

just

ISSUE 85

# BEVERLEY

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## FRATERNITY

WOOD LANE

19

YES WE'RE OPEN



### FRATERNITY

Yorkshire Retail Business Awards 2021 Winner

FRATERNITY

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# FRATERNITY

## EXPANDING THE BROTHERHOOD

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

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**REMEMBER!** If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101. ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.**

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## FEBRUARY LETTER FROM THE EDITORS

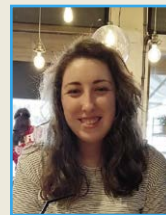


On the 5th February 1952, Elizabeth II was proclaimed queen throughout the Commonwealth after her father, King George VI, died in the early hours of the morning, while Elizabeth was in Kenya.

Later on in the year the country will be celebrating in style to mark the Queen's Platinum Jubilee, an opportunity for the whole of Beverley to look forward to and enjoy the celebrations.

Whatever February has in store for you - whether you will be flipping pancakes or giving things up for lent - enjoy it, make it fun and do it with a friend. Make sure to send your pictures in and tell us your story.

Happy February.  
**Julian.**



Happy February readers! We've got a great month ahead, not to mention it's finally the last month of winter and spring is nearing us!

There's lots to look forward to now the January blues are out of the way, including Valentine's Day (sorry singletons!), and the Queen's Platinum Jubilee celebrations in Beverley later this year.

I'm looking forward to seeing the whole town come together to enjoy decades worth of entertainment and a fun programme of events to commemorate the Queen.

As always, stay safe this February and enjoy the issue.

**Olivia.**



'Community Publication Award'  
Shortlisted Nominee  
2017 & 2018



**REYTA**  
Regional East Yorkshire  
Award Nominee 2016  
'Best Newcomer'

## GET IN TOUCH WITH US:

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

# RUNNING INTO 2022 WITH BEVERLEY AC!

**Runners from Beverley AC have started the year off with some great running as many have already laced up running shoes and participated in local events both on road and on trails.**

Club time trials over a 5kms course around Lockington and a 10kms course around South Dalton took place in January, as did the Burton Constable Trail 5-mile race and the East Yorkshire Cross Country league event on a challenging course in the beautiful grounds of Sledmere House. Sam Allen the Club's East Yorkshire League's representative commented on the event at Sledmere:



"Another great cross-country, Beverley runner Rob Sparkes won the men's race and led the men's team into 1st place, whilst a brilliant performance from our ladies' team, with Demi Lidster coming 2nd in the women's race and leading home our ladies' team in 4th place. These results keep our men's team in 1st place in the league and our ladies' team in 2nd place as we look forward to the 5th race of the League at Langdale End on Sunday 13th February!"

Sledmere was a great training event for those 18 members

running at the Northern Cross-Country Championships held in Pontefract on Sunday 29th January. The Juniors continued their success and produced some excellent performances at the very well organised Humberside Cross Country Championships at Costello.

In perfect cross-country conditions - very wet, cold and muddy and a few icy puddles - there was a very strong turnout with everyone putting in a lot of effort and getting some great results. Particular congratulations go to Caleb, Jacob and Oliver who were 2nd U13 boys' team and to Lois, Indie and Roxie who were 1st U13 girls' team. The Club is delighted that more events are now able to take place. A popular local race in York, the Brass Monkey half marathon, took place on Sunday 16th January with Beverley AC members

donning their blue and yellow vests to run the race in cold, but perfect running conditions, starting and finishing at York Racecourse



The Club is looking forward to its AGM, which will be held on Wednesday 23rd February, at its new meeting venue, Beverley Cricket Club. One of the items to be acknowledged at the meeting will be the successful Santa Run in December, which raised over £600 for the Club's nominated charity, Dove House Hospice, and the Club would like to take this opportunity to thank everyone who supported the running Santas and who gave so generously.

Many congratulations to Club members, Viv Williamson and Carol Cooke, on completing their 300th Parkruns on 1st and 8th January respectively and becoming members of the very prestigious 300 Club, running a total of 1500 parkrun kilometres each!



## PUPILS OF ST JOHN OF BEVERLEY RAISE OVER £1000 FOR SCHOOL LIBRARY

**School libraries provide a vital function for their pupils by giving them access to books. There is growing evidence through a survey run by The Great School Libraries Campaign that libraries and librarians impact positively on reader enjoyment, a child's attitude to learning, reading outcomes, and attainment.**

At St. John of Beverley Catholic Primary School, it's a fact they have been putting to good use. Their library provides important quiet space as much as the opportunity for children to explore stories that appeal to them. The school recently teamed up with Usborne's Community Book Pledge, and the area's representative Sally-Ann Rena by holding a sponsored read. Pupils were challenged to read as many books as they wanted over the six-week summer holidays.

One pupil created a Just Giving page and regularly updated her reading journey for her followers. She received donations from across the country.

"Our school is full of bookworms, everybody is always reading something. I love reading, so I just wanted to help add more books to our library." Every pupil who took part received a certificate to recognise their efforts. Collectively the avid



readers raised over £750.00. The huge sum triggered a bonus donation from The Usborne Community Book Pledge campaign of an additional 60% worth of books to their total. As a result, the school gained over £1200 to refresh their library with more books.

Mrs Nicholl, headteacher at St John's Catholic Primary School is passionate about ensuring every child has the opportunity to grow and develop, and said "We were overwhelmed with the amount of money raised by our pupils and grateful for the support we received from Sally-Ann Rena at Usborne. We're excited to start choosing our free books."

## ROSES OF BEVERLEY ARE RECRUITING

**Roses of Beverley are recruiting, requiring a warehouse manager.**

Having gone through a major expansion programme and increased the warehouse facilities, Roses are looking for a warehouse manager to join the team.

With an immediate managerial position available, this is a great opportunity for someone with drive and ambition.

You could become part of a fast growing business in an exciting position to order, assemble and deliver prestigious Roses kitchens.

If you are enthusiastic, hard working, ambitious and friendly, send your CV to [info@roseskitchens.com](mailto:info@roseskitchens.com) and join a team of likeminded people.



# ENTERTAINMENT AT THE C CLUB

The Beverley C Club is now open and have a great line up of forthcoming events.

On Friday 4th March the club will be enjoying Andy Ellison, who is one of the countries top swing and jazz vocalists, and he will be performing his Michael Buble tribute act.



Tickets are on sale now and are £8 each, call into the club for more details and to buy tickets.

The club is open on the following times:

- Monday 6pm - 11pm
- Tuesday 2pm - 11pm
- Wednesday 1pm - 11pm
- Thursday 12noon - 11pm
- Friday 2pm - 11pm
- Saturday 11.30am - 11pm
- Sunday 12noon - 3pm and 7pm - 10.30pm

For more information you can contact the club on: **01482 867968**, or pop in at **Wylies Rd, Beverley HU17 7AP**.



## BEVERLEY PHOTOGRAPHIC CLUB

*As confidence grows, people are looking to develop skills and meet new people, photography is your passion, the Beverley Photographic Club would like to meet you.*

If you are interested in joining the club and meeting the members, "No commitments" or if you don't want to join the club but are interested in a particular presentation or Zoom session you can join them for £3.

The Beverley Photographic Club are members of the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain.

All participants are asked to do a Lateral Flow Test before attending meetings and observe COVID guidelines.

Tuesday 25 January, 7.30pm at the Rose and Crown. Competition Judging of members prints

and DPLs. Nature and Countryside.

Tuesday 1 February, 7.30pm at the Rose and Crown. Presentation by Andrew Chandlar, "From the Mountains to the Sea".

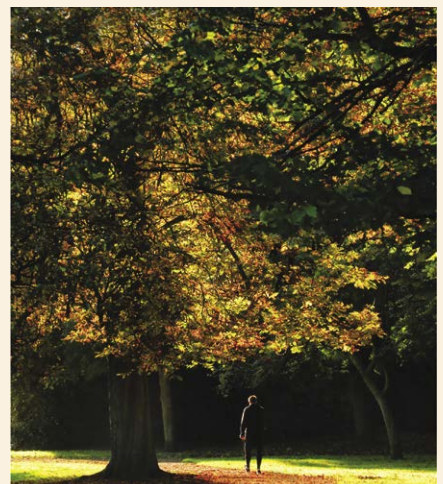
Tuesday 8 February, 7.30pm at the Rose and Crown. Competition judging of members prints. Two related prints.

Wednesday 16 February, 7pm. Away at Pocklington Arts Centre for the Norman Trophy inter club competition.

Tuesday 22 February, 7.30pm. Presentation by Mike Norton, "Snowdonia - highs and lows".

Tuesday 1 March, 7.30pm at the Rose and Crown. AGM.

Tuesday 8 March, 7.30pm on Zoom. Alison Taylor Presentation on "Coastal Photography".



Monday 14 March, 7pm. Away at the Priory Meeting Rooms Bridlington for the Millennium Trophy inter club competition.

Contact [billbevphoto@gmail.com](mailto:billbevphoto@gmail.com) for more information.

## FRENCH BOULES IN BEVERLEY - SOME SAY "PETANQUE"

*Over the past few years we have been made more aware about the benefits of the great outdoors, meeting new people, creating friendships and perhaps enjoying a new sport, perhaps one which is open to everyone.*

French Boules "Petanque", at the Molescroft / Beverley Petanque Club delivers on all these points. Based in Molescroft by the Pavilion, a few local enthusiastic people have formed a club and it has grown steadily since its formation a few years ago. They invite and are actively encouraging more people to get involved.



If you fancy trying something new, you want to get out in the fresh air and you live in or near Beverley then get in touch. It is a sport everyone can get involved in. A number of people will have watched from a distance people playing the sport in France whilst on holiday, perhaps fancied giving it a go and never had the opportunity, well now you have the chance.

The basics are simple, outscore an opponent by leaving your metal 'boule' closer to the wooden 'cochonnet' (jack) which is thrown a distance of between 6 and 10 meters and you win. The game is suitable for all ages from 8 - 108, if you are interested in giving it a go, having a laugh, enjoying the fresh air and meeting new people then get in touch.

Leave your name and contact details with Thierry Condette at TC Patisserie, Lairgate, Beverley (Tel **07592 681418**) or email Suham: [Suham@thecroft11.karoo.co.uk](mailto:Suham@thecroft11.karoo.co.uk) You can also message directly on Facebook: [www.facebook.com/molescroftbeverleypetanqueclub](https://www.facebook.com/molescroftbeverleypetanqueclub)



# FRATERNITY - AT HOME IN THEIR NEW ENVIRONMENT



**Ash Curtis, owner of The Fraternity barbershop in Beverley, is looking forward to a prosperous 2022 in their new premises located in North Bar, just adjacent to St Mary's Church and a couple of doors away from The Beverley Arms Hotel.**

11 years ago, Ash, with the support and guidance of his parents, entered into the world of hair, working in both salons and barber shops alike picking up influence, creative perspective and business experience along the way.

Having studied hairdressing initially and practiced his trade it wasn't long before his desire to establish himself and his brand came to fore, knowing he wanted to focus on men's styling.

He set out on his journey to achieve his goals and started to apply his trade in men's styling and grooming.

Taking the bold step 3 years ago, he opened his own shop in Wednesday Market, working with the local community and building up his 'Fraternity' and creating a space where everybody feels at home and part of a family.

Unknown to Ash, Fraternity were entered into and have won the Best New Barbers award at the Yorkshire Retail Business Awards 2021.

The barber shop, which opened in Wednesday Market in February 2019, was nominated for the award by the general public through the England Business Awards over the last 12 months.

Unknown to Ash and his team through a mystery shopper process that ran for a few months and through its online and social media presence, Fraternity received written confirmation that they had made it to the final 30 businesses from over 500 nominees across all of Yorkshire.

The team attended the awards night at the Marriott Hotel in Leeds and won Best New Barbers Award. As winners, the Fraternity have automatically been put forward for the national awards in spring. The shop could go on to win best new barbers in England.

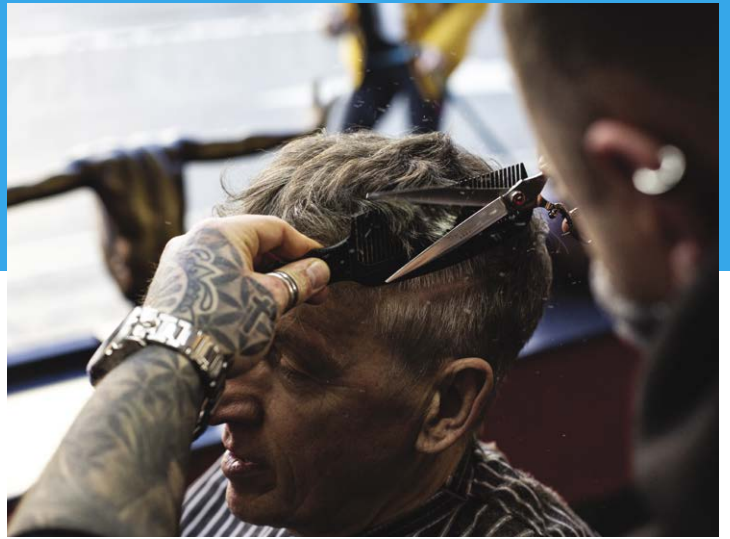
Ash said: "With everything that has gone on over the last 18 months it has been great to be recognised for all the hard work the team at Fraternity have put in and look forward to attending more awards in 2022."

Typically of Ash he dedicated the awards to all those around him and thanked all his clients, family and friends for being there for him and giving him inspiration and confidence to go forward to achieve his dreams.

Early in January Ash got the keys to his new premises in North Bar and opened the doors to welcome everyone to the next chapter of Fraternity.

The larger shop allows him to expand and grow as his brand continues to grow.

Ash said, "We look forward to welcoming our clients and friends alike into the new, bigger and better store, and with longer opening hours we aim to accommodate everyone



while still delivering the same brotherhood experience along with relaxed & positive vibes."

The barber shop is open 7 days a week, Monday to Wednesday 9am-6pm, Thursday 9am-7pm, Friday 9am-5pm, Saturday 8am-4pm, Sunday 10am-4pm.

Ash and the team welcome walk-in's but it is always better to make an appointment.

If you want to look top of your game for the love in your life or out to impress on Valentine's Day then make an appointment with the team and become part of the Fraternity.

Bookings can be made by downloading the **Booksy app**, via **Facebook** and **Instagram** or by calling **01482 886329**.





**EVERY THURSDAY**

**(Doors open 10am)**

Join us for a free brew and enjoy some great films on Beverley Parkway's Big Screen. Only £4.50 with drink and biscuits included. Aimed at 55s & over. Films subject to change.

**Thursday 3rd February -**

**Cry Macho - 10.45am**

Starring: Clint Eastwood, Dwight Yoakam, Eduardo Minetti

**Dune - 10.30am**

Starring: Timothée Chalamet, Rebecca Ferguson

**Thursday 10th February -**

**Dune - 10.45am**

Starring: Timothée Chalamet, Rebecca Ferguson

**King Richard - 10.30am**

Starring: Will Smith, Aunjanue Ellis

**Thursday 17th February -**

**King Richard - 10.45am**

Starring: Will Smith, Aunjanue Ellis

**Spencer - 10.30am**

Starring: Kristen Stewart, Timothy Spall, Sally Hawkins

**Thursday 24th February -**

**Spencer - 10.45am**

Starring: Kristen Stewart, Timothy Spall, Sally Hawkins

**House of Gucci - 10.30am**

Starring: Lady Gaga, Adam Driver, Jared Leto

**Thursday 3rd March -**

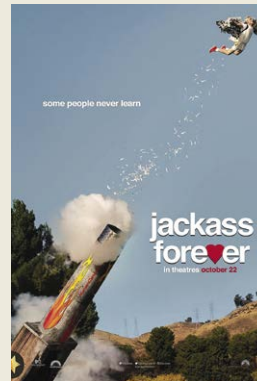
**House of Gucci - 10.45am**

Starring: Lady Gaga, Adam Driver, Jared Leto

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](http://www.justbeverley.co.uk/cinema-times)



3rd February



4th February



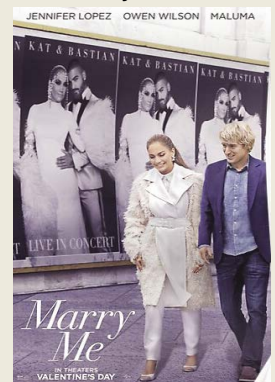
4th February



4th February



11th February



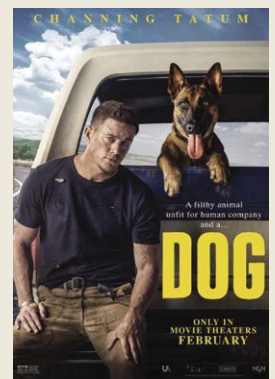
11th February



11th February



11th February



18th February



25th February



25th February



25th February



# YOUR LOCAL INDEPENDENT CINEMA



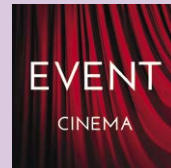
## RAPUNZEL: A TANGLED TALE

From Talegate Theatre, the team that brought you "Goldilocks", "The Little Mermaid" and "Wizard of Oz" comes this hair raising adventure.

Join Rapunzel as she escapes the tower from the evil witch Gothel and has the most amazing day ever! A tangled tale featuring pop songs, magic and puppets.

Don't have a bad hair day, book your tickets today!  
<https://beverley.parkwaycinemas.co.uk/rapunzel>

**Monday 11th April at 12noon and 3pm.**  
**Duration - 2 hours.**



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 14th February, 7.15pm -**  
**Royal Opera House - Romeo & Juliet**

**Thursday 17th February, 7pm -**  
**NT Live: The Book of Dust**

**Sunday 6th March, 3pm -**  
**Bolshoi Ballet: Swan Lake**

**Tuesday 8th March, 1pm & 7.30pm -**  
**Exhibition On Screen: Frida Kahlo**

**Wednesday 9th March, 1pm & 7.30pm -**  
**Mirusia Sings For You**

**Thursday 10th March, 7.15pm -**  
**Royal Opera House - Rigoletto**

**Tuesday 5th April, 1pm & 7.30pm -**  
**Exhibition On Screen: Easter In Art**

**Wednesday 13th April, 6.45pm -**  
**Royal Opera House - La Traviata**

**Thursday 21st April, 7pm -**  
**NT Live 2022: Henry V**

**Sunday 1st May, 4pm -**  
**Bolshoi Ballet: The Pharaoh's Daughter**



# BROOK TAVERNER - THE NEW SEASON AHEAD

*The sun is rising on a brand-new season here in Beverley. The days ahead are ribboning out in front of us, getting longer and (every now and then) warmer as the winter weeks pass us by! With that said, it isn't just the sun-drenched scenery we're itching to enjoy...*

We at Brook Taverner have been sitting on a closely guarded secret for the past 18 months, and we're thrilled to finally announce the launch of our 2022 spring/summer collection on 16th February! Not only that, but we're also looking forward to opening more stores this year to ensure our valued high street customers always have quality right on their doorsteps.

This season's collection is heavily influenced by the coast. It represents a freedom that lends our clothing rich bursts of colour, elegant silhouettes and a connection to nature. From the bright blue hues of the sea and sky to the pure ecru of sandy beaches, you'll find these motifs scattered throughout one of our finest spring/summer collections to date, truly offering something for everyone.



A unique exploration of texture, both this season's casual and formal collections offer innovative designs that can't be found elsewhere on the high street, allowing you to effortlessly transition from winter to spring and on to summer with ease.

Examples like the brand-new shade of our Hainworth Padded Zip Through Gilet stand out among our outerwear collection. Fully knitted, this spring staple is appealingly unstructured, allowing a welcome alternative to your transitional outerwear collection. The Hainworth is lightweight and compact, and therefore ideal for layering with a shirt and jacket for those strolls when the weather isn't quite sure what to do with itself!

Layer your lightweight outerwear with our brand-new collection of cotton/merino knitwear. The Sussex Zip Neck Jumper has been crafted in 12 adaptable shades for the ultimate convenience, providing year-round insulation with temperature-regulating properties to suit your comfort to the seasons.

The Sussex comes fully fashioned, fitting perfectly to the body regardless of your build, so you can achieve that made to measure feeling with your casualwear. Thanks to its zip neck construction, this knit is versatility personified. Layer it with a T-shirt all the way to a shirt, tie and jacket, with the option to zip all the way up when the sun inevitably goes in! Find our other styles of cotton merino knitwear on our website.

Speaking of the sun going in, there's nothing more reassuring than outerwear you can rely on from March chills to April showers and beyond.



The New Brett Cotton Twill Carbon Finish Biker Jacket breathes a touch of biker flair into your ensemble, with a hardwearing carbon composition that can take on the elements in style. The finish of a wax jacket without the need for repeated maintenance, you can enjoy a hybrid of functionality and elegant design with this year-round go-to!

A return of a tried and tested favourite, there's a reason our Grassington Canvas Casual Jacket rose to become a bestseller last season! Ideal for a weekend, paired with jeans and a shirt, this jacket is a low maintenance king of casualwear. Throw it on when a chill sets in and pack it away in your weekend bag thanks to an unstructured composition!

On behalf of all of us here in Beverley, we hope you're as excited as we are about the incoming season, and we look forward to seeing you in store very soon!

**Many thanks,  
Lee and the Brook Taverner Team.**

Our 2022 spring/summer collection launches on 16th February

OPEN  
9am to 5pm Monday to Saturday  
11am to 4pm Sunday

Following  
Government Guidelines

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

**BROOK TAVERNER**

35, TOLL GAVEL, BEVERLEY. 01482 882356

# ATOM BAR BEVERLEY: THE STORY OF HOW WE GOT HERE

*7-9 Walkergate, once a row of three historical cottages with a very eclectic past from retail to hospitality, now serves as a second bar for Atom Brewing Co.*

With major renovation work in winter 2019 through to spring 2020, much care was taken to preserve the historical charm this building possesses whilst using fresh colour and clean lines to bring it forward firmly into the 21st century.

A proposed opening date during March 2020 was ultimately not to be, with the first national lockdown coming only days before the scheduled launch party. Then in July 2020, 4 months later than planned and with heavy government restrictions in place, Atom Bar Beverley served it's first drink. This was to be the beginning of their journey, but with thanks to the good people of Beverley, they immediately felt welcomed.



Fast forward to autumn 2021, and having teamed up with Pattie Shack, Atom began serving food alongside their outstanding selection of craft beer, hosting 10 keg lines, 2 cask lines and fridges full to the brim with fresh cans for customers to takeaway.

Atom aims to bring customers' flavour forward and eminently drinkable craft beers in a space that encourages conversation and new friendships with like-minded people.



Although Atom Bar Beverley boasts a great range of craft beer, they welcome all, offering a range of other alcoholic beverages, non-alcoholic options and barista-made coffee with the finest beans from the Blending Room. There is something for everyone.

So, who are the faces behind Atom you ask?

Allan Rice and Sarah Thackray; the duo who set up and run Atom. Their love of science and






inspiration after a life spent travelling is evident with Atom's mission to create a community built on collaboration, education and a shared passion for craft beer and the brewing process. You can often find them in the bar chatting to regulars, attending events held at Atom Bar Beverley or helping the staff out. Their 'get stuck in' approach really does make them the heart of Atom.

Like many other businesses, the pandemic hit hard for Atom. Lessons were learnt, progress was stopped dead in its tracks and new routes had to be made to survive. Despite the turbulence, Atom has navigated successfully through and created an atmospheric space to bring friends together, old and new, while forging new collaborations with other local businesses to become a hub of the community.




In next month's edition of Just Beverley, they will be discussing the different types of craft beer you might find within Atom, as well as the different flavour profiles you may find within each one.

For more information, visit Atom Bar Beverley at [www.atombeers.com](http://www.atombeers.com) or you can find them on social media and send a direct message, otherwise you are encouraged to hop into the bar.

  
**ATOM**  
 BAR BEVERLEY

**OPENING TIMES**  
 MONDAY CLOSED  
 TUESDAY 4PM-10PM  
 WEDNESDAY 12-10PM  
 THURSDAY 12-10PM  
 FRIDAY 12-11PM  
 SATURDAY 12-11PM  
 SUNDAY 12-8PM

**7 NEW WALKERGATE  
 BEVERLEY  
 HU17 9EH**



# I'VE BEEN THINKING... SAYS COLIN RAYNOR

*As we move into February I wonder if you aware we are going to experience a piece of history that, but for an event that took place over two hundred years ago, we might never have had the chance to be part of.*

Now even those of you who remember history as your least favourite subject at school will be interested in what follows because I don't think this was to be found in many school history books.

In 1817 the very popular heir to the throne of England, Princess Charlotte of Wales, aged 21 and happily married for just eighteen months, was due to give birth to her first child. Her father was William IV who had succeeded his father George III in 1830.

William was not liked by the nation, unlike his beautiful daughter Princess Charlotte. She was the rightful heir to succeed her father and historians have compared her popularity with the general public to that of Diana, also a Princess of Wales.



Sadly, like the modern Princess of Wales, Princess Charlotte's life ended unexpectedly and tragically when she died after giving birth to a still born son on November 6th 1817.

'It really was as though every household in Britain had lost a favourite child' wrote a diarist of that period. Public mourning was widespread with shops, law courts and the docks closed for two weeks and people throughout the land wearing black armbands.

This tragic death left her father William IV without a legitimate heir to the throne. He had four brothers who had numerous children but none of them within a marriage.

In due course the Duke of Kent married and he and his wife had a daughter who became Princess Victoria. Her father died shortly after Victoria's birth so when William IV died in 1837 she became Queen Victoria on June 20th that year, just a month after her eighteenth birthday and her coronation was on June 28th 1838.

Victoria was heir to the throne because the three uncles who were ahead of her in succession had no legitimate children who survived. Without Queen Victoria, who reigned for 63 years 7 weeks and 2 days until her death on January 22nd 1901, the successors to the throne of England would have been from a very different group of people and there would have been no Queen Elizabeth II as we know her.

Born on 21st April 1926 she became the eighth Queen of England on the sudden death of her father George VI (at the age of 56) on February



6th 1952 at the age of 26 years and 10 months (already married to Prince Philip in 1947 with a son Charles born 1948). The Queen's coronation was on June 2nd 1953 and she is now the longest reigning monarch the world has ever known.

She will be 96 on April 23rd and on June 2nd this year the nation will celebrate 70 years of Queen Elizabeth's reign to be known the world over as the Platinum Jubilee.

Visitors to the chapel at Windsor Castle can view a statue to Princess Charlotte of Wales. Her death at such a young age was the precursor for the reigns of two truly remarkable women who have helped to shape the fortunes of the United Kingdom as we know it today. It is with that thought I hope we can all sing with sincerity God save our gracious Queen on Thursday June 2nd.

LEWIS NORTHEN  
FUNERAL DIRECTORS



MY FAMILY TAKING  
CARE OF YOURS



**Get In Touch**  
1 Lincoln Way, Beverley, HU17 8RH  
info@lewisnorthyfuneraldirectors.co.uk  
www.lewisnorthyfuneraldirectors.co.uk  
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# WHY ARE PANCAKES EATEN ON SHROVE TUESDAY?

***This February the UK will be stocking up on pancake mix and flipping the frying pans for Shrove Tuesday on March 1. Let's take a look at where the tradition of Pancake Day started.***

Shrove Tuesday is the traditional feast day that precedes the start of Lent on Ash Wednesday, Lent being the religious observance of the 40 days leading up to Easter. 'Shrove' comes from the word 'shrive' which means to give absolution after hearing confession, and traditionally Shrove Tuesday is the day people went to confession to be 'shriven' of their sins to prepare for Lent.

So when did pancakes enter the scene? Pancakes has a long history in the UK, with the earliest known English recipe dating back to the 15th century. However, pancakes had been eaten in other countries for centuries before that. Shrove Tuesday was the last chance for many to indulge

before 40 days of fasting, and was used as an opportunity to eat up all the food that couldn't be eaten during Lent. This included eggs, fat and milk, which formed the recipe for pancakes and eaten on that day. As early as 1619, the art of flipping or tossing pancakes to cook both sides has been recorded in Pasquill's Palin: '...every man and maide doe take their turne. And tosse their Pancakes up for feare they burne'.

Local customs and activities for Shrove Tuesday developed and fizzled out over time, but there is one tradition that has long outlasted the rest: The world famous Olney Pancake Race. Records of the first race date back to Shrove Tuesday in 1445, when pancakes were a popular dish at the time and the entire day was celebrated in festival form.

No one is certain how the pancake race originated, but one story tells of a harassed



housewife, hearing the shiving bell, dashing to the Church still clutching her frying pan and pancake. The race may have lapsed itself numerous times in the past, but the iconic race was resurrected after World War 2, has survived the decades and is still celebrated annually to this day. Now, the custom takes place every year in Olney and is open only to the female residents of Olney who are 18 and over, and resident in the town for at least three months.

# WHITE RABBIT CHOCOLATIERS - IT'S ALL ABOUT LOVE

***January can be a hard month, but something that strikes me during this cold month sandwiched somewhere between Christmas and Easter, is that at the heart of all of our Festivals over this time is love. We have made a series of limited edition flavoured bars with flavours inspired by the seasons. First up after a heart-warming Christmas is Valentine's day...***

For St Valentine we have made a sensuous dessert-inspired white chocolate bar; Passion Fruit Cheesecake, with the sharp tang of passion fruit balancing with the creaminess of the white chocolate, and a short-bread crumb running

through to give the crunch of a buttery biscuit base. To contrast, we have also made a bar we call 'Aphrodisiac', deep dark chocolate with freeze-dried strawberry, raspberry, vanilla seeds and cocoa nibs, a harmony of ingredients each known for the pleasure they bring. A different kind of love is still love.



Our first Mother's Day bar is inspired by my Mum, who worked every day, but when she did get some time off was very partial to a Breakfast in Bed! We have combined ground speciality coffee with crispy bits of flaky pastry in a well-balanced dark-milk chocolate which we are calling 'Breakfast in Bed' or 'Coffee with Croissants'.

The second is an innovation of Amy, our Chocolatier herself and mother to two. Amy is dairy and gluten free, and in her free time she loves a Margarita cocktail, so she has combined lime, orange and a sprinkling of salt into a vegan dark chocolate bar, and studded with intense tequila truffles, for a brand new sensation!

Finally, the result of all that love is Eastertime. For the chocolatiest of all seasons we have created an Easter Rocky Road bar, milk chocolate packed full of mini-eggs, brownie and fudge pieces, and decorated with an edible Easter pattern.

On the more serious side we have also created a Simnel Cake flavoured bar.



We have used sultanas and almond extract to create the classic Simnel flavour running through a 70% dark chocolate.

We love chocolate, and we also love making people happy, so that is what we try to do with all of our creations, handmade here in a place we all love too!

**Ed Hawkes, White Rabbit Chocolatiers.**

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# VALENTINE'S DAY

**A love-centric day of romance, Valentine's Day gets rid of those lingering January blues and is full of love, chocolates and roses. With Valentine's Day just around the corner, there's a lot more to the holiday than restaurant bookings and gift giving.**

The origins of Valentine's Day have been traced back to the Romans with multiple myths surrounding its patron saint, Saint Valentine. Perhaps the biggest legend is the signing of a letter "from your Valentine", a message that continues to be repeated on cards today.

Another legend goes back to 270 A.D. when Roman Emperor Claudius II forbade young men to marry in order to build his army. The myth suggests Valentine continued to perform marriages for young lovers in secret and when found out was ordered to be killed for his disobedience.

Similarly, there is another one which suggests Valentine was killed after being discovered helping Christians escape the torturous Roman prisons where they were beaten. Unfortunately, all the myths seem to end the same deadly way for the Saint.

The first official and known celebration of Saint Valentine's Day was recorded in Paris in 1400, on February 14. The Roman Catholic Church does still recognise Saint Valentine as a saint of the church, however he was removed from the general Roman calendar in 1969 because of the lack of reliable information about him.

Nowadays, Valentine's Day is not a public holiday in any country but it still encourages romantic notions and adds emphasis on making memories and spending quality time together. Valentine's Day can create a young person's first experience with romantic love and can become their least



favourite day if they don't have a secret crush to send a card to or if they don't receive one. That's why it is a great opportunity for parents to use the day to teach them about the meaning of love. Be a role model and teach your young children about the value of love, friendship and kindness.

## MAINTAINING HEALTH AND WELL-BEING

**Are you sticking to your resolutions? If you're struggling to make the changes you want to make, the chances are you're someone who keeps themselves so busy in work or other matters that you barely have time to take care of your health and well-being.**

It's time you took a break from your routine and engaged with healthy habits, and here's how you can do it.

### Be more social

If you're a workaholic working from home without dedicating much time to your hobbies, isolation and minimal communication can kick in and lead to depression. To combat that

loneliness, it's important to factor in hours for you to socialise and see friends. Humans thrive on interaction, so put yourself in more situations where you will thrive and laugh.

### Make time for your hobbies

No matter what stage you're at in life, hobbies help us grow as people. If you're uninspired by your current hobbies or don't have anything you're particularly passionate about, why not try something new? Google some nearby clubs, or take inspiration from someone you like on social media and explore it more. Once you get hooked on your hobby, you can use it to manage your leisure time and feel productive while having fun.

### Enjoy living in the present

Many of us have a tendency to live in the past or future, clinging to events that have happened or will happen. Much of this time may be spent worrying or negative self-thinking and start affecting your health and well-being. Learning to live in the present will keep you grounded and living mindfully.

If you're struggling to live in the moment, take extra time to notice your surroundings and really look at what is happening around you, keep multitasking to a minimum and instead focus on one thing, and spend time with people who make you feel fulfilled.

## KEEPING UP WITH RESOLUTIONS

**Did you make plans to reinvent yourself this year but now it's February and you're already struggling to reinforce healthy goals and reach your targets? The secret is all in forming habits. Here are some common traits of people who stick to their resolutions.**

### Find time to work on your goals

Deciding you want something to change and then not actively doing anything to make it happen is a one way ticket to burnout and frustration. Time often slips away from us so you need to prioritise finding time to work on your resolution. You could start by clearing 30 minutes or an hour of your usual schedule a couple of days a week to work on your goals.

### Set achievable micro-goals

You may have heard the quote "it's a marathon,

not a sprint" for a reason. When you set too many goals with too much expectation it's natural to get overwhelmed, so people who actually achieve their resolutions set themselves much smaller, micro-goals that are specifically achievable within a realistic timeframe. For example, if your resolution is to eat healthier you can start slowly by varying your breakfast to include yoghurt and fruit rather than your normal meal.

### Document the process

When you set expectations and goals, you need them to be measurable. Not only is it difficult to stay focused if you don't see progress, but how will you actually know if your methods are working? Measure your resolution's success by taking photos of the journey, or write down your successes and challenges on to see what you need to do specifically to achieve your goals.

### Stay accountable

Embracing the buddy system or asking loved ones to check in more frequently is another trait of people who are successful in keeping their resolutions. Actively holding yourself accountable makes a huge difference when sticking to your goals, but you may need to ensure your 'why' is strong enough to keep you going. Really think about why you want to make a change, and ensure it is meaningful so you become more likely to commit to it.



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# LET'S TAKE A TRIP TO - HULL'S OLD TOWN

*These are challenging times for many of Britain's towns and cities, as the impact of online retail, changing work patterns and the pandemic threatens their prosperity.*

Hull City Centre certainly has many social and economic difficulties, yet its Old Town has enjoyed a great deal of recent regeneration and makes for a fascinating and vibrant place to visit. Perhaps, as it is right on our doorstep, many Beverlonians rather take our big city neighbour for granted. That is a mistake - and just a 15 minute train journey, a little longer by road travel, takes you there.



The Old Town proper is the area that was formerly inside the city walls, now marked by the line of, Victoria Square, Princes Dock St., Murdoch Connection Bridge, Marina, Minerva Pier, River Hull, High Street and Queens Gardens. Our trip will slowly meander along this route, with diversions to interesting areas within it.

It is full of cultural and historic attractions, outstanding heritage pubs and a plethora of great places to eat. Moreover, you will also be walking the sets of many recent films, for Hull's well preserved Merchant's Quarter architecture has featured in recent popular movies, such as David Copperfield and the coming Netflix film, Enola Holmes.

Princes Dock side is an attractive area with good cafes and restaurants. Posterngate, facing the shopping centre entrance, is a lovely street and curving Prince Street with its Georgian terrace which enters Trinity Square through an attractive arch is even finer. This was the market place and beating heart of the Old Town, today it is a fine recreation and event space overlooked by a good statue to Hull's famous poet, Andrew Marvell and the



grand Minster church, which is often open for visitors. The indoor market is equally good for buying fresh produce and an outstanding choice of street food - the Greek stall is a personal favourite.

Head back to Princes Dock for the striking structure of the recently opened Murdoch Connection, which stunningly takes the pedestrian over the busy A63 to the Marina area. This is named after Hull's first female GP who died in 1916. Hull has made admirable use of this area, tastefully regenerated it and now made it more accessible via the new bridge. Residential development is particularly welcome, as it is restoring vitality to the city.

Wander down to the pier, with fine views over the estuary. Humber Street has been utterly transformed in recent times into a vibrant cultural and retail area, fabulous for browsing, exploring and refreshment.

Make your way over to the River Hull by the tidal barrier and head up river on the wooden quay, known as the staithe. Bridges lead to the fantastic architecture of The Deep. The High Street is full of historic interest and 3 outstanding museums, all free to visit. Highlights include great collections of Roman mosaics and corporation trams. Ye Olde Black Boy is a splendid heritage pub with an evocative interior.

Cross the main road by Drypool Bridge onto Little High Street and you might be tempted by another wonderful pub - the White Hart with its stunning tiled bar. Head via the college buildings into Queen's Gardens, which is due for a major makeover.

The most interesting route back to Victoria Square takes you along the Georgian terraces of Parliament Street onto Whitefriargate. Until the financial crash of 2008 this was a bustling shopping street, but now sadly many of the stores, notably M&S, have closed.

The city is fighting back with exciting retail and residential initiatives however, and Whitefriargate for instance, is a great area for collectors of vinyl records.

Fittingly, you can conclude your circuit of the Old Town by viewing the foundations of the Beverley Gate, which many regard as the site of the start of the English Civil War, for here King Charles was refused entry by the Parliamentary garrison in 1642.

You have a wide selection of places around the square to seek refreshment, from the striking Punch pub to the lovely cafe in Ferens Art Gallery.

As the locals are proud to boast 'It's never dull in Hull!'

*Ian Richardson.*

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# NAVIGATION WEALTH - MAKE 2022 A LESS TAXING YEAR

***This year, make the best use of tax reliefs and allowances to help secure your financial future and the inheritance you leave to your loved ones.***

Well over a decade since the financial crisis, the world is still a very uncertain place. It is always wrong to believe that market shocks are a thing of the past. From uncertainty over the impact of Brexit to supply chains, and of course COVID-19, there are always many risks that pose a challenge to investors at any given time; and any number of unforeseen factors in the years to come.

But these are beyond our control; they cannot be allowed to prevent us from planning our financial futures. Indeed, we will give ourselves the best chance of achieving our financial goals if we focus on what we can control: how and where we invest our money, how much tax we pay, the size of our retirement fund, and how much of our estate passes to our family free of Inheritance Tax (IHT). Effective financial planning should be a year-round activity. Valuable reliefs and allowances can help to create long-term financial security for ourselves and our family.

## ISAs

ISAs have become one of the most popular ways to save, principally because they are simple and readily accessible. The ISA allowance to £20,000 is a very welcome method for encouraging individuals to invest for their future. However, as interest rates in the UK are lower than ever, money being held in Cash ISAs is failing to achieve the very basic objective of keeping pace with inflation. The result is real losses for savers.

Those who are investing their ISA allowance for the long term - in assets offering the scope for attractive levels of income and capital growth - are giving themselves a better chance of maximising the tax-saving opportunities on offer. Individuals yet to use their ISA allowance, or with accumulated ISA savings, need to carefully consider their options to ensure that they are maximising this valuable opportunity to generate tax-efficient capital and income for the future.

## Pensions

Saving into a pension is an even more attractive prospect than it was a few years ago. This is because there is much greater freedom for taking benefits; and pension savings can now be more easily left as part of a tax-free inheritance.

However, the advantages extend further than just drawing benefits and passing money on to loved ones: the government still rewards savers by giving them tax relief on their pension contributions. Subject to certain limitations, for every 80p you contribute to a pension, the government automatically adds 20p in tax relief.

Higher earners can claim extra tax relief through their annual tax return, so a £1 pension contribution can effectively cost just 60p. However, with the government under increasing pressure to reduce public spending, there's no guarantee that the higher rates of tax relief will be maintained into the future.

Those wishing to make their retirement plans a reality should consider fully utilising their annual allowance for this tax year to make the most of the tax breaks on offer. Unused allowances can be carried forward, but only from the three previous tax years. This financial year is the final chance for pension savers to use the 2018/19 allowance.

## Inheritance Tax

There are few more confusing - or unpopular - taxes than IHT. There are a number of exemptions that allow individuals to reduce future bills. Perhaps the best known is the annual gifting allowance, which gives individuals the opportunity to remove £3,000 of assets from their estate immediately (£6,000 if they use the previous year's allowance as well). Taking steps to reduce your taxable estate by topping up a child's pension or Junior ISA could go a long way to providing them with an invaluable head start in life. The Junior ISA allowance is £9,000 for the 21/22 tax year. Also, make this year's £3,000 gifting allowance count - and carry forward last year's, if you haven't used it already.

It's a time of the year when individuals and couples are given an opportunity to put their long-term plans back on track by using reliefs and allowances that would otherwise be lost. Nevertheless, this requires some knowledge and expertise. That's why you should speak with a financial adviser to better understand how you can gain maximum advantage for this year and the years to come.

To receive a complimentary guide covering wealth management, retirement planning or Inheritance Tax planning, contact Navigation Wealth Management on **01482 379504** or email [navigationwm@sjpp.co.uk](mailto:navigationwm@sjpp.co.uk)

# It's crunch time to get the most from this year's tax allowances

Don't let anything go to waste. Use by 5 April 2022.



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# BEVERLEY'S WINTER MUSIC FESTIVAL STAGE4BEVERLEY WILL SOON BE WITH US - 13TH-20TH FEBRUARY

*This year's Stage4Beverley festival is almost upon us and with restrictions being eased, and one event already sold out it promises to be a week full of excellent performances and entertainment. Leading artists from around the country will be arriving in Beverley to bring their music, song, poems and more to venues around the town.*

Chris Wade, the programmer for the festival said "The festival will bring a welcome relief to the dark Winter nights after long periods of uncertainty and isolation. We all now feel the need to get out and hear live music and entertainment. S4B is the perfect answer."

Having expanded its reach into Beverley this year it will be programming informal events in the ever popular Café Velo in North Bar Within, where the festival's "Curtain Raiser" concert will take place on 15th February with music, poetry and drama, and the new element of the festival, Poetry is to have its main base. A workshop led by local poets Clint Wastling and Julian Woodford, will kick this off on the afternoon of Sunday 13th, with an evening on poetry and humour with Andy Blackford's "Stand-Up Tragedy Tour on 19th; and "Pointing to Poetry" where Robin Dermond Horspool talks about his experiences of being "Poet in Residence" at Spun Point on Sunday 20th.

The highlight of the poetry events will be the sell-out performance by our poet laureate, Simon Armitage, who will be reading "Live at Stage4Beverley" in the East Riding Theatre on Wednesday 16th. Other highlights include the genre bending, joyous force of Tankus the Henge; North Yorkshire's only contemporary New Orleans inspired Brass Band The New York Brass Band, and the Yorkshire legend Jon Boden, the former front man and founder of the folk supergroup, Bellowhead.

A wealth of multi award winning artists will be taking the stage, including Siobhan Miller quoted as being one of the "best traditional Scottish folk singers on the planet" Folk Roots. "A Touch of Americana" presents a double bill with Lauren Housley, winner of the Bob Harris Emerging Artist Award 2021 and nominated for the UK Song of the Year at the Americana Music



Association UK awards, and Lady Nade. It promises to be a show stopping event. Not satisfied with 3 award winners the festival will also be presenting The People Versus whose music crosses several genre boundaries and is fronted by the beguiling voice and personality of lead singer Alice Edwards. Local performers including Katie Spencer, Michael Nagasaka & Kate Sweeting, Steel Rhyme; Nick Rooke and Paul Blackburn; Laura Da Sousa and Pete Bolton will also be performing over the festival.

For those wishing to "have a go" themselves, a workshop for all ages, young and old, will be led by Steel Rhyme who will be inviting participants "to join in with a ton of percussion to shake, hit and groove and an accordion to make you move".

For information: [www.stage4beverley.com](http://www.stage4beverley.com), 07801 124264 (for Poetry events at Café Velo - 07538 710110). Tickets from East Riding Theatre Box Office 01482 874050, [www.eastridingtheatre.co.uk](http://www.eastridingtheatre.co.uk). All events will be subject to the Government COVID regulations at the time and Stage4Beverley will ensure that all events comply with all the health and safety measures required to keep its audiences, performers and volunteers safe.

## Tc Patisserie

*We* are now no longer a café, but still make our own patisseries and Tc Patisserie is now a French food shop to compliment our own products.

*We* have a daily selection of freshly made croissants, breads and patisseries.

*We* make reheat at home meals which can be bought over the counter or pre ordered, via our mailing list or messenger.

*We* can cater for any occasion, buffets, dessert tables or full 3 course meals can be arranged.

*We* are open Tuesday-Saturday 9am - 4pm.

## T C PATISSERIE CREPE RECIPE

**Crepe recipe - makes around 12 crepes.**

- 140gm Plain flour
- 200ml milk
- 2 eggs
- Oil or butter to fry

Sift flour into a bowl, then slowly whisk in milk and eggs to make a smooth batter.

Leave to rest for 30 minutes.

Heat a little oil or butter in your frying pan, when pan is hot add a ladle full or 2/3 tbsp. of the batter to your pan, turning so the batter thinly covers the bottom of the pan.



Leave to cook for 30/45 seconds, then flip the crepe with a palette knife or other wide utensil and cook for another 30 seconds. You can then slide the pancake onto a plate and continue with these steps until all of the mixture has been used. You should be able to make a stack of roughly 12 crepes. You can then choose to fill with whatever you like!

We love our filled savoury crepes here, bechamel sauce, with ham and mushroom or simply sprinkle with sugar...



# SHORT STORY BY PAULINE KIRK - GREEN SHOOTS



Sarah's sister was right. She should have moved. She couldn't bear to leave her garden though. Now, with the first daffodil spears peeping, she was looking forward to seeing it come to life again. If she wasn't careful, she'd be stuck.

The house had been her husband's choice: suitable for a newly promoted Detective Inspector. Greg's rank and manner had kept neighbours at a distance. Since his sudden death the Pandemic had trapped her at home and the garden had become her refuge.

A 'Death in Service' pension was adequate, so she didn't need a job. Now that she had stopped grieving, she needed to move on. A fresh start.

But doing what?

Sighing, Sarah went out into February sunshine. She ought to dig the raised beds over, and the rhubarb needed protection. She wondered if the riding school down the lane was selling horse manure again.

She hoped the bags were stronger than last year. Her car had smelt like a farmyard after one split in the boot. The memory still made her smile, though Greg hadn't seen the funny side.

On cue, a group of young riders trotted past the house, led by a woman with hair as long as her horse's tail. Sarah watched, recalling rides across fields when she was a girl. To her amusement the leader's horse suddenly deposited a trail along the road. "Gross!" one of the riders screamed.

After they had gone Sarah stared at the road. Drivers would hate the mess, whereas her rhubarb would love it. Hurrying to her shed she fetched a bucket and shovel and ran into the road - just as the woman opposite ran out with hers. In embarrassment they stared at each other, grabbed half each and ran back to their homes.

As Sarah tended to her rhubarb afterwards, she began to laugh. She was still laughing when the doorbell rang.

"I came to apologise," her neighbour said. "You were there first." Kerry Midlam was older than Sarah and usually seemed busy and efficient, but now she sounded upset.

"No need," Sarah assured her. "Come in."

Two cups of coffee and a packet of biscuits later, they'd found they both loved chrysanthemums and had trouble with blackspot on their roses. As Kerry said, they should have made friends long ago. "I've often admired your garden from my bedroom window," she admitted. "We have an Open Gardens weekend each year - to raise money for charity. I'm on the committee. Would you like to join us?"

"If you think my place is good enough," Sarah replied hesitantly.

"Oh yes! And you obviously know a lot about plants."

"I went on a course once."

In delight Sarah suddenly looked up. "That's what I can do!" she realised. "Get a qualification and become a landscape gardener!"

Her neighbour nodded. "You could end up on TV," she suggested, only half joking. "And when people ask what got you started, you'll rub your chin, and say it was two buckets, and an incontinent horse..."

**Pauline is a published poet and Editor of Fighting Cock Press. She writes as Pauline Kirk and with her daughter as PJ Quinn for the DI Ambrose novels.**

# POEM BY CLINT WASTLING - ELEANOR COADE



How many hours of experiments  
did it take Eleanor Coade  
to perfect her lithodipyra?

This name didn't take off  
but her tough hard wearing stone  
had architects queuing.

Clay, terracotta, silicates and glass,  
twice fired for days at incredible temperatures,  
Coadestone still preserves every detail.

Here above the Orangery  
decorated with pineapples, urns, panels,  
Flora stands with Ceres defiant.

Eleanor Coade, shrewd in business,  
kept her process secret, not even a patent.  
The profits accumulated

benefitting no men  
only women in difficult circumstances.

The best epitaphs are not always preserved in stone.

**Clint is doing two workshops locally in February: Sunday 13th February at Cafe Velo, Beverley, 1pm. Also, Saturday 26th February, 11am at Burton Constable Hall. Both are open to all from beginners to published poets.**

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# THE KINGS HEAD - WHAT'S NEW IN 2022

**The Kings Head in the corner of Saturday Market like all other hospitality venues have gone through a tough time over the last few years and now look to 2022 as the year of recovery.**

So what's new in 2022? Just Beverley met up with the new head chef at the Kings Head, Patrick Moyo, who brings vast experience to the role in the Kings Head kitchen and a personality to match, lighting up any environment with his smile, charm and wit.



Patrick has been on a journey of discovery since the day he decided a career in electrical engineering wasn't for him and the kitchen was his place to create and deliver.

Born in Zimbabwe, Patrick came over to the UK to study Electrical Engineering. At university he discovered his passion for food and decided to dedicate his career to making his name in the kitchens of the world by learning from the best.

Starting out in Bolton 22 years ago, Patrick reflects back on how 22 years' time flies when you enjoy what you do as to him it didn't feel like work.

Starting out as a commis chef preparing vegetables, he went on to work in a variety

of restaurants such as Italian, French, Bar and Grills and as a Sous Chef, where he learnt very quickly that team spirit, companionship, and detail is the key to delivering incredible food.

He worked under Paul Wild, the head chef at The Hilton Hotel who came over to Manchester from New York, after deciding he wasn't going to miss the opportunity to learn from the best, prepare and cook and create fantastic food for the rich and famous.

For a number of years the experience Patrick gained was incredible and opportunities started to open for him. When the time was right he moved up in the food world after Juniper's head hunted him and gave him the role to work developing the food in their restaurants around the UK. For some time he delivered procedures to ensure great food was delivered time after time, developing his management skills and creating incredible menus.

In 2019 Patrick decided to open his own place in Manchester called Perupadru to show off his love of Peruvian food and culture and build his own business, imparting his skills onto others who had the same enthusiasm for food that he has.

Unfortunately COVID came a long and impacted Patrick's business, and he decided to take time out to reflect on his journey to date and think about his future.

As lockdown was coming to a close, opportunities were presented to Patrick and he came over to Hull to assist with the design of a new restaurant. Whilst in the area he took time out to explore the rest of the landscape. Patrick came to Beverley and felt a connection;



the quintessential English market town, the architecture, the history, the friendly people, he was hooked. The Kings Head put the feelers out and offered a meeting with him.

Matt Clapison, General Manager of The Kings Head, interviewed Patrick, and said: "Patrick is like a breath of fresh air. He has a great smile, warmth, vast experience, and he brings the whole package to the kitchen. He takes the atmosphere in the kitchen to another level".



Patrick has worked for many people and said: "As soon as I stepped into The Kings Head, met Matt and saw his energy, his eye for detail and his search for excellence, I just wanted to start".

Patrick looks after a team of 8 with a variety of experiences, and looks to deliver great, consistent food to the diners. He is working and creating classic dishes to complement Beverley, delivering new seasonal menus throughout the year.

Sharing his knowledge and implementing good practice and techniques that work in conjunction with the Kings Head and Matt's passion for customer service, Patrick is working to develop everyone's creative juices and bring his experience of food from all over the world to create a new fresh identity in Beverley.

The plan is to celebrate local food and produce whilst maintaining its heritage and diversity.

The Kings Head will celebrate the New Year on the 5th February with friends on what will be an incredible night, after which the Kings Head look to create new experiences for everyone in 2022.



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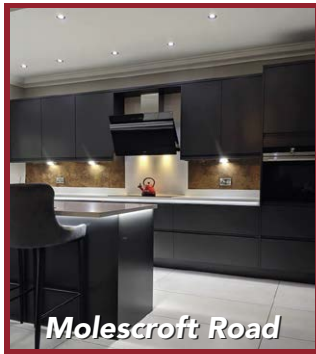
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# HUBY'S LAUNCH HUBYCARE DOMESTIC APPLIANCE COVER



*In January 2022 Domestic Appliances, Beverley launched HubbyCare, which will allow customers to easily cover a minimum of 3 of their domestic appliances under one policy.*

The plan launched in response to the Government's 'Right to Repair' initiative which came in force during the summer of 2021.

On the launching of HubbyCare, owner Steve Rooms commented: "It is vitally important that whenever possible we

should work to prevent appliances going into landfill and unnecessarily damaging the environment.

"This is why we have launched our new domestic appliance cover. Many policies in the market cover only 1 appliance for around £15 per month; we will cover a minimum of 3 from as little as £19.95 per month with the option to add more appliances for a small additional cost".

Hubys will offer 4 levels of cover. For homeowners there will be the option to take Bronze, Silver or Solid Gold cover. Landlords will also be offered a separate level of cover for each property that they hold.

The level of cover taken will determine how quickly an appointment is booked for the customer and the level of discount given on any parts subsequently required. All call outs will be free of charge and customers will not be tied into a 12 month contract.

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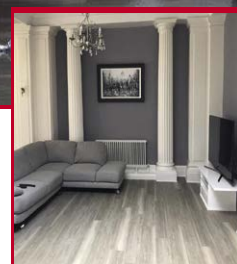
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# PUZZLE PAGE

## WORDSEARCH

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

CHOCOLATES  
 CONNECTION  
 FEBRUARY  
 FLOWERS  
 LAUGHTER

LOVE  
 ROSES  
 SMILES  
 VALENTINES  
 WALKS

## WHERE IN BEVERLEY?

Where in Beverley can you find this landmark?  
 Answer on Page 28.



## WHAT IS IT?

Can you identify what item this is?  
 Answer on Page 28.



## COMEDY CORNER

Things that make you laugh!



*I go to the beach because it's friendly...  
 I get lots of Waves!*

*My friend keeps Banana skins to make footwear...  
 He calls them "Slippers"!*

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

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# HIGHWAY CODE CHANGES

There are new changes in the Highway Code for drivers, cyclists, horse riders and pedestrians to be aware of.

The three main 2022 Highway Code changes are as follows:

- **New hierarchy of road users (left)**
- **New priority for pedestrians at junctions**
- **New priority for cyclists when cars are turning**

A DfT spokesperson said:

"The proposed upcoming changes to The Highway Code will improve safety for cyclists, pedestrians and horse riders, with those who present the most risk to other road users given the greatest responsibility in creating a safer travel environment for all.

"The Department has established a working group of key organisations to ensure that messages about the changes are as widespread as possible and our well-established THINK! campaign will continue to ensure all road users are aware both when these changes come into effect and beyond."

## Guidance:

Amongst the changes to the Highway Code coming into force from 29th January:




- A hierarchy of road users that ensures road users who can do the greatest harm have the greatest responsibility to reduce the danger they may pose to others.
- Strengthened pedestrian priority on pavements and when crossing or waiting to cross the road.
- Guidance on safe passing distances and speeds and ensuring that cyclists have priority at junctions when travelling straight ahead.

As the country starts to have more freedom in movement around the country and people begin to enjoy more freedom and confidence, THINK, and follow the NEW Highway Code changes.

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# BE GOOD TO YOURSELF

The phrase "be kind" is often bandied around although it's the action of being kind that really lands with people. The American poet Maya Angelou famously said; "people will forget what you said, people will forget what you did, but people will never forget how you make them feel".

It feels good when we do something to help someone else but how many often do we take time out to be kind to ourselves. If your new year's resolutions are already beginning to wane, do you congratulate yourself on making a start or beat yourself up for falling off the wagon, whether it's doing dry January or resolving to get more exercise?

Just start where you are, it doesn't matter that it's no longer the 1st of January, and maybe take a walk on Beverley Westwood in the sunshine rather than that early morning gym visit you'd planned.

Every Wednesday evening I run an online mindfulness session free of charge which offers a wonderful opportunity to take time out for yourself. If you'd like to join, drop me a message or give me a call on the details below.

For more information and details on further techniques including hypnotherapy, visit [www.francesdunning.com](http://www.francesdunning.com) or contact me, Fran Dunning on **07973 819867**. I can support you to change your thinking and be that friend to talk to.



# SPORTSABILITY - TOP TIPS FOR CREATING A HEALTHIER DIET

## Ingredients matter

Cooking meals yourself automatically makes your diet healthier but be aware of the ingredients you're using. It's easy to switch out certain ingredients for others to make a meal that you love, even healthier. It could be a case of swapping the meat for a meat alternative or for beans and pulses. You could use less salt or swap a ready-made sauce in a Bolognese for one you've made yourself with passata, onions and herbs.

## Go wholemeal

A lot of carbohydrate-based meals can be made a lot healthier by swapping out the refined standard version for a whole grain alternative. You can change out standard pizza dough, pasta, bread, or rice, for a whole grain alternative which immediately make your meal healthier. This is because they have less sugar and salt than the refined or white flour version and because a lot of the original nutrients from the grain are kept in the food. Some people even prefer the taste and texture.

## Think variety

By varying the colour and variety of the food on your plate you are increasing the chances of eating healthily. As a rule of thumb, a more colourful plate is going to be a lot healthier than something with a lot of the same muted, duller tones. This usually means that a lot of the nutritional goodness has been taken out.

## Make 5 a day easier

It's not as hard as you think to get your 5 a day in. Try having some tinned fruit as a pudding, dried fruit as a snack during the day and some fruit juice as a drink and you've already got 3! Add some veg to both or one of your main meals and have a piece of fruit at breakfast or lunch and you're there. Of course, you don't have to stop at 5 either.

## Learn all about diet and nutrition as you train

Having a healthy diet and knowledge of food is an essential part of an overall fitness plan. It's also a big part of being a personal trainer. If you're planning on pursuing a career in fitness or want to get into that world, you'll need to know your stuff about diet and nutrition. A lot of this is covered on personal training courses, so be sure to check out the courses we offer and pick one that suits you.



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# COUNTRYSIDE MATTERS WITH SAM WALTON

The different types of farming in Asia fascinate me and in Thailand there is a massive range of various feed produced.



One of the visits I made with two friends from the UK who came with me to attend the huge VIV Asia Agricultural Show, a massive biennial pig, poultry and dairy event as they were involved in the pig industry and keen to see what competition we faced.



Through a friend, I was able to take them to see a most fascinating unusual sort of chap who had four wives, he was also called Sam (but I assure you I only have one wife) and each of the wives were given a business to run.

One had a successful hotel, another a really good restaurant, a third wife had a LADYBOY SHOW and the fourth had two and a half acres of hydroponic production for salad crops.

We were taken to see all these, and I have to say the irrigation system for the various types of plant was fascinating. The seedling plants which are all produced on site, were put into long lines of irrigated trays about waist high by hand, with a fall of one in a hundred to allow the water to be pumped round and although we were not informed of what nutrients if any were put in the water, but the results were almost unbelievable as the crops were mature in two to three weeks.



I did not know that there were so many types of salad. The staff, most of which were ladies were certainly kept busy either planting, picking or packing. I know we do hydroponic production here but perhaps on a more sophisticated scale.



Deliveries were made every day into Bangkok and the wives do take an active role in all their varying enterprises, but I don't know if they talk to each to compare notes or not!!

# IN THE GARDEN... FEBRUARY

February is the last month of winter in the seasonal calendar - so spring will be just around the corner and then things will start to get busy in the garden.

As usual January seems to be disappearing fast (my list of gardening tasks for the month does not seem to be getting any shorter) and if like me you're not careful February will fly by too, and you end up in March with lots to do!! Although the weather can be unkind in February at least the days are getting longer, making any good days more productive.

## Tasks for February...

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

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

In a cold spell remember to:

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

And whatever the weather:

- Start 'chitting' seed potatoes.
- Force rhubarb (cover it) - you can buy bell shaped terracotta rhubarb forcers, but if your budget won't extend to purchasing one, then you can use a large, upturned plastic planter.
- Get ahead by checking that you have all you are going to need for the coming season e.g.compost, canes, pots and seed trays, and perhaps spend a little time thinking about what plants you may want in your summer containers.

*So, until March, enjoy your garden when you can, J.*

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



## WHAT IS IT?

A camera lens



## WHERE IN BEVERLEY?

Molescroft Pavilion Roof



# KEEPING ELDERLY AND DISABLED PEOPLE MOBILE

**RDAC Hull, a Driving Mobility assessment centre, is signposting from its HUBs services to local community transport to keep elderly and disabled people mobile.**

Supported by The Department for Transport, Driving Mobility is the charity that accredits a nationwide network of driving assessment centres. These centres primarily provide fitness to drive assessments for elderly and disabled self-referring drivers and individuals signposted from the DVLA, Motability, Police and NHS.

RDAC is one of these 20 centres with a network of locations including one based in Hull. RDAC Hull also operates as a 'HUBs' centre which aims to broaden information and guidance regarding accessible travel for people who are unable to drive.

This service is in response to the Government's 'A connected society' strategy which aims to tackle the growing issue of loneliness and other initiatives such as The Department for Transport's Inclusive Transport Strategy.

Complementing existing driving assessments, these additional resources focus on reducing social isolation through more effective use of accessible transport and greater independent mobility.

Each HUBs centre, such as RDAC Hull, aims to deliver a 'one stop shop' approach to providing viable options for elderly and disabled non-

drivers - ranging from information on accessible public and community transport through to mobility scooters and wheelchairs. This service has led to a new partnership between RDAC and Beverley Community Lift which is now actively opening up more transport opportunities in Yorkshire.

Beverley Community Lift is a community transport charity which supports around 350 locals who are unable to access the community due to mobility difficulties.

The service has five mini-buses and a fleet of privately owned cars which are driven by 50+ volunteers, many with official MiDAS training.

These volunteers provide multiple lifts each week including shopping trips, social outings and transportation to medical appointments.

This support is vital for so many in the area who may have had their driving licence revoked or have chosen to stop driving. Journeys are very low cost for passengers and a helping hand is provided from doorstep to destination.

Kirsty Flint, Specialist Occupational Therapist at RDAC Hull comments: "We are delighted to be working closely with Beverley Community Lift and have already seen results. For example, our signposting and joint work led to several local ladies being able to attend Older People's Partnership Events in Cottingham and Hessle. Without our collaboration this would not have

been possible and highlights how, by working together, we can make a real difference in terms of reducing isolation."

A key priority for HUBs is to link up all modes of transportation assistance so seamless mobility is possible. Hence RDAC is keen for organisations such as Beverley Community Lift to liaise with equipment hire providers so 'the final mile' can be achieved.



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# WILL YOU KEEP YOUR 2022 NEW YEAR'S RESOLUTIONS?

*How are you getting on with your new year resolutions? Did they last a few days or weeks or are you still going strong?*

Is it the same situation as last year, are they all a distant memory? This year do not abandon your resolve, instead make a Spring Resolution. A couple of tips may help you.

Just select one resolution, you can always add others later when the new habit is formed. Pick something you previously had, did or achieved like renewing a skill, weight goal or getting a new job, then it will not seem so daunting. Set out the steps to achieving your resolution rather than just a headline goal.



Finally, when saying it out loud or writing the resolution down use positive language. "I am exercising for 20 minutes a day." Your brain will be fooled into thinking you are already taking action.

Replace any "but" with "and" to avoid excuses. I am going for a cycle ride today and it is cold, so I will wrap up warmly.

If your resolutions are financially based, may I suggest making a will should be on the list. For more Spring resolution tips and information about Wills please contact [dave@eastridingwills.co.uk](mailto:dave@eastridingwills.co.uk)

# Will You Leave it?

**Protect your family and assets make a will today.**



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# PERSONAL SERVICE: UNFORGETTABLE ADVENTURES

*I am delighted to say what an incredible start to the new year it has been and lovely to be working on such a variety of places.*

Recently I have been working on various different honeymoons to the Maldives and Mexico, city breaks to various European cities, family all-inclusive resorts to Turkey, Greece and the Caribbean, Iceland itineraries with lots of exciting excursions added in, and the very popular destination of Lapland.

Also making a comeback is Australia after such a long time, which is wonderful. Escorted tours of Costa Rica and Peru have also sparked some interest and it really feels good to be creating unforgettable adventures for my wonderful clients to enjoy.

A little bit about me, how I got to be here now running my own travel business As a young three-month-old infant I embarked on my first flight from Heathrow to Nairobi, and it seems travelling stayed in my blood. Having been brought up in Kenya, I returned to the UK with



my parents when their work contracts ended. I have explored many corners of the globe and enjoyed safaris, cruising, skiing and many other types of holidays. Having a growing family I also have experience in catering for family holidays.

With a passion for travel, being motivated by providing excellent customer service and doing my best to look after my clients, and a degree in Business Studies, I embarked on my travel career with the well known brand Thomas Cook.

They gave me some excellent training and opportunities for which I will be forever grateful. When the timing was right I decided to take a gamble, and I chose to set up my own business based in Beverley in December 2014.

I work from home and with my twenty four years of experience I have built up a good client portfolio who have stayed with me.

I have to say, this has truly been the best decision for me and I believe for my clients. I have been able to work through the night to ensure that any emergency issues are resolved. I have been there to discuss the amendment options with clients at a time to suit them.

I have the privilege to build a relationship with my clients and really get to know exactly what they enjoy and tailor their holiday to suit this. I



personally look after you and it makes all the difference to know that the same agent is there for you before, during and after your holiday. I support my clients through the myriad of ever changing rules and testing requirements so that they can confidently travel knowing all is well.

I love what I do. I am passionate about people and places, and being able to personally build itineraries of unforgettable adventures for my clients is incredibly rewarding.

**Amanda McConnell, Travel Counsellors.**

**T: 01482 770540**

**E: [amanda.mcconnell@travelcounsellors.com](mailto:amanda.mcconnell@travelcounsellors.com)**

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**[amanda.mcconnell](mailto:amanda.mcconnell)**

# QUEEN'S PLATINUM JUBILEE WEBSITE LAUNCH

To celebrate Her Majesty The Queen's Platinum Jubilee, Beverley Town Council are bringing the whole town together to celebrate the remarkable achievement of our beloved Queen. Beverley will entertain the masses with a programme of events memorable for the whole family, and now the website detailing all the events is live.

The celebration event is free to attend, but make sure to visit the new website and find out more details at [www.beverleyjubilee.co.uk](http://www.beverleyjubilee.co.uk)



On 6th February this year, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee, marking an incredible 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth. This year in the UK there will be an extra Bank Holiday, and the usual Spring Bank Holiday is being moved from the end of May to the start of June to create a special 4 day Jubilee Bank Holiday weekend from Thursday 2 June to Sunday 5 June.

To commemorate the Platinum Jubilee and the Queen's 70-year reign, on Friday June 3 between 10am and 8pm a number of events have been planned in Beverley and there will be a whole host of entertainment at various locations in the town to enjoy.



## The High Flyers

High Flyers resembles an early flying machine with elements of Madmax and Leonardo da Vinci all rolled into one.

Set in a future dystopia, this pedal powered flying machine, has it's own sound track and is accompanied by two performers, it can be a walkabout act or deliver static performances.

The entertainment will consist of two stages with music from throughout the decades she has reigned, entertainment for the children and a delightful selection of food and drink from our local area. There will even be a large screen so everyone can keep an eye on how the Queen is spending her monumental day.



Whether you want to hear the symphonic sounds of the orchestras in Saturday Market, chill out to the acoustic tunes and have your cup of tea in the North Bar or want an upbeat vibe over at Flemingate, Beverley Town Council are making sure the day is fit for a Queen.

Don't miss the Big Jubilee Tea Party, the Platinum Party at Flemingate, the Platinum Jubilee Proms, the Platinum Jubilee Pageant and a Little Jesters event specifically for children.

Make sure to keep an eye out on the new website over the upcoming weeks and months before the event where there will be new information released for scheduled bands and more announcements.

Visit the website at:

[www.beverleyjubilee.co.uk](http://www.beverleyjubilee.co.uk) and follow the new social media channels to get updates on Facebook - **Beverley - Platinum Jubilee Celebration**, and Instagram **@beverleyplatinumjubilee**



# ♥ Beverley...

## Give a little love this February.

 <p>Ventilate to help keep the virus out of your home</p>	 <p>Wash your hands regularly with soap and water</p>	 <p>Wear a face covering (unless exempt)</p>	 <p>Do a rapid lateral flow test before periods of high risk</p>	 <p>Be mindful and give others space</p>	 <p>Know your risk and be socially responsible if interacting with others</p>
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## Help protect your community and your loved ones.

If you still need to get your COVID-19 booster, or even your first vaccine or second vaccine it's not too late.

You can book an appointment or get a walk-in – whatever works best for you.

To find out more and check eligibility:  
[nhs.uk/covid-vaccination](https://nhs.uk/covid-vaccination)

If you've had yours, why not help someone else get their jab?



Scan to see walk-in sites