community Charity Pancake Race' to be held in Butcher Row & Wednesday Market, starting with registration at 11am with the first race at 11.30am.

The event is organised by Beverley Town Council in partnership with the Rotary Club of Beverley and is aimed at raising money for local charities and bringing townsfolk and businesses together to celebrate an old custom of the town.

The Main sponsor for this year's event is Lakeland, who will fund the organisation of the race course, signage and trophy with Add Plant of Beverley sponsoring the pedestrian barrier requirement. Beverley's mascot, Bertie Beaver, will lead a special race of mascots, there will be a family entertainer and, of course, pancakes! Teams and spectators are most welcome to come along and enjoy the event.

Pancake Umpires for this special day will be the Mayor and Deputy Mayor of Beverley, Councillors Bryan Pearson and Duncan Jack and President of the Rotary Club of Beverley, Liz Whitaker. Councillor Pearson said "It is great to

be working in partnership and bringing the race back to the town again. We are looking forward to receiving entry forms from local businesses and organisations.



"This is a real community event for Beverley! So, bring a team from your business, shop, pub, cafe or organisation and come along to support your town at this enjoyable pancake race. We give our thanks to Lakeland and Add Plant and hope more local people and businesses will want to get involved by joining in the fun!"

Liz Whitaker, current President of the Rotary Club of Beverley said "I am delighted that we are running this event again in partnership with the Town Council. Teams will be competing for the

Rosanne Randle Trophy, named after a Rotarian who introduced the idea of the event to Beverley after visiting the legendary Olney Pancake Race (in Buckinghamshire) the previous year. There will also be prizes for the Best Dressed team and the best Junior Flipper. The event is being held on the Sunday before Shrove Tuesday and we hope local residents will come to Wednesday Market to share in the fun and support the teams in their races".

Frying pans and pancakes will be supplied for the teams to toss as they race along an 80m course designed for a mix of skill and speed.

There's a trophy and prizes for the winning teams, including Best Team Fancy Dress. Non-slip training shoes for runners are mandatory.

Mr Paul Vinsen, Chairman of Hull & East Yorkshire Hospitality Association (HEYHA) said, "It's wonderful to see this tradition revived. We created this fun race to celebrate Shrove Tuesday in the 1980's, at the time I was the Manager of Beverley Arms Hotel and also a Rotary member. I am really delighted to see its return."

Further information and Entry Forms for the Team event can be obtained by emailing clerk@beverley.gov.uk. The Final date for Entries is Tuesday 22nd February and they will be accepted on a strictly first come, first served basis.

Please contact Helen Watson, Town Clerk for more details at the above email or call **01482 874096**.



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A BRITISH JEWELLERY BRAND TO FOLLOW..

Kit Heath had a bumper year in 2018 and is set to continue on this upward trend.

Having been awarded Fashion Jewellery Brand of the Year in late 2017, the family business behind the brand enjoyed two further award nominations and two successful collection launches.

Established in the early 80's, the brother and sister duo Kit Heath and Katie Nickell have built a successful jewellery business and grown their image and reputation from a much-loved sterling silver jewellery wholesaler to an internationally recognised fashion jewellery brand. In big part, this is down to a passion and drive for high quality design and service to match – values that are now synonymous with the Kit Heath name.



Kit Heath's roots in the coastal landscape of North Devon are evident in their collections. Many of the bestselling designs are in the coastal-inspired range with organic shapes resembling sand blown and windbattered pebbles. These epitomise the brand's timeless style.



"Our new Spring Collection oozes bold, floral forms with a truly feminine flow," says Katie, creative director and co-founder.



"We're introducing our new opulent 'Bloom' designs and there is nothing more pleasing than to experience our ideas literally blossom from a first drawing into a beautiful piece of silver jewellery. It's thrilling and is the heartbeat of our brand."



Valentine's day is an important time for us all, as many seek

out stylish and timeless gifts to give their loved ones. "We always bring out a small capsule of Valentine's day pieces – this year we're focusing on our new 'Kiss' range," says Katie.



"Based on the signature Kit Heath voluptuous heart design, the collection focuses on offering perfectly giftable, yet delicately sweet tokens of love. Valentine's day also happens to be Kit's birthday and bringing out a collection each year is our way of celebrating."



Kit Heath has established enviable design credentials that have helped it go from strength to strength. "Our jewellery is timeless and classic, with a nod to fashion and our twist to reflect what's on trend. Our core values are to offer highly wearable, highly covetable, and highly luxurious designs which are also affordable," said Katie.

Kit Heath is available locally in Beverley at Guest and Philips.

GUEST AND PHILIPS HAVE THE PERFECT VALENTINE'S GIFT FOR THE LOVE IN YOUR LIFE

Silver is the new gold, they say! British brand Kit Heath craft sterling silver into clean, contemporary designs with beautiful ergonomic shapes and a tactile feel which transcends fashion.

The brand, based in Devon, has been around for over 30 years, remaining true to its roots in creating pieces with a timeless appeal.



Kit Heath is exclusive to Guest and Philips in Beverley. The brand's precious silver jewellery ranges in price from £30 to £250 and is made to be worn on a daily basis, not hidden away in a jewellery box and only

brought out on special occasions.

Precious jewellery made from natural materials is always a welcome gift and Guest and Philips have built an envious reputation for selling design-led, quality products, which is why Kit Heath fits so well into their offering.



Their shared values across brand and retailer make it a stellar partnership which benefits those buying for themselves or for a loved one.

Guest and Philips are located in key shopping areas for customer convenience, because although you can view Kit Heath jewellery online, you cannot feel it.



Kit Heath jewellery comes into its own when it is handled and that's where Guest and Philips excellent service shines through, ensuring you choose the right piece for whoever is going to wear it.

Guest and Philips at Chantry Lane, Flemingate stock Kit Heath jewellery, telephone **01482 881001** or visit www.guestandphilips.co.uk/kit-heath1



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I'VE BEEN THINKING... SAYS COLIN RAYNOR



As February opens its doors to slightly longer days and the exposure of spring flowers, I hope I will be forgiven for taking you back a few weeks...

Sometimes we experience history being made and are not always conscious of the relevance. Listening to the Queen's Speech at 3pm on Christmas Day (the first was in 1932 by King George V) was something the majority of households did without question. But times change, not least because of the technology that lets us listen when we choose.

Even if this year's speech was written for her, I am sure Queen Elizabeth would have had a say in the final draft, so, predictably she chose her words carefully, maintaining her impartiality but, as always, speaking with great relevance to the times we live in. She will be aware, therefore, that there is much that the people of this country are rightly very angry about.

I suggest her words were pertinent particularly as that anger has shown itself in nasty and personal vitriolic outbursts between people who have been chosen to lead our country. So this ninety two year old lady (who "doesn't miss a trick" as the saying goes) states in no uncertain terms that "treating the other person with respect is always a good start to a better understanding of that person's point of view".

Anyone who seeks to bring about change in any aspect of our lifestyle would do well to take such a thought on board.

Of course, there was criticism by some newspaper hacks who felt the Queen did not understand the cut and thrust of politics. I think, given the number of Prime Ministers she has met over the years, the Queen probably knows more about how the Commons works than many who sit in that House at the present time!

In previous centuries such forthright comments about a Monarch's speech would have resulted in that person going to the Tower of London, or worse!

Now, thankfully, we have the freedom of speech in our country - but I think many times we abuse that privilege. So, was this an historical moment, as I stated above?

I think it was, not least because we may not have the privilege of listening to the longest-reigning Monarch in our history for many more years and younger people especially should be aware of the basis on which she made this statement.

The Queen has many titles but one of them is 'Defender of the Faith' and that is the Christian faith. In our modern society there are many faiths, many of them giving people the chance to live a good and happy life.

In this broadcast our Queen, in my view, gave her personal testimony to the faith that has sustained her throughout her sixty-seven-year reign.

Are we able to state so clearly what we believe in and what supports us all the days of our life? I hope we can.

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meal for two, email your answer to competition@justbeverley.co.uk by the end of Monday 7th February 2019.

Put **"Tiger Inn Comp"** in the subject box, include your name, address and telephone number with your answer in the body of the email.

The winner will be drawn at random after the closing date. The winner must be available for publicity purposes for The Tiger Inn, Just Beverley as soon as possible after the closing date. Good Luck.

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CREATE YOUR OWN STYLE WITH LEE WARDELL FROM VERB

We are now in the throws of winter, so here's a product guide of some of the fabrics which will keep you warm!

Cashmere

Cashmere is expensive, sure, but your investment always pays dividends. It's three times as insulating as lamb's wool, meaning you don't need bulky layers to stay warm, and it's an unalloyed pleasure against your skin, since the fibres are less than 19 microns thick - around a quarter the width of human hair.

While that cashmere overcoat might remain a dream, due to the cost, accessories are more affordable. A scarf in cashmere - or a cashmere blend, if your budget is tight - will protect you from winter's worst and offer a contrast to the textures in your tailoring. Alternatively, cashmere jumpers will keep you toasty without burning through your savings.

Fleece

A few years ago, technical products like fleece were worn on mountains by climbers. Fast forward to the present and fleece has rambled off these mountains onto the high street. Invented in 1979 as a cheaper replacement for wool, polar fleece (as it was then known) has proved over the years that its ability to retain heat while also wicking moisture away from the body is anything but second best.

As any hardened cragsman will tell you, a fleece jacket is essential during the colder months and can be dressed up with dark wash jeans and minimalist sneakers. Or, for a more entry-level move, pull on the fabric's properties via a pair of fleece joggers or a lined sweatshirt.

Merino Wool

Nature's great insulator, wool - in all its forms: mohair, tweed - has been prized for centuries for its ability to stand up to harsh conditions in colder climes. When you can't spring for cashmere, reach for Merino. Shorn from the eponymous sheep, it's almost as fine as the more expensive cashmere and is also breathable and super-absorbent, making it the perfect base layer. Just ask the cyclists who prefer it to space-age materials. But it's not just good

in sportswear. A Merino roll neck will regulate your body heat on those tricky-to-dress-for transitional days.

Or for something simpler, Merino T-shirts are the ideal layering piece, able to retain heat while looking far more stylish than a thermal vest.

Corduroy

The cows have come home, pigs are taking to the skies and your geography teacher's favourite has become a fashion fabric! A versatile alternative to jeans or chinos, rich rustic colours make a great accompaniment to tweed jackets and are available in 5 pocket jeans style or a classic slim trouser cut. There's also a choice between needle cord or a heavier jumbo.

Flannel

As is to be expected of a fabric commonly associated with the American outdoors, worn by cowboys, hunters and lumberjacks alike, flannel is nothing if not hardy. The fabric's distinctive appearance comes courtesy of fine metal brushes, which are run over the fabric to create a 'nap' - the raised fibres that give the material its softness. Beyond texture, the lifted material traps air and heat, making it the ideal counter to plunging mercury. Available at VERB from BROOK TAVERNER, plaid flannel shirts come in various colourways.

With our winter set to last until April, yet with spring clothing lines now coming into the shops, it could be a great time to stock up on a few bargains ready for the chilly months ahead.

All the pieces described are available at VERB alongside our womenswear range from LILY AND ME. As ever, check out our ranges on social media and our website: www.verbfashion.co.uk - or pop and see us Monday - Saturday 9.30am-5.30pm and Sunday 11am-4pm at Flemingate.



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BEVERLEY RUFC BENEFIT FROM WESTWOOD LIONS DONATION

Beverley RUFC have long been an established part of the community currently playing in 'Yorkshire One'. It is a family-orientated club dedicated to the progression of playing abilities from 4 years old to senior level.

Carol Innes, Vice-chair at Beverley RUFC said: "We are really pleased Beverley Westwood Lions Club has been able to donate some much-needed kit for our 'mini' and juniors. This includes balls, tackle bags and water bottles. We are a volunteer-run club which relies on this kind of support from the community - it means we can attract more players and contributes to the successful future of this much-loved sporting facility. Thank you!"

The mini/junior section has grown significantly in recent years and is now recognised as one of the strongest in the area, fielding twelve teams covering all age-groups responsible for over 300 players from age 4 to 18.

It is a Clubmark accredited club who follow the core values of rugby union - team-work, respect, discipline, sportsmanship and enjoyment. Players of all abilities are welcome. The mini and juniors play and train on Sunday mornings and to encourage team-building and social skills, all players are offered a free meal.

Matches are friendly games against other local clubs until age 13 when teams enter the Yorkshire Cup competition. Have a look at www.beverleyruff.co.uk to find out more.



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WALKING WITH IAN RICHARDSON... SNOWDROP STROLL AT WONDERFUL WALKINGTON



Walkington is a wonderful place to live and visit. It has an incredible range of amenities for its 2,500 lucky residents, which make it the envy of less-favoured villages. A successful primary school, fine café, well-stocked shop with post office and no less than 3 popular pubs. It is steeped in history, from decapitated Anglo-Saxon criminals to the latter-day Hayrides. It has particularly striking architecture - this easy 2-mile stroll takes in most of the best buildings - and some very pleasant countryside on the village fringes. A rural location yet just 2 miles from a bustling market town, Beverley, and just a few more to a large city, Hull, with regular buses to both. If you visit in February, you should also see smashing displays of that most welcome early harbinger of spring, snowdrops.



1 Start by the large, attractive pond at the east end of the main street (HU17 8SX). Parking is usually plentiful here, or you can go green and use the bus. The pond has recently undergone major renovation and will take a little while to look its best, but its still a plenty spot to sit and enjoy. Take the path through the wooden gate, pass the benches, rising gently on this nice route out of the shallow valley in which Walkington nestles. You get good views over the Wolds as you swing towards the road at North End. Near here in 1999, a very important horde of Celtic coins was unearthed, now in the Yorkshire Museum, and veritable works of art. In local fields, too, the Hull-based 1980's band, The Housemartins, filmed their most endearing video of Me and the Farmer - it can be viewed on YouTube (www.youtube.com/watch?v=KLOyF50wIBU)

2 Go left down North Gate, which has a collection of fabulous buildings; rambling North Gate House, the stylishly-converted former school which only closed in 1999, and the equally-striking Chapel House; its façade is on of the hidden gems of the East Riding.



3 At the main road, go right along the footpath. There are many attractive buildings with unusual details to enjoy, such as Kirk Stones with its church pinnacle, looking like it came from one of the big churches in Beverley but even the ubiquitous Pevsner Guide does not confirm this - does any ready know? As in all the best East Riding villages, brick and pantile feature, especially on the 18th century farm houses fronting the street. Even more recent buildings are good quality ones. Two miles on at High Hunsley, you would come to the burial mounds that were apparently used for executed criminals over a thousand years ago. In 400 yards, you reach the nicely wooded area of Townend Park.

4 Head diagonally through the park to the road that rises up past a development of new homes, indicators of a thriving community. At the road junction, take the path on the right along Middlewood Land, then Manor House Lane - the house soon comes into view, largely hidden behind massively impressive walls.

5 At the junction with North Gate, turn right and head back down to the main street. Cross over and to your left take an alleyway between the buildings - not the splendid old rectory; this is Church Walk.



6 This is the most enjoyable way to reach the beautifully-sited All Hallows Church, the wildlife area to your right is lovely as are the views back over the striking red roofs of the village. You will also probably see an unusual sight for our area - Shetland ponies grazing. The handsome church is usually open to enjoy, but in my view the churchyard and the imposing perpendicular tower are the best things here. The building appears most strikingly mottled in sunshine due to the rustic mix of stone and old brick. The snowdrops are lovely here, an especially welcome sight in snowy weather. A perfect place, too, to consider Wordsworth's Words:

Lone flower, hemmed in with snows and white as they

*But hardier far, once more I see thee bend
Thy Forehead, as if fearful to offend.*



7 Take the well-surfaced path south of the churchyard that heads along the village edge. Our route heads straight to the road, but it is easy to end this walk by a couple of miles, taking the signed path down the dry valley towards Risby, where you will discover Henry VIIIth once stayed.

8 At the road, take the wide verge on the left up to the traffic lights, where you follow the pavement back to your starting point and transport home. Here are the remains of one of the four Sanctuary Crosses surrounding the approaches to Beverley. Less impressive than the one near the racecourse, this one is easier to view. A third lies alongside the main road at Bentley. I wonder if you know where the fourth stood? A splendid way to end your walk would be a drink at any of the fine pubs, but I recommend a visit to Eliza's Café at the Fergie Fawcett. My coffee and scone were of the highest quality, served by friendly and attentive staff in most comfortable surroundings. The village is also blessed by many activities run at its busy village hall. Early in February you can hear Doris Teal's 'Desert Island Discs'. Doris is the widow of the legendary Ernie Teal whose nature writing and radio broadcasts in a now rare local dialect - birds were 'buds' - were delightful. On walks, I like to speak to residents. The pleasant young waitress at Eliza's summed up living in Walkington most pithily as 'quirky', but in winter sun, it's wonderful!



PAYROLL SOLUTIONS - PENSIONS

Are you aware that there is an increase in Automatic Enrolment contributions with effect from April 2019? Here at Stipendia we encourage our team to save for their futures and we are looking forward to Liam joining our Automatic Enrolment Company Pension Scheme this month as he has reached qualifying age (22 years). Both Liam and Stipendia will contribute to the scheme. Liam will be entitled to tax relief on his contribution, too!

Currently the total contributions are a minimum of 5% of qualifying earnings; employers pay a minimum of 2% and employees paying the balance.

This is to increase on 1st April 2019 to a total of 8%, with employers paying a minimum of 3% and employees the balance.

Date	Employer minimum	Employee minimum	Total minimum
April 6th 2018 - April 5th 2019	2%	3%	5%
April 6th 2019 - onwards	3%	5%	8%

What are Qualifying Earnings?

This is the bank of earnings that are used to calculate contributions and for the 2018/19 tax year this is between £6,032 and £46,350 a year. This means that qualifying earnings cannot be more than £40,318 (£46,350 less £6,032).

Who is Eligible?

Anyone who is over 22 years of age and earns over £10,000 per annum will automatically go into an Automatic Enrolment scheme.

What if I am under 22?

You can opt into the pension scheme by contacting either the pension provider or your employer.

What if I want to leave the pension scheme?

If you want to leave the scheme with in the first 4 weeks of being enrolled you can "opt out" of the pension, however this means that you will not receive any contributions from your employer. You can do this by contacting the pension provider only. You will receive a refund of your contributions made.

If your personal circumstances change and you decide to leave the scheme after the first 4 weeks, your pension pot will be frozen until you decide to start taking your pension or lump sum.

It is always recommended that you save for your future.



If you would like more details on how to link the pension to payroll, or are struggling and need help, please contact Liam, Katherine or Lynne at Stipendia Payroll Solutions **0845 308 2288**.



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RENEWABLE ENERGY AND ENERGY REDUCTION SCHEMES CAN IMPACT ON ENERGY USE AND COSTS

East Riding Energy prides itself on understanding customer's energy needs to provide the perfect solution for them. Customers are provided with accurate designs, costs and outcomes and enjoy excellent customer service and support.

Solar technology has come a long way in the last 5 years and systems can now produce ample electrical supply for an average UK household. Panels are now thinner, more efficient and more effective. The company also supply solar tiles, so your complete roof can be used to generate power. If your system is an older system, the company can test and monitor your panels to advise on whether they require replacement. East Riding Energy also provide solar water systems, give advice and redesign lighting systems, install and set up battery storage (Tesla Powerwall) and fit electric vehicle charging points (Rolec).

With the rising cost of traditional energy growing at a rate of almost twice that of inflation over the past 5 years, it makes sense to look at ways of reducing your reliance on the national grid. The current Government scheme for Feed-in-Tariffs for solar installations expires on March 31st so do act fast to get the current deal.

The Government also provides grants for electric vehicle (EV) charging points at both home and at work. East Riding Energy ensures the charging point meets the requirements of your EV and applies for the grant on your behalf!

East Riding Energy has installed over 100 systems in the area and have many satisfied customers. Contact East Riding Energy on **01482 210089**, email info@eastridingenergy.com or check out the website www.eastridingenergy.co.uk to start your journey to better energy efficiency.



It's still not too late for you to benefit from solar PV, we have some great battery storage, EV charging and energy saving solutions

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Tel: 01482 210089

FITNESS FOR PEOPLE WHO DON'T DO GYMS - INCHES BODY STUDIO

Seven out of ten people can't use a gym for a variety of reasons, but there's only a very few people who can't use Inches' Toning Tables. Although it is passive exercise, users need to work with the tables as they move to get the maximum benefit.

As well as providing a warm and welcoming environment, Yvonne Jones, who started Inches 28 years ago this year, encourages her clients to get to know each other, so it has become a supportive club. Yvonne says: "My overarching desire is to do the best I can for my clients, by offering a holistic programme. If someone wishes to lose weight, I offer diet advice and body wraps along with the toning tables; for clients requiring alternative therapies, a reflexologist runs sessions (not available during March) and there is a beauty studio upstairs. And, yes, I do get to be a confidante for some of my clients - as they do for me. Some of them are like family!"

The first thing which strikes you when you go into Inches are the stair lifts, which ensure the Studio is accessible for everyone. Then, outside of the Studio is the coat-stand covered in coats and jackets with outdoor shoes at its foot - everyone takes their shoes off before entering the Studio! Then, sometimes, despite the fact the tables are all in use, the room is quite quiet with gentle music playing whilst other times it is quite buzzy with more upbeat music, but only at a reasonably low volume. The big difference between this and a gym is the fact that hardly anyone has ear-phones to listen to their own music - even in the quiet sessions, people acknowledge each other rather being in a world of their own.

Yvonne said: "We have had lasting friendships made here between people who wouldn't ordinarily have met - teachers, solicitors, business-owners - all people who come to relax as well as exercise. There is nowhere else like it in the area."

Inches is open from 8.15am-7pm Monday - Friday and 8am-11am Saturday. Telephone **01482 865229** or email info@inchesbeverley.co.uk to book a trial session. The Studio is also available for private sessions for men who might benefit from the tables. Speak to Yvonne for more information.

REUSE AND REFILL AT HAIR BY ROSIE TO MAKE EVERYDAY AN EARTHDAY

As we aim to curb our plastics use, refill stations and reusable bottles are set to pop up everywhere. Hair by Rosie is one of the first salons in Beverley to offer refillable bottles for shampoo and conditioner and install recycling bins.

The hairdressing industry is in the top 20% of waste-creators in the world - but milk_shake aims to be at the forefront of changing that statistic by providing its salons with the means to curb waste. The products themselves are eco-friendly, using naturally-sourced ingredients (milk proteins, fruit and nut extracts) which are not tested on animals (animal-testing is illegal in the EU) and which don't pollute water-ways.

milk_shake shampoos and conditioners are available in Moisture Plus, Energising, Colour Care, Volumising and Silver Shine ranges, all in 300ml recyclable and refillable bottles, priced at £14 and £15 respectively but currently with 10% off with the voucher on Hair by Rosie's advert or by quoting 'Earthday Offer'. Refills are £9.99 each.



As Hair by Rosie celebrates its 3rd birthday, so Italian brand milk_shake celebrates 20 years of being change-makers in the hairdressing world. Hair by Rosie's Rosie Ward says: "milk_shake is re-creating all of its packaging to ensure it is recyclable, but now that we can refill customer's bottles, too, it also means their favourite shampoo is less expensive! We may only be one of a handful of salons starting this scheme, but we believe a ripple can turn into a tidal wave. Less plastic, lower costs, more eco-friendly products - it's a win-win for everyone!"

Hair by Rosie is at **34, North Bar Within, Beverley HU17 8DL**, tel **01482 863603**. Follow Rosie on Facebook.

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WHAT IS SALT THERAPY?

SALT THERAPY IS NO 'NEW FAD'

Salty air has always been a recommended form of health therapy. From the ancient Greeks to now, think of when we used to send people who were under the weather to the seaside; it's the same concept, but it is more concentrated in our salt rooms.



HOW DOES IT WORK?

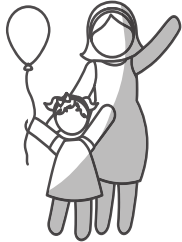
We use 100% natural rock salt which is ground into tiny microparticles and dispersed into our salt therapy rooms. The air you breathe will be full of ionised salt particles which will deeply penetrate your lungs and skin. The antibacterial and anti-inflammatory properties of the salt will help dissolve any mucus and kill microorganisms that cause infections.



WHO COULD WE HELP?

We could help both adults and children suffering from various respiratory, skin and conditions, including:

- COPD
- Asthma
- Eczema
- Psoriasis
- Coughs and colds
- Stress
- Anxiety
- Insomnia
- Acne
- Ear infections



WHAT HAPPENS DURING A SESSION?

If you're in the adult room, just sit back, relax and maybe even enjoy a nap! Our children's room has toys and a TV to keep the little ones entertained. All you have to do is remember to breathe deeply.



HOW LONG IS A SESSION AND HOW MUCH DOES IT COST?

It's probably more affordable than you think and your first session is half price. A child's first session lasts 30mins and is £14 (for both child and accompanying adult) and an adult's first session is £16 for 45mins. As Salt Therapy is a recommended repeat treatment we also offer discounted packages.



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11 - 15 YEAR OLDS: 10:30 - 11:30

ADULTS: 12:00 - 13:30

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Children's workshop - Yoga with thirty minutes salt therapy included.

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PUZZLE PAGE

WORDSEARCH

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

CHOCOLATES
 COLD
 FEBRUARY
 FLOWERS
 LOVE

ROMANCE
 ROSES
 SNOW
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 VALENTINES

WHERE IN BEVERLEY?

Where in Beverley would you find this landmark?
 Answers on Page 34.



SMALL CHANGE - BIG IMPACT

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EAST RIDING COLLEGE TRAINS MORE APPRENTICES



Integra Buildings in East Yorkshire has made a massive investment in their apprenticeship scheme in the past six months. The business has recently moved to their expanded Paull site and recruited nine apprentices, including joiners, welders and designers.

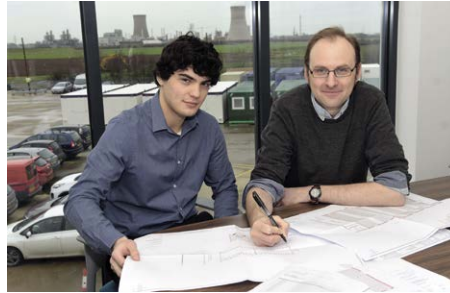
Managing Director Gary Parker explained, "The last few years have seen massive growth, both within the modular buildings industry and in terms of investment in our own business. Apprentices have always formed part of our growth plans. When we first moved to our former site at Burstwick we expanded and recruited a few apprentices, most of whom are still with us and are now in their thirties.

"Now we're at our new site we've taken on another nine new apprentices, all in the past six months. All of them are doing really well! I was lucky enough to get an apprenticeship at 16 and train as an electrician and I'm hoping these lads get the same break."

One of those new apprentices is Karl Johnson,

aged 20 from Hornsea. He is a design and draughtsperson apprentice, working in the technical team at Integra.

He said, "I went to Hornsea Sixth Form and did my A-Levels but didn't want to go to university, so looked for an apprenticeship. I've enjoyed working alongside studying - it gets you where you want to be. It gives you a bit more of an advantage in some cases because it's hard to get a job right out of uni at the moment and you come out with a ridiculous amount of debt.



"If you've got the technical experience then it gives you an advantage over your peers and you get to make money whilst you're getting your qualifications."

Integra was started in 1997 at Tokenspire Business Park in Beverley. It moved to Burstwick before consolidating the company's offices and production facilities in Paull last year.

Integra currently employ 100 people - plus sub-contractors within the supply chain - in the local area. They mainly supply educational buildings

to local councils but are also supplying to organisations like Sport England and the NHS.

Developing the apprenticeship scheme has proved worthwhile for the growing business.

Gary said, "We sometimes struggle to recruit time-served people of the right calibre and I think it's good to give young people the same opportunity that was afforded to me. I'm looking for our apprentices to still be with us in 10 or 20 years' time.

"Recruiting these apprentices has been a really positive experience. On our new site we've got everything in place to accommodate growth in our apprenticeship scheme, including an on-site training room and our new welfare facilities, where assessors can meet with our apprentices. All the new apprentices the company has recruited have been through East Riding College.

"We've been really happy working with the College - it's been very straightforward, absolutely perfect really."





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CLASSIC CARS WITH CARFAN - THE SPYKER C8 LAVIOLETTE

The Dutch company Spyker is probably the most interesting company you have never heard of! Founded in 1880 by brothers Hendrick, Jan and Jacobus Spijker, they produced their first car way back in 1898, engineered by Benz.

The Spijker brothers' experience in building coaches and carriages was invaluable with the rapid acceptance of "horseless carriages" (as cars were initially known) and the company give the world its first six-cylinder, four-wheel drive vehicle and in 1907 gained a creditable second place overall in the grueling Peking to Paris 15,000 kilometre race.

So why has no-one outside the car world cognoscenti ever heard of Spyker, despite its great success during its very long history? Sadly, like a multitude of early car companies, they went bust in 1925 and it wasn't until the year 2000 when we heard of them again with the launch of the C8 Spyder.

Whilst it is said that beauty is in the eye of the beholder - and most would agree that their cars are not exactly beautiful - it cannot be denied that they are distinctive and this is just what some drivers are looking for in a world where most cars look very similar.

The company emblem is an aircraft propeller, which reflects the fact that the company used to manufacture aircraft, surrounded by a motto in Latin which translates as "For the tenacious, no road is impassable".



The featured car is an Audi V8 powered C8 Laviolette. Records show only two are registered on U.K. roads which means that owners' club meetings will be a somewhat quiet affair! So, whilst it is highly unlikely that you will see a Spyker on the road, if you do, don't forget that cheery Carfan wave!

PRACTICAL MOTORING WITH RICH HAYES PREPARING TO DRIVE IN THE WINTER MONTHS

If the weather forecasts are correct then we are likely to get MORE snow and ice over the next couple of months, which can make driving conditions tricky. Here's some additional tips for making winter driving as safe as possible.



KEEP YOUR EYE ON THE WEATHER FORECAST

Don't get caught out! Cancel any non-essential journeys when snow and ice are forecast if you're not confident driving in such conditions. It is also helpful to allow more time for journeys.

KEEP EMERGENCY ITEMS IN YOUR CAR

Make sure you have a charged phone charger, an ice scraper, shovel, blanket, drinks and snacks. A spare piece of carpet to put under your tyres can be useful should you get stuck on ice or in snow. Have a winter coat and snow boots as you will need them if you break down or get stuck and have to wait to be rescued.

CHECK THE TREADS ON YOUR TYRES

You will need plenty of traction when driving on snow and ice. Why not fit winter tyres to be extra sure - they are made of rubber with a high silica content and a tread pattern designed to stay flexible in low temperatures to give better breaking and handling on snow, ice and wet roads when it's cold.

CHECK YOUR BATTERY

Batteries typically have a lifespan of around five years. Using your lights, heaters and blowers more regularly can put extra strain on your battery - don't chance your battery, fit a new one!

MAKE SURE YOUR WINDSCREEN IS PRISTINE

It's important to have good visibility when driving in wintery conditions so make sure your windscreen wash is topped up with antifreeze and the inside of your windscreen is clean, too. Check for cracks regularly as cold weather can make them grow. Ensure your car is ready for the winter months by taking advantage of Beverley Motor Works' free winter vehicle check. Call **01482 881128** to book yours today.

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IS YOUR BUSINESS CRYING OUT FOR A REBRAND?

For established businesses there comes a time when your branding needs a new lease of life, to allow you to stay competitive and attract new customers.

If you're thinking about rebranding your company, here's some reasons why established businesses often choose to breathe new life into their branding.

Your branding is boring

One of key purposes of your businesses branding is to get you noticed and help you stand out. Your branding should be remembered in the minds of your customers and target market, so if your branding is boring then it's doing you a disservice. Consider doing a brand audit to check whether your branding communicates your values, and how you stack up against competitors.

You're not proud of your brand

Hesitating when handing out a business card, or urging people not to take a look at your website are both surefire signs that you're not proud of your branding. Your business card is your chance to give a first impression - a sort of brand ambassador. Your branding should be something you're proud of, so if you're not what does that

say about your company? Taking a look at your business card, marketing materials and website will help you decide if a rebrand could inject some new life into your brand. Rebranding can help retain clients along with bringing new ones in.

Your products or services have changed

It's common for a business' products and services to change over time, in line with market trends and technological advances. With that, established businesses should consider updating their branding following a considerable change in their product or service offering.

To set yourself apart from competitors

Reinforce why your business should be



chosen over your competitors to gain a bigger market share and win new customers. Rebranding or a brand makeover can be an excellent way to do this. This may be particularly appropriate if your branding is similar to that of your competitors, meaning customers could struggle to differentiate.

I'm ready to rebrand - what next?

Indicoll are a marketing agency based in the heart of Beverley, and our designers have decades of experience crafting unique brands and updating established ones. Whether you are looking for a complete brand makeover, or just want to bring your brand up to date, we're confident we can help. Get in touch today to discuss your requirements.

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RECIPE BY THE FOOD RHINO - BEETROOT, BLACKBEAN AND QUINOA WELLINGTON

This recipe works well for a special occasion or when you have several mouths to feed. These amounts will feed 6-8.

Ingredients:

- 100g Red cabbage (finely chopped)
- 200g Asparagus (stemmed)
- 1 Red onion (diced)
- 450g Beetroot
- 200g Quinoa (washed)
- 400g tin Blackbeans
- 2tbsp Tomato paste
- 1 Vegan stock cube
- 1 220g pack of filo pastry (but you won't need it all!)
- Salt and Pepper to taste
- Non-dairy spread for greasing

Method:

Roast the asparagus with salt and pepper for a few minutes until al dente and remove from the oven to cool. Peel and wash the beetroot, then place in a pan, cover with water and boil until soft. Remove and set aside the beetroot but keep the beetroot water in the pan. Put the stock cube into the beetroot water in the pan and dissolve it before pouring all the quinoa into the pan to boil until cooked. Remove from the heat and sieve to remove excess liquid.

Drain the blackbeans then blend together with the cooked beetroot and tomato paste, ensuring you season with salt and pepper. Mix together the beetroot puree with your quinoa and the remaining ingredients except the filo. On a baking tray lay out 5 sheets of filo pastry so they overlap each other to make a rectangle measuring around 40cm (width) by 50cm (length). Imagine the filo into thirds and lay the bean mixture into the centre allowing for a gap of 5cm either side. Grease the farthest length and roll the filo from the other side across. Use your hands to gently roll the seam to the bottom of the Wellington then crumple the loose ends to look like cracker handles. Wash the entire wellington with melted dairy-free spread and bake at 190°C for 25 minutes turning half way or until golden. Don't worry about the ends overcooking as these will look great for presentation. Alternatively, you can use puff pastry or shortcrust. Lay one sheet of pre-rolled pastry on a baking tray, put the filling in the centre and lay a second over the top. Press the edges, fold the excess pastry towards the centre of the Wellington and wash with plant-based milk. Cook using the guidelines of your pastry. Serve with crusty bread and a side-salad or chips!



FITNESS TRAINER ALEX CAMPBELL JOINS ANYTIME FITNESS

Alex specialises in transforming people's fitness, appearance and mindset in as little as 8 weeks.

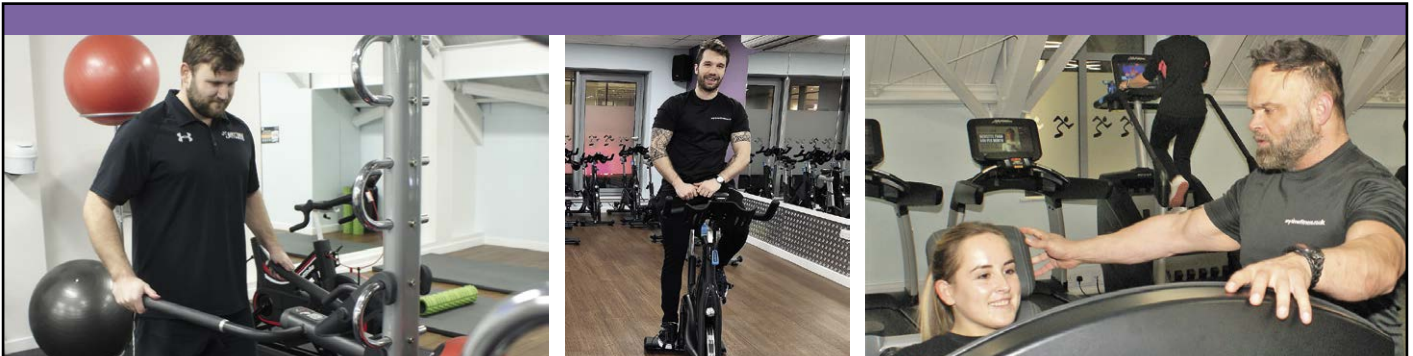
If you are serious about health and fitness, Alex's exciting and no-nonsense approach could be for you! He makes training fun as well as challenging, increasing self-awareness and knowledge of health and fitness along the way.



Being a part of the Anytime Fitness gym immediately gives clients a support network, so members motivate and support each other throughout their journey into health and fitness, having fun along the way.

This is how Anytime Fitness differs from other gyms - staff strive to help members achieve

their health and fitness goals by providing them with the knowledge and guidance along the way to enable them to develop so they can accomplish all they set out to when they walk through the doors.



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- No set up fee
- First 2 months free

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CYCLING WITH NATHAN WILSON OF WILSONS WHEELS - TRAINING TO MEET YOUR GOALS

Whatever it is you are targeting, whether, it be a cycle event or a triathlon event, a structured training plan can help you be successful.

Advice from a personal coach might be the most effective way of training. Many retired professional and semi-professional athletes set up their own coaching businesses, some of them working online, so you do not have to meet face-to-face, which is more time-efficient if they live at the other end of the country. Some professional cyclists retire from racing at a relatively-young age so they can use their experiences to coach others. Failing that, you can often find on-line training plans. Or you can join a local club where there might be a club coach, who can give advice, along with your fellow club-members who might have years of experience.



Training depends on the sport you are training for. Cyclocross has a different season to road racing. The Cyclocross season runs from September to January, whereas the road racing season is from March to September. I have been concentrating on Cyclocross so my road race performances have been poor compared to how they used to be when I was training for the road season. I'm now starting my structured training for Cyclocross in the middle of the road season so I'm fresh for the start of September which means I'm not doing a full season of road racing. It has certainly paid off as I am top overall in two local series, 2nd overall in Yorkshire and ranked 18th in the UK - oh, and I had some wins in Lincolnshire, too!

If you 'fail to prepare, you prepare to fail' is my motto! You need to give yourself adequate time to prepare - it's impossible to do yourself justice if you wait until the last minute - and you need to be dedicated with the will to succeed. A training plan and all the money spent on coaches is worth nothing if you don't have the desire to be successful.

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SHORT STORY BY CLINT WASTLING - THE BOOK OF LOVE



Michael, my brother, had been so happy on that morning before he went missing. He was in love with Elizabeth and had at last been invited to her home to meet her family. He never got there.

That house now loomed before me. I was surprised to find a gothic mansion and even more startled to see that the owner had evidently fallen on hard times. It had a look of decay. I rang the bell, Elizabeth appeared.

"Any news of Michael?" She asked tenderly. I shook my head. Elizabeth was a beauty, exactly as Michael had described. She looked as though she belonged in the 1860's and had been plucked from then to the present. She'd make a wonderful Pre-Raphaelite model with her wavy red hair and pale skin.

"Well Ben, come in." Without asking she poured me a drink, "so there's no news?"

"None." I looked into her deep blue eyes and saw how Michael might have been enchanted. "Have you?"

Elizabeth smiled, "Follow me." She lifted a set of heavy keys, turned one in the lock of the large oak door which opened to reveal a corridor leading to a set of steps. "Bring your drink," she ordered.

Beyond the steps was a large cellar room with an oak table as the only furniture. A book was open upon it. I turned back the cover, it was entitled: The Book of Love.

Elizabeth flicked the pages. "Write the name of the person you love on this blank page," she ordered.

Despite writing my fiancée's name Elizabeth emerged from the drying ink.

"No one can resist me for long."

"Is that what happened to Michael?"

"Perhaps."

I watched this elegant woman reach over and place several logs on the fire. I lifted the green liquid to my lips. The smell of aniseed rolled into the back of my mouth. I had no idea why I was drinking this concoction.

"Did Michael find you bewitching too?"

"Perhaps," Elizabeth smiled. "Now I will show you to your room so you can stay a while and keep me company."

I felt anxious but unable to explain my fear. Elizabeth picked up The Book of Love. She caressed its covers and as the fire took hold, I could clearly see this cellar room possessed many doors.

"It is time to answer your questions, Ben." She pushed open a door which looked as though it hadn't moved in months. The hinges creaked as the door opened and revealed Michael. My brother shouted, "Ben take care, she's a witch!"

"He is under my spell!" She laughed as she opened door after door. In each cell a man who had become part of her collection. They began young and handsome then aged until behind the furthest doors only skeletons remained. She gave each a kiss and they were restored by her magic. The final room was empty. Elizabeth beckoned me enter.

I moved forward feeling my knees tremble. As she bent to kiss me, I plucked the book of spells from her hand and threw it into the fire. Elizabeth screamed and placed her hands in the flames to retrieve it. She was consumed and turned to ash becoming dust which blew up the chimney. Her spell was broken.

Clint Wastling is a local writer and poet. His science fiction/fantasy novel 'Tyrants Rex' is available from Stairwell Books.

POEM - THE PRETTIEST GIRL IN THE CO-OP BY JOE WILLIAMS

You were the prettiest girl in the Co-op.

*You said it yourself, to the lad on the other till,
when I was in the queue.*

*You were just messing around, of course,
flirting a little, perhaps,
but it was true.*

*You asked me once, as you scanned my sausages,
if the sun had gone down yet.*

*You said you were starving.
I told you it hadn't, and knew what it meant -
that a couple of drinks in the pub
wouldn't be your idea of fun.*

*Then one day you told me you'd got a new job
and this was your final shift.
It might have been your way of letting me know
I had one last chance to ask.
I don't think it would have worked out, in the end,
but sometimes I wonder.*

*You were the prettiest girl in the Co-op,
and wherever you are now,
I bet you're the prettiest girl there too.*



Joe Williams is a writer and performing poet from Leeds. His verse novella, 'An Otley Run' was recently published by Half Moon Books, following the short collection 'Killing the Piano' (from which 'The Prettiest Girl in the Co-op' is taken) in 2017.

**For more info see
www.anotleyrun.com and
www.joewilliams.co.uk**



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IN THE GARDEN... FEBRUARY

As I write 'In the Garden' for the February issue I have just returned from a stay over Christmas and New Year in Melbourne, Australia and yes, they do have Christmas trees, baubles and Santa! However, there was no turkey dinner - we ate 'al fresco' in the sunshine.



Of course I had to visit the Royal Botanic Gardens, a public open space adjacent to the Yarra River and within easy walking distance of the centre of Melbourne. Many of the plants in the Botanic Gardens are similar to those found for instance at Kew, however, in domestic gardens the variety of plants seemed more limited. One plant that is planted in large amounts and a favourite of mine is the Agapanthus and Eucalyptus and Pines are planted as street trees where we would perhaps plant Horse Chestnut and Limes. Back to the UK now, in February gardening tasks are very weather dependant, so it's worth keeping an eye on the weather. For instance don't go pruning plants on a spring like day if a cold spell is forecast. Here are a few things you can get on with:

- Apply organic-based fertiliser to beds and borders i.e. bonemeal; blood, fish and bone; pelleted chicken manure.
- Do some winter digging - BUT ONLY if the ground is not soggy or frozen.
- Top dress any containers that have shrubs in them.
- Prune winter flowering shrubs that have finished flowering and summer flowering shrubs and climbers.
- Clear any 'old' foliage and seed heads from perennial plants.
- If the weather is mild you may need to cut the lawn - just a light trim to tidy it up.
- Trim hedges and overgrown shrubs before the end of the month.
- Prune apple and pear trees - ideally the pruned tree should take the form of a wine glass i.e. no branches in the middle of the tree. This will provide even sunlight to every part of the tree.
- Prune wisteria - shorten side shoots to two or three buds from the main stems. By pruning now you can see what you are doing, it also encourages flower buds to form.

So until March, enjoy your garden when you can. Jx.

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

COUNTRYSIDE MATTERS WITH SAM WALTON - RARE BREEDERS FOR NO LONGER RARE BREED



In 1982, Trevor and Patricia Black moved to their current home at Gowthorpe, which was then a former two-up and two-down farm-worker's cottage. Someone suggested to them that they ought to have a couple of sheep for the adjoining paddock whilst they modernised and extended their future home - and from that has been produced a leading herd of Jacob sheep.

I always thought that Jacobs were small sheep with very little commercial value. Then what do I know? Originally from the Middle East, they are mentioned in the Bible. They were imported to the UK from Spain in the 1700's, bought to grace the parklands of stately homes.

Nearing extinction in the late 1960's, The Jacob Sheep Society was formed; Pat is the current treasurer. Now with almost 900 members covering the whole UK and Eire, the breed has undergone a revolution.



Princess Alexandra is Patron and is hopefully attending the 50th year of the Society next year. The sheep can either have two or four horns - the individual breeders choose which suits them. Through careful breeding, the modern Jacob, whilst retaining its unique features is now one of the largest sheep breeds around.

Their fleece is second to none for the hand spinners and weavers as it has an excellent staple. Their horns are sought after by stick makers, who like the horns to be at least six years old and the meat is described by a leading butcher as 'tender and lean; pink and firm; full of flavour with a melt-in-the-mouth texture and the best lamb for the table'.

At Gowthorpe, the home of the Blackwood Flock of Jacobs, the two-horned type are produced. There is a suggestion that they are, perhaps, slightly finer-boned and certainly gain the weight. Traditional breed sheep have lambs in early spring, and they grow quickly.

Lambs from the Jacobs, lambing a little later come to market in October time. However, the aim of the Black family is to improve the breed to sell breeding stock. They have won shows all over the country, with trophies to prove it against stiff competition. A good ram can make between 1,600 and 2,000 guineas, whilst 700 guineas is a reasonable price for a gimmer.

Now that Trevor and Pat are both retired from their previous occupations (which had nothing to do with farming), they are devoting their time to improving the genetics and standards of the breed. Well, they have done that in superb fashion and I was absolutely blown away by the size of the sheep! As a breeding ewe, the Jacob has all the hardiness of and resilience to



adverse weather, which other hill breeds possess, yet is equally at home on lowland terrain.

They are prolific, Trevor and Pat have had several lots of triplets this year and easily attain a 200 percent lambing. The ewes lamb easily, rarely

needing assistance, are excellent milkers and have a long flock life. One ewe elsewhere was recorded as still breeding successfully at the age of 17!

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Saturday 2nd February

• **Art Installation 'Magi-Wise Men from the East' by Mervyn King**
Beverley Minster. Sculpture for the season of Epiphany.

• **'Glory Dazed' by Cat Jones starring Sam Edward-Cook**

East Riding Theatre. 7.30pm. £15/£14. Examining the plight of ex-servicemen in modern Britain. Suitable for 15+. Tickets www.eastridingtheatre.co.uk

• **Cherry Burton Arts present a Beatles and Stones Night with Sticky Fingers and Abbey Road**
Cherry Burton Village Hall. £10. 8pm (doors 7.30pm). Tickets from 01964 551145, martin@peirson.karoo.co.uk, Minster Records Beverley or Cherry Burton Costcutter. BYO drinks.

Saturday 2nd February - Saturday 30th March

• **Exhibition - Musical Memories: The World of Herman Darewski**

Treasure House, Beverley. Herman Darewski was the musical director at Bridlington Spa for nine summer seasons, he wrote songs for the West End and ran a music publishing business in London.

Sunday 3rd February

• **Winter Garden Party**

East Riding Theatre Café Bar. Free. 12noon-3pm. Alison Wise on piano and ERT's Volunteer Choir. Food and drink available to order. Vegan-friendly.

Monday 4th February

• **Processed Pea presents The Swamp Doggs supported by Deadwood and Wire**

The Light Dragoon, Etton. 7.30pm. Swamp Doggs previously known as Frogge Brothers; Deadwood and Wire features Paul Blackburn (ex-Nick Rooke Band). Tickets also on sale for 50th Birthday Party on 7th September featuring Henry Priestman and the Men of a Certain Age; Billy Mitchell and Flossie Malavialle.

• **White Horse Folk Club Singers & Musicians Night**
Beverley Conservative Club, Wylies Road. 8.30pm. £2. Performers and audience welcome.

Friday 8th February

• **Kate Fox - Where There's Muck, There's Bras**
East Riding Theatre. £12/£11/£10. 7.30pm. With Joanna Holden. An exploration of Northern women you've heard of and the ones you haven't.

Saturday 9th February

• **Grandad's Island**

East Riding Theatre. 1.30pm and 4pm. £10/£9/£8/ Family of four £28. Age 5+. Benji Davies' award-winning book brought magically and sensitively to life!

• **The Mile Roses with Pete & Rosie Fletcher in support**

Lockington Village Hall YO25 9SN. 7.30pm. £10/£6.

Tickets from 01430 810005/07758 785223. A night of upbeat songs and a free 'wee dram', too!

Sunday 10th February

• **Grandad's Island**

East Riding Theatre. 11am and 2pm. £10/£9/£8/ Family of four £28. Age 5+. Benji Davies' award-winning book brought magically and sensitively to life!

Monday 11th February

• **Norwood Nites Community Cinema presents**

Norwood Church Schoolroom. 7pm. Free. Raffle and refreshments from 6.30pm. A film about a woman called Joy who founds a business dynasty and becomes a matriarch in her own right. Call 01482 868082 for a lift!

• **The White Horse Folk Club presents Steve Tilston**
Beverley Conservative Club, Wylies Road. 8.30pm. £8.

Wednesday 13th February

• **Stage4Beverley presents Alan Johnson: In My Life**
East Riding Theatre. 7.30pm. £20. Alan tells his personal story accompanied by the music which has sound-tracked his life. Tickets www.eastridingtheatre.co.uk

Thursday 14th February

• **Beverley Film Society presents 'A Pigeon sat on a Branch reflecting on Existence'**
Parkway Cinema. 7.30pm £6.50/£3. Multi award-winning Swedish comedy/drama directed by Roy Andersson.

Friday 15th February

• **Stage4Beverley presents Eduardo Niebla plus support**

East Riding Theatre. 7.30pm. £16.50. Flamenco and more at its best!

• **Stage4Beverley Late Night Club**

East Riding Theatre Café Bar from 10.30pm. Free. Artists include Kate Sweeting and Michael Nagasaka; Granny's Attic; Katie Spencer and more. Appearances not guaranteed.

Saturday 16th February

• **Stage4Beverley**

East Riding Theatre and Café Bar from 10am until late. Includes Harmony Singing Workshop; 'Broadside On'; informal sessions; Granny's Attic; Hannah Sanders & Ben Savage; Gary Stewart's 'Graceland'; Late Night Club. Details www.stage4beverley.co.uk Tickets from East Riding Theatre.

Sunday 17th February

• **Stage4Beverley**

East Riding Theatre and Café Bar from 10.30am until late. Includes emerging artists, Eliza Carthy and Dan Webster Band; Tankus the Henge and the Late Night Club. Details www.stage4beverley.co.uk Tickets from East Riding Theatre.

Tell us about your event!

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For more events visit:
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Monday 18th February

• **White Horse Folk Club Singers & Musicians Night**
Beverley Conservative Club, Wylies Road. 8.30pm. £2. Performers and audience welcome.

Thursday 21st February

• **Jonathan Agnew**

East Riding Theatre. 7.30pm. £25/£23. Cricketing legend and 'Test Match Special' commentator, 'Aggers' is the author of many best-selling books and a great raconteur.

Monday 25th February

• **White Horse Folk Club Singers & Musicians Night**
Catholic Church Hall, Beverley (next to Rose and Crown). 8.30pm. £2. Bring own drinks and glasses.

Wednesday 27th February

• **Boo Hewerdine**

East Riding Theatre. 7.30pm. £15/£13. Remember 80's band 'The Bible'? That was Boo's band! Still playing live and writing new material for people like Eddi Reader and Findlay Napier, Boo was recently short-listed for Best Album of the Year by The Telegraph.

Saturday 2nd March

• **Cherry Burton Arts present Rod Clements and Rab Noakes**

Cherry Burton Village Hall. £12. 8pm (doors 7.30pm). Two of the most enduring names on the UK music scene. Tickets from 01964 551145, martin@peirson.karoo.co.uk, Minster Records Beverley or Cherry Burton Costcutter. BYO drinks.

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