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**ISSUE 105**

# BEVERLEY

IT'S YOUR MAGAZINE



**DISCOVER THE NORTHMEN SPIRIT  
IN SEARCH OF THE LESS ORDINARY**

**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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# just BEVERLEY

## OCTOBER LETTER FROM THE EDITORS



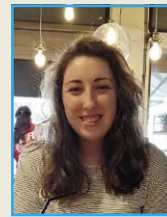
It is officially Autumn, which means we can all look forward to our favourite chilly weather recipes, and beautiful Autumnal foliage.

This month in the UK, the clocks go back 1 hour at 2am on the 29th, the last Sunday in October, which means either an extra hour to get on with things OR maybe an extra hour relaxing.

We can look forward to a night of Halloween, Trick or Treat or just an excuse for a party.

Have a great October and keep the photos and stories coming in.

**Julian.**



Hellooooo, it's Octooober - "Spooky Season is coming".

Firstly do not forget to take time to relax and enjoy the extra hour relaxing as the clocks go back, probably one of my favourite relaxing times, just because you wake up, then you have a spare hour.

As the nights draw in and the weather cools down, it is great to get the warmer clothes out and enjoy a brisk walk, take in the Autumn colour changes and enjoy nature at a great time of the year.

Stay safe, relax and enjoy our publication.  
**Olivia.**

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## 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.

# THE REFILL JAR OPENS ITS DOORS IN FLEMINGATE

**The Refill Jar now enjoys a new and larger home at Beverley's Flemingate centre.**

Jamie Newson-Smith, owner of The Refill Jar, decided it was time to expand and consolidate his business under one roof.

Flemingate provided the ideal solution for his zero waste shop which sells a wide range of food and non-food products that are plastic-free, eco-friendly and affordable.

Driven by its ethos to reduce the consumption of single-use plastics, The Refill Jar enables customers to bring their own containers and utilise self-dispensers in the store to buy items by weight.

The Refill Jar's business model allows customers to serve themselves and buy as much or as little of an item as they need - helping them to both reduce waste and save money.

Jamie said: "The Refill Jar was launched to play our part in combating the effects of climate change and to reduce the consumption of single use plastics. Since opening in November 2019 we saw rapid growth in our business, both in the shop and online.

"Customers love that they can come and get as much or little of an item as they need, reducing waste and also helping the planet at the same time".

The Flemingate store will feature all of the products The Refill Jar is best known for, plus an exciting selection of new items. Customers will now be able to buy pet food and bird seed by weight, as well as garden



items such as grass seed. Food products include cereals, dried fruit, herbs and spices, pastas, nuts and baking goods, with a range of cleaning products and cosmetics also available.

Wykeland Property Director David Donkin said: "We knew about The Refill Jar's popularity and, when we heard they were looking for a new, larger base in Beverley, we felt they would be a great fit for Flemingate. We're delighted to welcome another quality local business to Flemingate and to enable The Refill Jar to expand".

The Refill Jar is open seven days a week. Monday to Saturday 9.30am to 5.30pm. Sunday 10am to 4pm. For more information on The Refill Jar, visit: [www.therefilljar.co.uk](http://www.therefilljar.co.uk)



## EXCLUSIVE TICKET OFFER FOR CUSTOMERS AS TALEGATE THEATRE PRODUCTIONS TEAMS UP WITH JUMP INC AND BEVERLEY HILLS DINER!

**Follow fairytale favourite Pinocchio on an adventure of a lifetime as he learns how to become a real boy.**

Watch as he escapes the clutches of the evil ringmaster Spagboli with the help of his best friend Jiminy Cricket, the beautiful blue fairy and his mum - played by none other than self titled minor celebrity of Yorkshire - Dame James!

From the team who brought you 'Beauty and the Beast' & 'Sleeping Beauty', the gang are very excited to be heading back to Parkway Beverley with 'Pinocchio' this Christmas!

TaleGate Theatre Productions are delighted to be teaming up with local businesses Jump Inc and Beverley Hills Diner to offer customers an EXCLUSIVE discount on their Pinocchio tickets - no "strings" attached!



Customers simply need to show their receipt from their visit to Jump Inc or Beverley Hills Diner at the Parkway Beverley Box Office and they'll receive £1 off their pantomime tickets!

Artistic Director, James Worthington comments "We are thrilled to be creating Christmas magic once more in Beverley! You can expect lots of fabulous dance numbers and pop songs for the children to enjoy, plus some golden oldies and



musical theatre numbers the grown ups will know and love. We have also teamed up with oodles of local attractions this year to spread some Christmas spirit such as Jump Inc and Beverley Hills Diner. If you show your receipt from a participating attraction at the Parkway Beverley box office, you'll receive £1 off your Pinocchio tickets!"

Terms and Conditions: Offer is valid for in-person sales at Parkway Cinema Beverley only. Offer is valid for live performances of Pinocchio from TaleGate Theatre only at Parkway Cinema Beverley only. Offer is valid for performances running 16th - 30th December 2023 only. No substitutes or cash alternatives available.

'Pinocchio' - Saturday 16th December 2023 - Saturday 30th December 2023 - Parkway Cinema Beverley.

<https://beverley.parkwaycinemas.co.uk/talegate-theatre-pinocchio>

Photography credit: Ashley Cantwell, Larkin Media.



# ALLYSON ONLY SAW "CAN" IN CANCER - SHE CONTINUES TO INSPIRE

*Allyson inspires and encourages you to do "5k Your Way" on celebrating their 1st Anniversary at Beverley Parkrun.*

5k Your Way is a remarkable charity dedicated to supporting cancer patients and survivors on their journey to better health. Founded on the simple concept of walking, jogging, or running a 5k distance, it encourages physical activity as a means to improve mental and physical well-being during and after cancer treatment.

With a network of local parkrun events worldwide, 5k Your Way creates a supportive community, fostering resilience and camaraderie among those affected by cancer. This inspiring charity empowers individuals to take control of their health while promoting a positive outlook on life.

Allyson Kent was diagnosed with cancer in May 2020, she started chemotherapy in June, and decided to get fitter for her forthcoming major surgery in September 2020. Allyson decided to set herself challenges/goals. She took on the challenge to walk 70 miles for cancer research in the month prior to her surgery, and then decided to walk 26 miles in the month after. She has subsequently continued to walk everyday since, whatever the weather.

Setting new challenges, Allyson took to the challenge of walking 1000 miles in 2021, and after only a few weeks she was walking a marathon a week, and set her target to walk 52 marathons in 52 weeks. Allyson said "with a little plantar fasciitis, and treatments I did it and actually walked the distance of 55.3 marathons!"



On her journey Allyson discovered 5k Your Way Move Against Cancer: <https://5kyourway.org/>

With the support of 5k Your Way and following discussions with Kay Farrow, Event Director at Beverley Westwood parkrun, they launched 5k Your Way at Beverley Westwood parkrun.

Despite some setbacks, Allyson stuck to fulfilling her challenges, initially walking the Beverley Westwood Parkrun and other Parkruns in the area. With the support from all the volunteers and her fellow ambassadors Allyson said, "I started to run a little and am pleased to share that on New Years Day, between chemo 5 & 6, I ran my first full 5k at Humber Bridge Parkrun. In the last year, I have managed to run 3 full 5ks (all on flat courses) and now aim to run the difficult Beverley Westwood Parkrun in the near future".

5k Your Way is a community support group who meet on the last Saturday in the month and encourage people with a diagnosis, their family and friends and those working in cancer services or primary care to come along and do 5k your way. Allyson said, "For me it's been one of the best things I've done since my diagnosis. I'm now addicted and go every week".

On 30 September the 5k Your Way Move Against Cancer group based at Beverley Westwood Parkrun celebrated its first birthday. Check our website and Facebook page to see if the group's ambassador, the inspirational Allyson Kent, marked the day by completing her 50th Parkrun. And you can follow Allyson on Instagram: [@walk.ntalk2021](https://www.instagram.com/walk.ntalk2021)

For more about 5k Your Way visit: <https://movecharity.org/5k-your-way-1>  
Visit the parkrun website: <https://parkrun.org.uk/beverleywestwood/>

## BOOK LAUNCH ON 21ST OCTOBER!

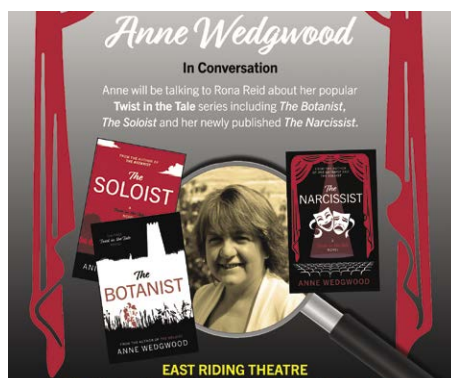
*Anne Wedgewood is a local author and her three murder mysteries are all set in Beverley.*

The third, *The Narcissist*, is out at the end of October and Anne will be holding a launch at The Beverley Bookshop on 21 October, followed by an event at the East Riding Theatre on 2 November.

Set in Beverley, with a dramatic opening in the East Riding Theatre, this is a must-read novel for murder mystery fans. It sits alongside Anne's other books, *The Botanist* and *The Soloist*, which are already popular with Beverley readers.

Be one of the first to get your hands on *The Narcissist* by award-winning local author Anne Wedgewood.

Anne will be signing copies in The Beverley Book Shop from 11am to 2pm on Saturday 21st October.



## BEVERLEY PHOTOGRAPHIC SOCIETY - OCTOBER'S PROGRAM

**Tuesday 3rd October** - 7pm at the Rose and Crown, Nth Bar Within, Beverley. My photographic journey Part 2. Part 1 was very popular.

**Thursday 5th October** - 7.30pm at Hornsea Golf Club, Rolston Rd, Hornsea for the judging of the Brigg interclub competition.

**Tuesday 10th October** - 7pm at the Rose and Crown. Presentation by guest speaker David Ireland. "Tales of the mysterious travellers."

**Tuesday 17th October** - 7pm at the Rose and Crown. Club internal knockout competition. (Prints)

**Tuesday 24th October** - 7pm at the Rose and Crown. Short presentations by members on various photography and equipment related subjects.

**Tuesday 31st October** - 7pm at the Rose and Crown. Presentation by guest speaker Les Stubbs. "Just one more." Reflecting and reminiscing on his 50 plus years as a professional photographer.

The aim of the club is to share knowledge and experience amongst all members in a friendly atmosphere.

We encourage our member's interests in all aspects of photography by means of various events and exhibitions.

In Winter competitions are regularly held amongst our members and inter-club for both prints and projected digital images.

In Summer we have a full program of visits, photo walks, club nights, and an exhibition.

If you are interested in joining the club, please come along and meet the members. No commitments.

We are members of the Yorkshire Coastal Photographic Group, the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain. <https://ypu.org.uk/>

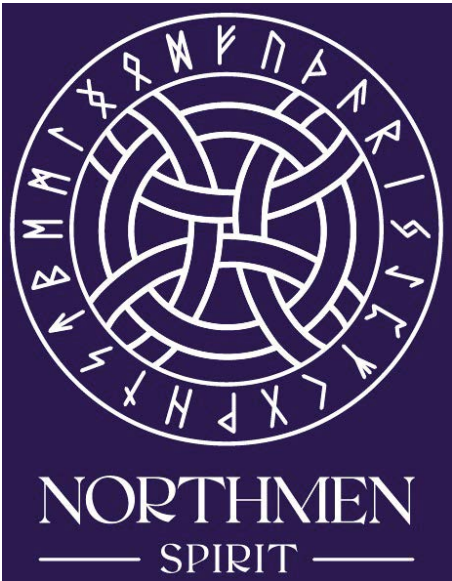
More information and contact details can be found on the following sites.

<https://beverleyphotographic.wixsite.com/club>

<https://www.facebook.com/groups/beverleyphotographyclub>

<https://www.flickr.com/groups/1095249@N24/>

# THE MAGIC OF NORTHME



**Northmen Spirit, Bar SEVEN93 are two vibrant establishments that have become integral parts of the local community, offering unique experiences to residents and visitors alike.**

Located at 2-3 Cross Street, Beverley, HU17 9AX, together they embody the craft spirit movement. Tony said, "We're passionate about sourcing amazing products from local suppliers

and bringing our customers the very best on offer from Yorkshire and the North. Whether you enjoy the experience in the Bar or from our Bottleshop, we want you to enjoy the range of flavours available in Gin, Wine and Beer and want to share those experiences with others. We've hosted many Gin and Wine tasting evenings at home over the years and get immense pleasure from introducing people to their new favourite gins and spirits".



"Here, our customers can immerse themselves in unique spirits and craft beers from independent distillers and brewers and even sample some of the exquisite creations on special tasting nights."

Northmen Spirit adds a touch of artisanal charm to Beverley and contributes to the growing interest in locally crafted spirits. As a truly independent retailer Northmen Spirit are not tied to buying from any one producer and can seek out the very best beers, spirits and wines and bring them directly into the centre of Beverley for you to enjoy.

Bar Seven93 is an inviting venue that has quickly established itself as a go-to spot for a wide selection of craft beers and spirits "a little less known".

The welcoming and relaxing atmosphere for patrons looking to unwind and socialise

over a craft beer or spirit. You can always find an up-to-date Tap List for the Bar on the Real Ale Finder app if you want to know the latest beers to hit the bar.

Tony mentioned, "The beauty about having an old fashioned Liquor store downstairs, allows us to listen, advise and meet our customers requirements, whether they are looking to enjoy a drink on a hot summer night, a refreshing relaxing drink after work, or a hearty drink with a distinct taste. We can provide the solution".

Tony went on to say, "upstairs built with a sense of history in mind, we have Bar SEVEN93, where in a relaxing atmosphere we take people back to a past era with their favourite Spirit or Beer, or maybe a new experience to try. Something less ordinary on the palate."

Tony explained, "We have achieved more than we could have expected during our first year, regularly putting on tasting sessions in Bar SEVEN93, whilst customers get to meet other like-minded people who enjoy something less ordinary, from our chosen independent suppliers".



— BAR —  
**SEVEN93**

BAR SEVEN93

- Eight Keg Lines
- Unique Flavour Profiles
- Great Selection of local Wine & Spirits

If you're looking for a unique and memorable beer-drinking experience, BAR SEVEN93 is the perfect destination. [www.northmenspirit.co.uk](http://www.northmenspirit.co.uk)

2-3 Cross Street, Beverley, HU17 9AX.

@northmenspirit @NorthmenSpirit

# N SPIRIT - BAR SEVEN93



Together Northmen Spirit and Bar Seven93 represent the diverse character of Beverley's hospitality scene with a relaxing environment and artisanal craftsmanship that enriches the town's cultural landscape. Northmen Spirit, Bar SEVEN93, is truly unique in its approach to satisfying customers needs, whilst listening to customers they have built up a stock of drinks "A Little Less Ordinary".

Tony mentioned, "We sell spirits, beer, cider, wine and mead from our ground floor BottleShop from **11am Wednesday to Sunday**, and have samples available for a wide range of our spirits.

Having our first floor bar we are free to serve a range of craft beers, local wines and spirits **until 10pm Wednesday to Sunday**. The beers are hand picked so that we serve a selection of styles and breweries that are not normally found in Beverley."

As Northmen Spirit celebrate their first year and go into year two Tony and Heather mentioned that they would like to build on their passion for history, especially of the local area, build on the tasting sessions, continue to deliver more events with producers where they can demonstrate their



produce and explain the history of their Vineyard / Distillery / Brewery.

Heather mentioned, "We will continue to seek out distillers and brewers from across Yorkshire and the North that are not stocked locally and bring them to the attention of Beverley residents."

Tony added, "Our producers are constantly innovating and bringing new products to the market, we were recently one of only three retailers in East Yorkshire to stock the new Rhubarb and Raspberry Aperitif, Sommer.

"We are also looking forward to stocking a brand new Sparkling Wine from East Yorkshire in the next couple of months We don't just stock Spirits, we are continually on the lookout for new breweries and vineyards in order to bring the most delicious drinks to the people of Beverley."

Northmen Spirit are truly independent, having no ties to any one producer or wholesaler. Northmen Spirit are proud to say they are the only stockist of Laurel Vines Wines in Beverley and the only BottleShop locally that stores all of their Hop Forward beers in fridges so that they are as fresh and tasty as possible.

Both Heather and Tony have built a relationship with Aurora Spirit (Bivrost), the northernmost distillery in the world, and were ecstatic when the distillery agreed to host a tasting event at Bar SEVEN93 recently, the range of spirits available is amazing and the event received great feedback from guests who loved the story behind the distillery and the opportunity to sample some VERY rare whisky indeed.

Northmen Spirit and Bar Seven93 focus on drinks from Yorkshire and the North, by focussing on this area they have discovered many producers who might otherwise be overlooked by other retailers who would take an easier option by stocking more established / familiar brands.

Northmen Spirit, Bar SEVEN93 are in a great location in the centre of Beverley, halfway between Saturday and Wednesday Markets, have an amazing range of quality products and a passion to bring these products to the good people of Beverley and East Yorkshire.



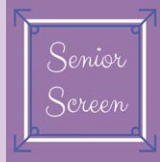
If you have not sampled the delights of "Something Less Ordinary", pop in and have a chat with **Tony and Heather**, 2-3 Cross Street, Beverley, HU17 9AX.

Tel: **01482 259988**

Web: [www.northmenspirit.co.uk](http://www.northmenspirit.co.uk)

Instagram: [@northmenspirit](https://www.instagram.com/northmenspirit)

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



## EVERY THURSDAY

(Doors open 9.30am)

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 5th October -

#### **The Greatest Showman**

Starring: Hugh Jackman, Michelle Williams, Zac Efron.

**MI7**

Starring: Tom Cruise, Hayley Atwell, Ving Rhames.

#### **And Then Come the Nightjars**

Starring: David Fielder, Nigel Hastings.

### Thursday 12th October -

#### **The Greatest Showman**

Starring: Hugh Jackman, Michelle Williams, Zac Efron.

#### **Oppenheimer**

Starring: Cillian Murphy, Emily Blunt, Matt Damon.

**MI7**

Starring: Tom Cruise, Hayley Atwell, Ving Rhames.

### Thursday 19th October -

#### **Oppenheimer**

Starring: Cillian Murphy, Emily Blunt, Matt Damon.

#### **Gran Turismo**

Starring: David Harbour, Orlando Bloom, Archie Madekwe.

#### **Barbie**

Starring: Margot Robbie, Ryan Gosling, America Ferrera.

### Thursday 26th October -

#### **Gran Turismo**

Starring: David Harbour, Orlando Bloom, Archie Madekwe.

#### **Barbie**

Starring: Margot Robbie, Ryan Gosling, America Ferrera.

#### **Carry On Camping**

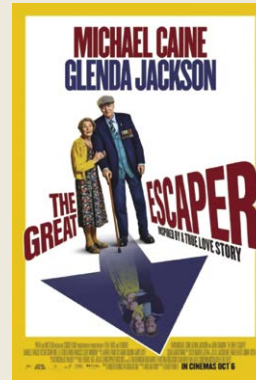
Starring: Sid James, Kenneth Williams, Charles Hawtrey, Joan Sims.

*These are the films scheduled to open in October - 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)*



#### **The Exorcist: Believer**

From Friday 6th October  
Starring: Ellen Burstyn, Jennifer Nettles, Ann Dowd.



#### **The Great Escaper**

From Friday 6th October  
Starring: Michael Caine, Glenda Jackson, Wolf Kahler.



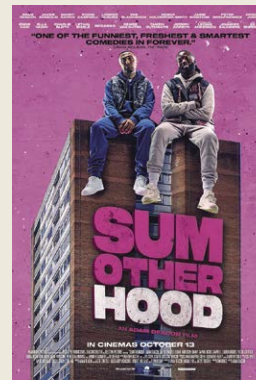
#### **Paw Patrol: The Mighty Movie**

From Friday 13th October  
Starring: Finn Lee-Epp, Ron Pardo, Mckenna Grace.



#### **Friday the 13th**

From Friday 13th October  
Starring: Adrienne King, Betsy Palmer, Jeannine Taylor, Kevin Bacon



#### **Sumotherhood**

From Friday 13th October  
Starring: Adam Deacon, Jennifer Saunders, Danny Sapani.



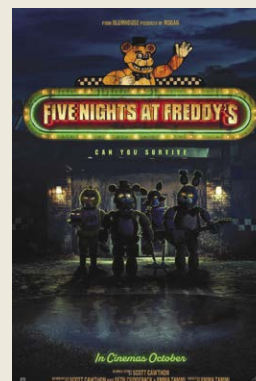
#### **Trolls: Band Together**

From Friday 20th October  
Starring: Anna Kendrick, Zoëy Deschanel, Justin Timberlake.



#### **Killers Of The Flower Moon**

From Friday 20th October  
Starring: Leonardo DiCaprio, Robert De Niro, Lily Gladstone.



#### **Five Nights at Freddy's**

From Wednesday 25th October  
Starring: Josh Hutcherson, Matthew Lillard, Mary Stuart Masterson.



#### **TaleGate - Hocus Panto**

Wednesday 1st November, 12pm. The three witches you love to hate are back in this wicked Halloween Pantomime.



# YOUR LOCAL INDEPENDENT CINEMA



## JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS AUTUMN

*We take a look at some of the big films arriving at Parkway Beverley this October.*

### THE GREAT ESCAPER

The Great Escaper is an upcoming British-French drama film starring Michael Caine and Glenda Jackson, based on the true-life story of a British World War II veteran who 'broke out' of his nursing home to attend the 70th anniversary D-Day commemorations in France, in June 2014. The story is based on that of Bernard Jordan, who was 89 years old when he made his journey to France.

**From Friday 6th October**



### TROLLS: BAND TOGETHER

After two films of true friendship and relentless flirting, Poppy (Anna Kendrick) and Branch (Justin Timberlake) are now officially, finally, a couple (#broppy)! As they grow closer, Poppy discovers that Branch has a secret past. He was once part of her favorite boyband phenomenon, BroZone, with his four brothers.

**From Friday 20th October**



### SUMOTHERHOOD

In this parody of the UK urban genre Riko and Kane have got it all ... big dreams, no respect and a fifteen grand debt. Could things get any worse? Yes! Anything can happen when Riko and Kane are on the scene in this action-packed urban comedy.

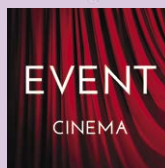
**From Friday 13th October**



### FIVE NIGHTS AT FREDDY'S

A troubled security guard begins working at Freddy Fazbear's Pizza. While spending his first night on the job, he realizes the night shift at Freddy's won't be so easy to make it through.

**From Wednesday 25th October**



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.

**Thursday 5th October, 7.15pm -**

**Royal Opera: L'Elisir d'Amore**

Expect sun, fun and vocal acrobatics in Laurent Pelly's much-loved staging of Donizetti's intoxicating and witty comedy.

**Thursday 12th October, 6.30pm -**

**An Evening with Jonas Kaufmann**

In the magical setting of the Arena di Verona, celebrating its 100th season, the 'King of Tenors', Jonas Kaufmann will take you on an unforgettable musical journey.

**Saturday 21st October, 5.55pm -**

**MET Opera: Dead Man Walking**

Jake Heggie's powerful work has its highly anticipated Met premiere in a new production by Ivo van Hove. Based on Sister Helen Prejean's memoir about her fight for the soul of a condemned murderer, Dead Man Walking matches the high drama of its subject with Heggie's poignant music and a libretto by Tony and Emmy Award-winner Terrence McNally.

**Tuesday 7th November, 7.15pm -**

**Royal Ballet: Don Quixote**

Don Quixote, based on Miguel de Cervantes' epic novel of the same name, regales the adventures of the eccentric nobleman Don Quixote and his faithful squire Sancho Panza.

**Saturday 18th November, 5.55pm -**

**MET Opera: X: The Life And Times Of Malcolm X**

Anthony Davis's ground-breaking opera, which premiered in 1986, arrives at the Met at long last. Robert O'Hara, who was nominated for a Tony Award in 2020 for his direction of Slave Play, oversees a new staging that imagines Malcolm as an everyman whose story transcends time and space.

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

*As we move into the month of October I hope we can look back at the last few months and recall, despite the gloomy news and the patchy weather, one or two events that will stay with us for the way they made us feel good about life.*

I want to tell you about such an event that took place one Saturday afternoon in Lockington, a small village not far from Beverley.

The weather forecast was not good but my memory is of sunshine for the two hours we were there. I suppose I could say it was a village fete although that isn't a term I have heard for a long time, yet that word fits my tale. Let me describe it.

The dog show was just ending as we arrived. Categories for the waggiest tail, the most obedient dog and the softest eyes.

No entry fee into the village hall, just the smiling face that asked you to join the raffle. Just a pound for five tickets with some great prizes.



Time to peruse the wonderful offerings laid out on the tables down each side of the hall, and this is where I began to realise why this fete was special. Everything on show was original created by local people with nothing made outside this rural community, as in so many shows.

I had the sense as I walked around the hall that the intent was to give you pleasure in what you saw and not in any way to seek your money, indeed there was nothing to buy.

A wonderful handwriting, yes, a handwriting competition for the younger age groups and in a similar age group a painting competition with some excellent entries. The skill of the local photographers was on display and everywhere you looked an amazingly wonderful array of knit wear, sewing, crochet and a great variety of splendid seasonable vegetables plus flower arrangements and plotted plants.

One table literally groaned under the variety of scones, cakes and drizzle cakes and you just knew that whoever had made that cake, or baked that bun, had done it with care and attention and added their personal touch.

One table was full of the prizes to be won. A shield for 'the longest cucumber', a cup for the best potted plant and one for the best crop of carrots etc. The village hall was full of creativity from every generation. Outside the sun was shining as the children had numerous games to play.

The gazebos gave cover from the hot sun and allowed visitors to enjoy a welcome cup of tea



and a scone with jam and cream. All served with a smile and at a very competitive price. As the afternoon came to an end the organisers gave everyone the chance to snap up a treat from among the many vegetables that had been on display.

Again they showed their awareness of what Yorkshire folk will give when they spot a bargain and donations only were asked for, which in my experience never fails to swell the till.

Some events deserve to be applauded not just for what they offer to the public but for the obvious pleasure that those who organised it had taken in working together. Lockington should be rightly proud of their village fete 2023.

LEWIS NORTHEN  
FUNERAL DIRECTORS



MY FAMILY TAKING  
CARE OF YOURS



**Get In Touch**  
1 Lincoln Way, Beverley, HU17 8RH  
info@lewisnorthenfuneraldirectors.co.uk  
www.lewisnorthenfuneraldirectors.co.uk  
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# IN THE PICTURE WITH JOSH

As we move into Autumn there are plenty of opportunities for photography.

Apart from stunning Autumnal sunrises and sunsets, there are lots of great night and Astro photography locations where you can capture the moon, meteor showers and even the Northern Lights if you are really lucky!

There's also cityscapes and light trails to try, in the event that the skies are too cloudy to photograph any astrological events.

For any long exposure photography, you'll need a sturdy tripod that won't move around if it's windy. A trigger release is also handy if you have one, or you can just use the timer setting if you don't, as this will prevent you from accidentally moving the camera and blurring the photo.

Composition is very important for night photography, a nice starry sky looks incredible, but having an interesting foreground or point of



interest always makes the photo in my opinion.

If you're photographing cityscapes or light trails and there are no stars in the sky then you can do 30 second exposures, or longer using filters, to capture as much movement as possible.



If you're photographing stars, then they will start to blur after about 25-30 seconds because of the movement of the earth. This means you might not get as much light on foreground subjects as you'd like so it's handy to take a spare torch with you to do some light painting during the exposure.

You can find more information about my work and full portfolios on my website and my social media pages and if you have any questions don't hesitate to get in touch.



Instagram: [@joshharrisonphotography](https://www.instagram.com/joshharrisonphotography)  
Facebook: [@JoshHarrisonPhotography](https://www.facebook.com/JoshHarrisonPhotography)  
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# IAN HARRISON HANDYMAN

Ian is Beverley born and bred, born in the old maternity unit which overlooks Beverley Westwood and having attended both Minster School and Longcroft schools, he nurtured his practical skills at school and took advantage of his parents friendship with the owner of Minster Garage (the late Jack Turner).

Ian used to go there after school every night, and learnt a lot of his practical skills. He is a fully qualified award winning ceramic tiler with over 17 years of experience (TTA tile fix of the year 2012). In 2015 he was headhunted by a German company building room sets around the UK in tile showrooms, which allowed him to develop his skills as a handyman and in 2022 started his full time professional business.



Working in Beverley and the East Riding Villages, Ian is delighted to take on the jobs others prefer to leave alone. Ian said, "I will go and hang one picture, mirror or shelf, change door handles, build one piece of flat pack furniture and because I charge by the hour, I can schedule my work around the job list and location to be as efficient as possible". Whatever the job, internal, external painting (weather dependant), joinery, tiling, flat pack assembly, bespoke joinery, one off jobs, gates, planters and cupboards - Ian is your Handyman.

"Ian has tackled many jobs in our home. We have been impressed with his professionalism, efficiency, transparency, and passion for his work. His friendly, dedicated service abounds. The nifty tools he uses with his expertise, certainly gets the job done perfectly. Truly a gem!... Oh, and cleans the working area in a jiffy!" - Sharon from Beverley.

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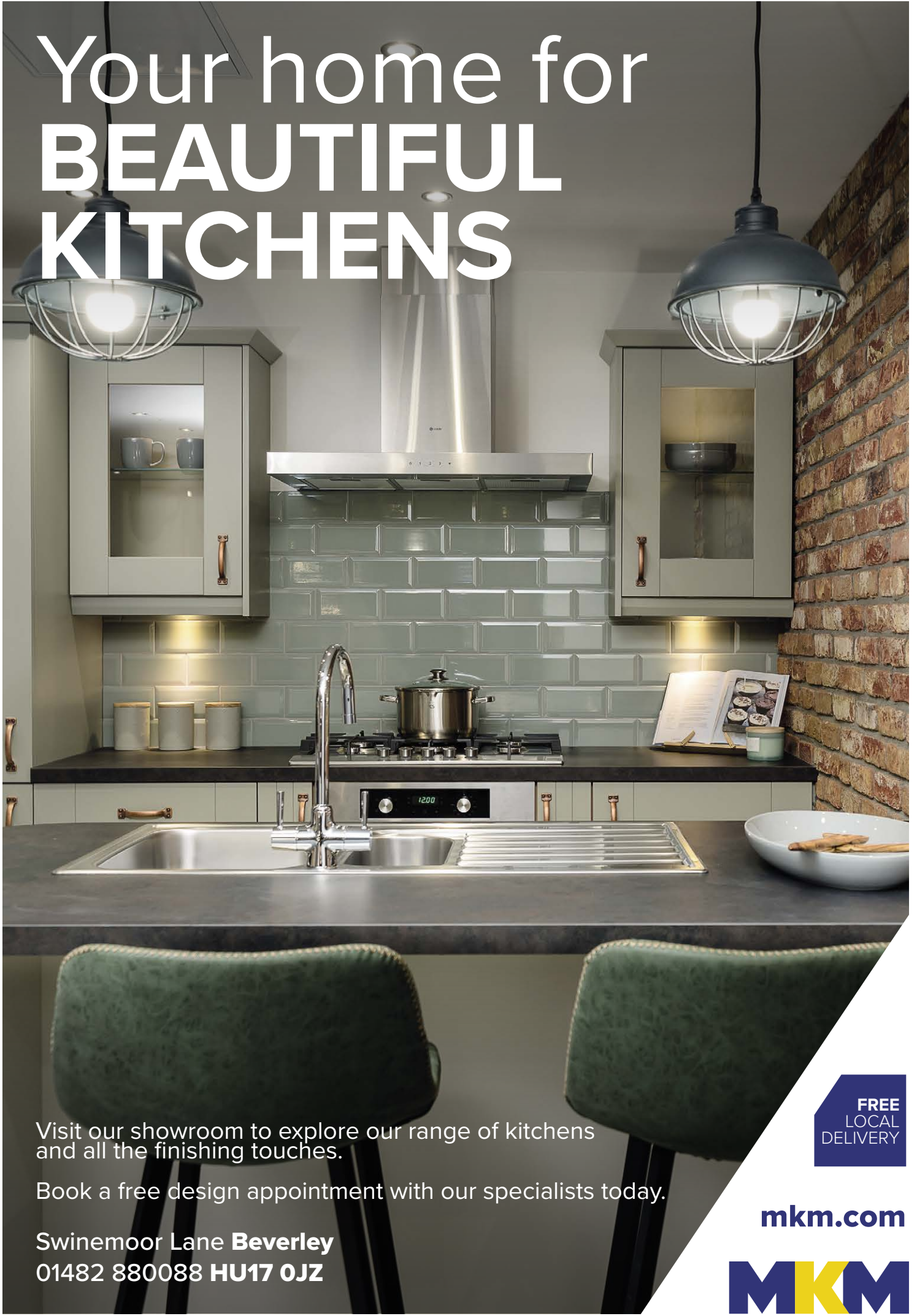
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# INVESTING TO BEAT INFLATION

***Inflation is a topic that has been making headlines this year. It's important to understand how it can impact your savings and investments.***

Simply put, inflation refers to the increase in the price of goods and services over time. It means that your money may be able to buy less in the future than it can today.

The Office for National Statistics (ONS) measures inflation by tracking the prices of everyday items to calculate changes in the Consumer Prices Index (CPI).

CPI rose by 6.8% in the 12 months to July 2023. Although this has been falling over 2023, it remains well above the 2.0% target the Bank of England aims for.

Its effects are easy to see any time you go shopping. According to the ONS, the average price of a pint of milk in the UK was 69p in July 2023. This compared to roughly 45p in 2019. Similarly, the price of a loaf of sliced white bread jumped from £1.07 in 2019 to £1.35 in July 2023.

Inflation can be caused by a variety of factors. In this case, inflation started to ramp up as we moved away from the COVID-19 lockdowns. While in lockdown, people were limited in their ability to socialise and visit shops.

As restrictions were lifted and consumers became free to leave their homes, they began spending again, leading to a surge in demand. Unfortunately, it has taken longer for the supply side to catch up.

Then Russia's invasion of Ukraine at the start of 2022 caused further inflationary pressure. Both countries are major suppliers of commodities such as wheat and fuel. With supplies of these interrupted, the cost of both spiked.

Since a peak in late 2022, inflation has gradually come down.

## ***With higher interest rates, will a bank account protect my savings?***

When it comes to combating inflation, relying solely on high street banks may not be the most effective strategy.

While banks do offer interest on instant access savings and Cash ISAs, the rates they typically offer may not be enough to keep up with inflation. As a result, the purchasing power of your savings may erode over time, and you may find that your money's value does not grow at the same rate as inflation.

For example, if you had £10,000 in an account with a 5% saving rate, after a year you will have £10,500. However, if the rate of inflation is also running at 7%, you would need £10,700 to have the same purchasing power that you started with. If your savings don't grow at the same rate as inflation, your money will lose its purchasing power despite taking active steps to grow it.

## ***Where investing can help***

If you plan on saving over the long term, which typically means for five years or more, then choosing to invest could be the best way to shield your money from the damaging effects of

inflation whilst also securing your future financial wellbeing.

However, it's important to note that investing also comes with risks. You can speak with us to discuss an investment strategy that matches your risk appetite and investment objectives.

The key to beating inflation is by investing in assets which produce a higher rate of return than inflation. Over the long term, equities have demonstrated the ability to outpace inflation, although that does not necessarily mean this will be repeated.

Keeping your investments diversified is also crucial to ensuring that you're not relying too heavily on one particular type of asset class. Diversification involves spreading your investments across asset classes such as equities, bonds, and property.

Different assets may perform differently in different economic conditions. No one asset class will be the best performing forever - so by keeping a diversified portfolio, you can help your investments to remain resilient, even during periods of high inflation.

Contact **Navigation Wealth Management at 01482 379504** to get the financial advice you need.

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested. Equities do not provide the security of capital which is characteristic of a deposit with a bank or building society.



## Invest with *confidence*

Investing can be daunting. Where's the best place to put your savings? What level of risk are you willing to take? How might fluctuating markets affect your investment? And how can you monitor performance?

We understand. Which is why we aim to take the stress out of the process. At St. James's Place, our distinctive approach to investment management calls on the expertise of some of the world's leading fund managers. Which means healthy long-term investment performance is within your grasp. What's more, being local means we're here to help whenever you need us.

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# SSAFA - WORKING TOGETHER FOR A BETTER FUTURE

SSAFA, or Soldiers, Sailors, Airmen, and Families Association, is a charity organisation dedicated to providing vital support and assistance to veterans and their families.

Founded in 1885, SSAFA has a long-standing commitment to helping those who have served in the armed forces. One of SSAFA's primary objectives is to ensure that veterans receive the care and assistance they need to lead fulfilling lives after their service.

They offer a wide range of services, including financial assistance, housing support, mental health services, and help with issues like homelessness. SSAFA recognises that the transition from military to civilian life can be challenging, and they provide a network of dedicated volunteers and professionals to guide veterans through this process.



SSAFA focuses on the immediate needs of veterans but also considers the well-being of their families, recognising that military service affects loved ones as well. SSAFA's commitment to veterans and their families has made it a crucial lifeline for those who have served their country, ensuring they receive the care, respect, and support they deserve as they embark on their post-service journeys. SSAFA are looking for you to get involved, to support military personnel and their families.

Find out how you can help:  
Contact SSAFA on: **01964 552 837**  
Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)  
Website: [ssafa.org.uk](http://ssafa.org.uk)



SSAFA are currently looking for volunteers to fill the following positions:

- Administration Assistant
- Branch Fundraiser or Coordinator
- Branch Volunteering Coordinator
  - Caseworkers
- Divisional Secretarial Support
  - Mentors
- Recruitment Coordinators
- Treasurer Support



If you think you can help, please get in touch:

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## HAVE YOUR SAY ON SAFER COSMETIC PROCEDURES



LOOK NATURAL  
- Aesthetics -

**At long last the government is holding a public consultation into aesthetic procedures with a view to having a licensing scheme from next year.**

Numerous professional and public bodies have been lobbying the government for regulation of the aesthetics industry, concerned by the ease at which non-medical people can set themselves up to inject Botox and fillers after a day's training.

Save Face, one public charity, in 2022 received over 3000 complaints from people who'd been 'botched', with Botox or Filler injections.

The proposal suggests a traffic light system, where simple procedures such as micro needling and peels are classified as green and could

be performed by anyone with training in the technique.

Amber procedures would be injectables like Botox and fillers. These would be performed by medical injectors, or non-medical injectors with some form of medical supervision.

Red procedures such as PDO threads would only be performed by medically trained practitioners.

At Look Natural aesthetics we are supportive of regulation.



We agree with the comment that all non-surgical aesthetic procedures carry the risk of serious harm if they are not administered by suitably trained professionals operating from clean and hygienic premises.

Look Natural Aesthetics is a medically led practice (Dr Gower is a consultant anaesthetist and experienced aesthetic practitioner), and we take pride in the fact that we meet the standards required to be registered by the Care Quality Commission. At the moment however other clinics locally that are not medically led can offer PDO



thread procedures (a proposed red treatment) or medical treatments with Botox, with no regulation or supervision.

We also warmly welcome the government's decision to consult on this new, proposed licensing scheme. It will help to ensure that people who undergo non-surgical cosmetic procedures receive treatment from practitioners who are properly trained and qualified, have the necessary insurance cover and operate from premises that are safe and hygienic.

We would encourage everybody to visit the government website and contribute their comments. The consultation runs until the 28th October. [www.gov.uk/government/consultations/licensing-of-non-surgical-cosmetic-procedures](http://www.gov.uk/government/consultations/licensing-of-non-surgical-cosmetic-procedures)

Anyone considering a cosmetic procedure should reflect fully on the possible impact of the procedure on both their physical and mental health and, if they decide to go ahead, take the time to find a reputable, insured and qualified practitioner.

**Look Natural Aesthetics, 179 Hull Road, Woodmansey, HU17 0TR**  
[www.looknaturaesthetics.co.uk](http://www.looknaturaesthetics.co.uk)



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# 'HOWLOWEEN' PUMPKIN PICKING EVENTS PURELY FOR DOGS COMING TO BEVERLEY THIS OCTOBER!

The Butt Farm Pumpkin Patch in Beverley has teamed up with local dog boutique Oh My Dog to bring the region's first ever 'pick your own' pumpkin events specifically aimed at dogs and their owners.

Taking place on Sunday afternoons in October, from 3-6pm at the Butt Farm Pumpkin patch starting from 8th October.

These 'dog only' sessions will include hay bales, wheelbarrow and pumpkin patch photo opportunities for the paw-fect autumnal and instagramable Halloween pics, 'have a go' agility area, apple bobbing for dogs, competitions including Halloween fancy dress as well as a pop up 'Howloween' dog shop by Oh My Dog, Beverley.



Jennifer White, who runs the Butt Farm Pumpkin Patch said; 'We've been running our pumpkin patch for the past 2 years and each year we get more requests for people to bring their dogs along. It can be difficult to allow dogs amongst the general public PYO sessions, so we thought why not create a specific area & specific times that are dedicated purely to dogs and their owners!'

'We want dogs and their owners to enjoy the patch, take photos and have some fun in a safe space just for them and have teamed up with our local dog boutique to help make it as fun and dog friendly as possible!'

Lucy Thompson, owner of Oh My Dog, Beverley said, 'People love to embrace the autumnal vibe of visiting a pumpkin patch by snapping the perfect Instagramable pic. Dogs are family so it seemed only right that we helped to create the region's first ever space just for them too!'

With over 20,000 pumpkins to pick from and tons of spooky treats, dogs and their owners are certain to have the most pawesome autumn at the Butt Farm Pumpkin Patch this October.

Howl-o-ween Pumpkin picking events are every Sunday from 8th October, 3-6pm at **Butt Farm Pumpkin Patch, Victoria Road, Beverley, HU17 8PJ.**

Tickets need to be purchased in advance & are available from **EventBrite at £5+BF**, or **Oh My Dog, 2 Dyer Lane, Beverley HU17 8AW** with ticket price redeemable from your pumpkin purchase.

## COUNTRYSIDE MATTERS WITH SAM WALTON



*The worry about harvest and if it would ever stop raining, is now a distant memory. The so-called heat wave certainly dried the grain, and even the barley, which was taking a while to ripen evenly, because of secondary growth, became combinable eventually.*

It was not the best sample I have to say but the majority was OK. It was sold on contract earlier this year to go for malting to keep all the beer drinkers happy and at the time of writing, I do not know if it will pass for malting or not. If it doesn't and I have to take the normal feed price, there is a difference of £5,000.00!!



I did sell all my wheat and barley straw this year and that was quickly gathered up almost immediately after the combine and the big bales usually go to livestock farmers who do not have arable farms.

This year there with the wheat, there were three of the large bales to the acre and with the barley, 1.5 per acre.

We used to get more but as time goes on and wheat and barley are now breeds which are shorter in length to give the stalks more strength to be able to produce heavier yields of corn. How times have changed, as years ago cereals all had long straw which was used for thatching the stacks of sheaves which we carted back after being stooked by hand to allow the grain to dry.

If you think about farming, it has changed considerably over the years and doubtless it will change again and again to feed an ever-increasing world population. So where we go from here I really do not know with all the many rules and regulations and of course the likely change in weather patterns.



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# FANTASTIC FILMS AND WHERE TO FIND THEM

**Ah October! It is the time of year for some scares and the gruesome. Therefore, it is incumbent on me to put some fear on the pages of Just Beverley and point you in the direction on some great horror gems that you can find on streaming services.**



**“Destroy it! It’s called the Book of the Dead for a reason!”**

We will start with the newest entry on this page. **Evil Dead Rise** (now available on Netflix) was released earlier this year and was originally supposed to go straight to a streaming service but was considered worthy of a cinema release.

Certainly they didn’t skimp on blood in this sequel to the series of screamers starring Bruce Campbell. Alas, there is no appearance of Campbell’s Ash Williams (well there is a vocal cameo) and the action relocates from the woods to a dilapidated block of flats in Los Angeles.

Here, two estranged sisters are reunited. One of them is trying to raise a family singlehanded. The reunion was not all roses to start with but when an earthquake reveals a hidden chamber containing the Book of the Dead, here comes the flesh possessing demons and lots of fluids of all sorts.

Certainly, this is only for fans of visceral horror (the original film was considered a video nasty) and if you have watched any Evil Dead entries you know what’s coming although it is not essential to know the history of the franchise.

There are moments of jet black humour (though it does not come close to the guffaws of Evil Dead 2, a masterpiece of the genre) but what elevates from just a lot of possession and gunge, is rooting for the family and some great acting especially Alyssa Sutherland as the mother who is menacing as one of the first victims of possession.



**“Do I look like some kind of monster?”**

You would be surprised what lurks in the depths of Disney+. It seems an unnatural home for two of the most joyous perverse horror flicks of the last couple of years.

I will not say too much about the plot of these two films as part of the joy is discovering the unique places on their gnarly journeys.

**Fresh** begins with a woman (Daisy Edgar-Jones) disillusioned with the dating game and the rude men she meets. That is until she meets Steve (Sebastian Stan) in a supermarket on a chance encounter and romance blossoms.

The scenario seems very much within the Romcom genre but it wouldn’t be in this column if all was as it seems. I felt that even some posters for the film gave too much away and so I refuse to say anymore except it is worth seeking.

However, in my humble opinion, the best horror film of the last few years is **Barbarian**. A surprise hit which remained in the box office charts for weeks propelled by superb word of mouth. Cleverly, the marketing consisted of TV ads consisting of night vision views of a cinema audience reacting with shock and delight to key moments in the film.



Starring Bill Skarsgard, Georgina Campbell and Justin Long, **Barbarian** begins with a young woman travelling to Detroit for a job interview. Arriving late at night at her Airbnb, she discovers the house already occupied by Keith. In a strange city late at night, she reluctantly joins Keith at the double booked house. If you think you can guess where this one is going, you are either wrong or a far better person than I.

It was the solo debut feature of writer/director Zach Cregger who started in the world of comedy and very dark humour is streaked throughout **Barbarian** in a complex script which will have you questioning just who are the villains of the piece. It also has an inspired choice of a classic song for the credits considering prior events. I feel I have already said too much. On the quality of this movie, Cregger is one of the hottest talents in Hollywood and I am really anticipating his next film, “Weapons” which will star Pedro Pascal.



**“There are worse things out tonight than vampires.”**

Pop quiz hot shot! (sorry mixing and matching my film quotes). Who was the first black Marvel superhero to make it to the big screen? If you said “Black Panther”, you were 20 years too late as in 1998, Wesley Snipes was ripping through not one but three movies as comic book hero, **Blade** (available on Amazon Prime).

The Marvel cinematic universe is planning to introduce **Blade** (currently due to star Mahershala Ali) in the next few years but will have a tough time beating the ferocity of Snipes’ outing. Becoming a human with vampire powers when his mother was bitten prior to his birth, **Blade** is a daywalker who is driven to eradicating vampires while keeping his own hunger at bay. Peter Cushing never had the cardray of weapons available to **Blade** thanks to his old friend, Whistler (played by a grised Kris Kristofferson).



However, even with the gadgets at his disposal, **Blade** is going to suffer at the hands of his greatest opponent, Deacon Frost, a rebel vampire who is upsetting the order of Nosferatu.

The effects in the opening sequence set in a special type of nightclub are still very special. However, later sequences do not hold up as well but the martial arts action (complete with wire work) and Snipes’ charismatic anti-hero makes this worth a watch for fans of action and horror.



**“Natural causes, my arse!”**

From America to Britain.... From vampires to werewolves.

Cards on the table, **Dog Soldiers** (available on FreeVee - free with ads on Smart TVs) is a favourite film of mine after discovering it many years ago on a long haul flight. It’s combination of action, humour, film homage and scares had me rooting for its band of heroes,

Kevin McKidd and Sean Pertwee head a small squad of British soldiers who are sent on an exercise to a remote spot of the Scottish soldiers who bond together with lad banter and obsession with a big football match. When they discover a wounded Special Services officer (played with villainous relish by Liam Cunningham) and what remains of his detachment, the team begin a fight for their lives against a group of unkillable werewolves that have made the remote area their home.

The biggest compliment I can give to Geordie director Neil Marshall’s, low budget debut is that a lack of money didn’t hamper its invention. The werewolves are great (and I won’t spoil the behind the scenes of how they achieved the inhuman look) and the script has plenty of film references, humour plus ramps up the gruesome thrills to have you cheering on the band of squaddies in their seemingly suicidal farm house stand off. If you can catch it, Marshall’s follow-up movie, **The Descent**, is well worth a look although it sacrifices the humour for one of the tensest horror films ever made.

Hopefully you can put the chair cushions down after all those shocks to join me next month for more film gems to enjoy.

**Cliff Baillie.**

# CHALLENGE YOURSELF

***Our bodies are complex and amazing machines and like any piece of equipment, if it isn't maintained then it starts to get rusty and seize up.***

Of course, it's better to do a little general maintenance on an ongoing basis to keep mind and body in the optimum state of health and wellbeing as we can't throw the old "meat-suit" away and order a new one from Amazon (other retailers, of course, are available but they don't do body replacements either!).

When the body does malfunction, the last thing we may feel like doing is getting out and exercising and this is why I was motivated to write about this subject when reading the story of Allyson Kent, which is detailed on page 5 of this magazine.

After a cancer diagnosis and whilst undergoing chemotherapy treatment, Allyson started exercising to prepare for major surgery. Not only that, Allyson continued to challenge herself by eventually walking 52 marathons in 52 weeks and raising money for charity in the meantime.

This truly inspirational response to such a life-changing situation can have so many positive benefits on a day-by-day basis and whilst I won't bore you with all the statistics here, taking exercise and managing the mind after such a diagnosis can also improve the outcome and long-term prognosis.

From my own experience, I can very much relate to Allyson's modus operandi after receiving a cancer diagnosis at the age of 25, these would be my suggestions for anyone going through a life-changing challenge:



- Take control - find your recovery tribe and work with them. This will, of course, be the medical team but also reach out to local support groups, national charities, talk to people who have been where you are and have come out the other side; friends and family will want to be there for you and some days you will be the strong one keeping them going and sometimes they'll be there for you to lean on. Get the support of counsellors and therapists if it feels appropriate for you - an independent viewpoint can give you new perspectives on a situation. Carry on your normal routine as much as practically possible.

- Keep it in the day - some days will be great, some good and some challenging but if it's a challenging day, it will pass and if it's a good day, there'll be more of them.

- Challenge yourself as Allyson is doing and if it's something that benefits others, then there's the added benefit of contributing to a good cause and continuing to feel a part of society and can lessen any sense of isolation.

- Laugh, cry, laugh some more. Get outdoors whenever you can and listen to your body - if you need to rest then rest.

- The mind can be powerful so seek help in managing it as it can be an ally and aid in recovery, but the darkest hour can be before dawn so have strategies at hand to sabotage any negative thinking. Perhaps have a favourite book to read/listen to or guided meditation or your "go-to" feel-good television series at hand.

We are all living one day at a time so let's make today a good day and whether you're walking or running the next parkrun along with Allyson, enjoy the camaraderie, the beautiful scenery and being out in nature.

Every week on a Monday evening, I run a free mindfulness session. These sessions present a wonderful opportunity to take time out for yourself. If you'd like to join, just 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.**

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website: [www.francesdunning.com](http://www.francesdunning.com)



# VICKERS

HEARING CLINIC



Not only will we be celebrating our **2-year birthday** in November, but we are also celebrating our **new premises!**

We are relocating to **4 Lord Roberts Road, Beverley, HU17 9BE** on Monday 9th October.

We will be running an opening offer **£250 off** the 1st 4 pairs of the new **7IX Signia range.**

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# LOCAL “DINE MEET & SOCIALISE” EVENT HAS A NEW HOME!

*After a fabulous 18 months at the Highfield in Beverley, the monthly companionship lunch hosted by Home Instead has relocated to the Warton Arms in Woodmansey.*

Emma and her team at the Warton Arms are looking forward to welcoming guests and serving up a fantastic pub lunch. Attendees can look forward to a game of Bingo, Play Your Cards Right and a raffle after their meal.

Owner of Home Instead, Mandy Aitken says “Our sister event held at the Manor Farm Pub in Willerby only started in June, and has already built up to well over 30 regular attendees, all having a lovely time and enjoying getting to know each other.

“Our aim is to build the Beverley event up to at least that size and the pub could easily accommodate more.”

The Home Instead hosts at the event ensure that everyone is well looked after and can enjoy a good chat and a laugh whether they have come on their own, with a group of friends or with a family member.

As we hurtle forward into Autumn and the shorter, colder days, getting out and about and socialising will become even more important to help keep our spirits up.

All are welcome to attend on the 3rd Wednesday of every month; 18th October, 15th November and 20th December.

For more information on Home Instead, please call **01482 736019** or visit: [www.homeinstead.co.uk/beverley-hull](http://www.homeinstead.co.uk/beverley-hull)



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Organised by  
Home Instead Beverley and Hull

# SHANE ASKS, DID YOU KNOW? THE HISTORY OF HALLOWEEN AND THE SWEET TRADITION OF TRICK-OR-TREATING

*Halloween, with its ghosts, ghouls, and candy-filled festivities, is a beloved tradition celebrated worldwide. But what is the history behind this spooky tradition, and why do we give sweets to trick-or-treaters? To unravel the origins of Halloween and the distribution of sweets, we must journey through time and explore the rich tapestry of customs that have woven together to create this unique and beloved tradition.*

## Ancient Celtic Roots:

The roots of Halloween can be traced back to the ancient Celts, who inhabited what is now modern-day Ireland, the United Kingdom, and northern France. They celebrated a festival known as Samhain, which marked the end of the harvest season and the beginning of winter. Samhain, celebrated on October 31st, was a time when the boundary between the living and the dead was believed to be particularly porous. This allowed spirits, both benevolent and malevolent, to cross over into the mortal world.

## Warding off Spirits:

To ward off these wandering spirits, the Celts lit bonfires and donned costumes made from animal hides. These costumes served a dual purpose - they concealed their identities from vengeful spirits and honored the dead by mimicking them. These practices symbolised the transition from the warm, fertile days of summer to the cold, dark days of winter.

## Christian Influence:

As Christianity spread, it absorbed and adapted many pagan customs, including Samhain. In the 7th century, Pope Boniface IV established All Saints' Day on November 1st, a day to honor saints and martyrs. The evening before, October 31st, became All Hallows' Eve, eventually abbreviated to Halloween. It was a time to remember the dead and seek protection from evil spirits.

## Souling and Guising:

In medieval Europe, the tradition of "souling" emerged. Poor individuals,

often children, would go door to door on All Saints' Day, offering to pray for the souls of the departed in exchange for "soul cakes." These small, round cakes symbolised a form of alms for the dead and the living. In Scotland and Ireland, the practice of "guising" emerged. Children would dress in costumes and go from house to house, reciting verses or performing tricks in exchange for food, coins, or other small gifts. This tradition eventually migrated to North America.



## American Evolution:

Halloween underwent a transformation in the early 20th century. Communities began hosting Halloween parties and parades, emphasising costumes, games, and neighborly gatherings. However, the practice of giving sweets to children took off in the mid-20th century.

## Conclusion:

In conclusion, Halloween is a tradition with deep historical roots that have evolved over time. It incorporates elements from ancient Celtic traditions, Christian influences, and modern customs. The practice of giving sweets to trick-or-treaters can be traced back to medieval practices like "souling" and "guising" and has become a delightful and integral part of Halloween festivities today. As we celebrate Halloween with costumes, decorations, and candy-filled pumpkins, we are participating in a tradition that connects us to our past while providing joy and a sense of community in the present makes Halloween a cherished and enduring tradition for people of all ages. So, the next time you offer a treat to a costumed trick-or-treater, remember the rich history and traditions that have come together to make Halloween the spooktacular holiday we know and love.

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The eFOLDi Lite is portable. Its innovative folding mechanism allows users to effortlessly collapse it into a compact size, making it ideal for travel and storage. Whether you're hopping on public transportation or storing it the eFOLDi Lite's compact form ensures convenience.

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If you are interested in learning more about the



revolutionary eFOLDi Lite contact Paul and Anne Fox at Fox Mobility:

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# EXPLORING GRAVEL TRAILS WITH WILSON WHEELS

Gravel riding in the Yorkshire Wolds is an exhilarating adventure that combines the beauty of Yorkshire's countryside with the thrill of off-road cycling. The Yorkshire Wolds offer a diverse terrain of rolling hills, quiet country lanes, and gravel tracks, making it a haven for gravel riders.

The region's extensive network of bridleways and byways provides riders with endless opportunities to explore picturesque landscapes, quaint villages, and historic sites. The undulating terrain adds an element of challenge, while the quiet and less-travelled roads offer a sense of tranquility and escape from urban life.

A popular route out of Beverley and a good ride is the Hudson Way, a unique gravel riding delight. Amidst picturesque landscapes, cyclists traverse gravel paths, lovely views and tranquil woods provide a perfect backdrop for the adventure made all the more special at this Autumnal time of year.

The Hornsea Rail Trail, a former railway line transformed into a scenic path, beckons with its serene beauty. Cyclists and walkers alike revel in its historical remnants of the railway making it a delightful route out to the coast for all to enjoy, a delight in Autumn with the changing colours.

On the East Yorkshire coast is the The Scarborough to Whitby old railway route which weaves through captivating North Yorkshire landscapes. It's a nostalgic journey on two wheels or foot, tracing the footsteps of steam trains of yesteryears. Alongside dramatic cliffs, dense woodlands, and coastal vistas, this route offers a timeless adventure, steeped in history and natural beauty.

Overall, gravel riding in the Yorkshire Wolds and across the East Riding offers a perfect blend of nature, culture, and adventure, making it a must-visit destination for cyclists seeking a unique and memorable riding experience.

## CARFAN - THE RILEY PATHFINDER

The subject of this month's issue is one of many from Britain's motoring roll of honour - the Riley Pathfinder.

Produced in 1956 this car was originally exported all the way to Brisbane, Australia before being bought sight unseen by its current and somewhat brave owner only two years ago.



The vehicle has benefited both from the Australian lack of salt on the roads that contributed to the loss of so many of our cars and a total nut and bolt restoration back in 2016. It certainly shows, resplendent in its ruby red paintwork.

With a production run of just over 5500 between 1953 and 1957, the featured car has the optional front bench seat which will allow three people in the front as well as the back, making it ideal transport for a large family. Another interesting feature is the indentation in the front squab for the gear lever as it is situated on the right as opposed to the left of the driver if the car is right-hand drive. With a four cylinder 2.4 litre twin carburettor engine this was a nippy car in its day although nowadays it's pace is somewhat more sedate. The current owner has only had to have the carburettors tuned and balanced and the car retains its original electronic distributor. If only they made them like that now.

Membership of the Riley club is highly recommended as parts are quite difficult to obtain, and the owner only adds about 1500 miles a year to the odometer. Should you fancy a Pathfinder gracing your drive you will need up to about £6000 and perhaps have a penchant for foreign travel as this vehicle is harder to find than a Lamborghini Countach at the moment and should you see one, don't forget that cheery Carfan wave!

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AUTUMN  
 CLOCKS  
 COSTUMES  
 HALLOWEEN  
 LAUGHTER

MOON  
 OCTOBER  
 PUMPKINS  
 TREAT  
 TRICK

- Only 2 months to Christmas
- Clocks go back
- Time for change
- Observe the changes to colours
- Beautiful Autumn weather
- Evenings get shorter
- Run for fun

**THOUGHT OF THE MONTH**  
 One positive thought can change your whole day.

## WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 30.



## "COMMENTS"

Comment on a t-shirt

"It feels strange being the same age as old people!!"

"Are Fruit Gums part of my 5 a day?"

"Does running late count as exercise?"

"I thought I would go for a run. BUT my toes out voted me 10 to 1"

"It's all downhill on a slide!!"

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# BE PREPARED AND SEIZE THE MOMENT

*With the recent Air Traffic Control debacle which resulted in the cancellation of thousands of flights it was a rather challenging time as we were days away from our own holiday.*

Our packing was halted and the priority was ensuring that our clients were rebooked for new flights and booked into some accommodation for the night. This sort of situation is not a daily occurrence, however when such situations occur we rise to the fore. At Travel Counsellors we value each of our clients, and every client matters, and if this means working through the night and sorting



out issues and taking the stress away from our clients then this is exactly what happens.

The irony came when having sorted all clients affected by the disruption and our cases were zipped up and ready to load into the car, we received the dreaded notification that our flight was delayed by a day!!!

So our 7 night adventure to St Agnello (near Sorrento) was to become 6 nights, however we still packed in most of what we had planned. So plan A was to have some relaxation time after quite a stressful 2023 accompanied by three outings - Pompeii, Capri, and Positano.

We found Pompeii fascinating and extensive - a huge amount of steps recorded (probably a PB record!) and very easy to access via the train. I would advise that booking a guided tour at the site would enable you to learn more about it rather than purely being able to say we have been there!

Our next outing was Capri - a scenic short ferry over from Sorrento took us over to Capri in about half an hour. We had intended to get the funicular to the top - only the queue was huge and not really moving either so we enthusiastically decided to follow the quaint signs to the town centre. I will say not for the faint hearted or those with any mobility issues - a very narrow steep ascent but it was actually unique and beautiful and it was with quite a sense of achievement that we finally made it to the top.

Incredible view points, chic boutiques, authentic restaurants and exotic gardens and delicious ice

cream. The queue to the funicular for the descent was remarkably short so we decided we could get that ticked off the list and had time for a swim on the bay alongside the harbour before our tea time ferry took us back to Sorrento.



So our third and final outing was Positano and no doubt would have been amazing - however it was not meant to be. Perhaps a lesson to us to seize the day - "Carpe Diem" - as tomorrow is never a promise and do everything you can when you can. Or perhaps the lesson was to take time to check the weather reports in advance and amend our order of events as the strong winds on our final two days stopped the ferries.

The queue for the bus was estimated at 2.5 hours and we figured possibly the same for the return journey so we voted for some beach and pool time instead. So tomorrow did come and it was lovely - so I take this as an excuse to return to experience Positano another time.

**Amanda McConnell, Travel Counsellors.**

**T: 01482 770540**

**E: amanda.mcconnell@travelcounsellors.com**

**W: www.travelcounsellors.com/  
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# THE MARNE CHRISTMAS MENU

Based within Beverley Golf Club, The Marne Restaurant opened to the public in May 2017.

Set within Beverley Golf Club, on the beautiful Westwood, The Marne Restaurant provides outstanding food and hospitality.

The Marne Christmas Menu 2023 starts from 1st December running through to January 2024. Afternoon and evening bookings are welcome.

Thursday - Sunday evenings during December we have DJ entertainment.

"Smooth Operator" - Saturday 9th December  
 "Smooth Operator" - Saturday 16th December now fully booked.

Christmas Day Dinner - let us do it for you! Pick up your fully prepared Christmas Dinner on Christmas Eve.

See our Christmas menu below and Christmas Day menu to the



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 WITH NEW AND ROAST POTATOES, PIGS IN BLANKETS, SEASONAL VEGETABLES, YORKSHIRE PUDDING AND STUFFING

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# NEW OUTDOOR GYM AND FITNESS FACILITY COMING TO EAST RIDING LEISURE BEVERLEY

**A superb new outdoor gym and fitness facility - the first of its kind in the north of England - is coming soon to East Riding Leisure Beverley.**

The Mill will be a multi-functional bookable space for East Riding Leisure members and the wider community, including clubs and organisations, suitable for all ages and abilities.

East Riding Leisure is working with BeaverFit and Indigo Fitness to provide the new facility, which will offer a mix of weights and cardio and training facilities, and will also host outdoor classes.

Equipment will include squat racks, pull up bars, and rigging for accessories, which will include boxing bags, battle

ropes, bars/weights, slam balls, dog sleds, kettlebells, and plyo boxes.

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism, said: "This is exciting news for East Riding Leisure members, and for Beverley. These fantastic facilities will add a whole new dimension to what we can offer, and will be unique in the north of England.

"I can't wait to see The Mill, and I know it will prove hugely popular."

More details of The Mill are available on East Riding Leisure's social media platforms and at [eryc.link/themill](http://eryc.link/themill)



**i** Information

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BEVERLEY

THE  
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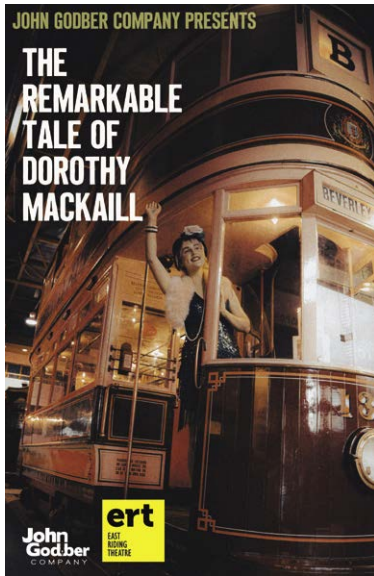
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# WHAT'S ON IN THE RUN UP TO CHRISTMAS AT EAST RIDING THEATRE

East Riding Theatre (ERT) has plenty for you to see on the run up to Christmas. Keep reading for a little snippet of what's to come over October and November.



## October

Bringing us into this month are the last two weeks of The Remarkable Tale of Dorothy Mackaill.

This new musical is based on the true story of how Dorothy went from Hull to Hollywood. Don't miss it!

After the success of last year, Beverley Open Studios returns once again with ERT hosting three artists: painter, muralist and ERT's artist in residence, Emma Garness; painter and sculptor Gail E Hurst; and painter Esther Cawley.

Find out more by heading to [www.beverleyopenstudios.co.uk](http://www.beverleyopenstudios.co.uk)

Why not end your October with Charlie Bicknell's critically acclaimed Cabaret with Claws. Mixing wicked humour, eclectic jazz and cabaret, interspersed with jaw-dropping circus, this show is bound for a foot-stomping encore.

## November

We are thrilled to announce that children's shows are making a comeback! Join us in the Autumn half term and watch The Lightbulb Princess, a delightful new show full of sparkle and song for everyone aged 4 and up.

Tutti Frutti Productions have teamed up with One Tenth Human (Curious

Investigators) to create a fun-filled, sparkling extravaganza exploring the sensational science behind electricity.

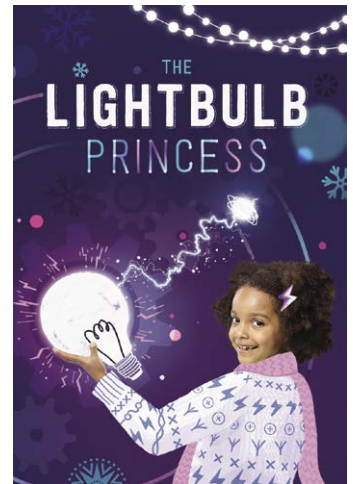
Also local writer Anne Wedgwood will sit down with Beverley FM's Rona Reid to talk about her murder mystery series set in Beverley.

Anne's third novel, available to purchase at the end of this month, begins with the discovery of a murdered actress at ERT.

As ERT's contribution to the spooky season, we are welcoming Beverley Theatre Company who will perform the gothic horror classic Dracula. Imagine a world where the novel was never published.

Why? Because this is the world where the story actually happened.

To see more of what's coming up and to book tickets, head to our website: [www.eastridingtheatre.co.uk](http://www.eastridingtheatre.co.uk)





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# WHAT'S ON IN BEVERLEY

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

Every Sunday from 8th October

'Howloween' Pumpkin Picking

at Butt Farm Pumpkin Patch, Victoria Road, Beverley with Oh My Dog, the regions only PYO pumpkin event purely for dogs. 3pm-6pm.

Every Wednesday

Folk in the Front Bar

at the Monks Walk hosted by Phil Simpson

Friday 27th September - Monday 14th October

The Remarkable Tale of Dorothy Mackaill

7.30pm & selected matinees. £20/£15 student.

Friday 6th October

Tina Turner Tribute and Disco - Tina and the Rockettes Show

Beverley Memorial Hall. Tickets £18 each.



Saturday 7th October

Howay The Lassies

Live music at St Nick's Church, £15.

[www.eventbrite.co.uk/e/howay-the-lassies-tickets-664484690597](http://www.eventbrite.co.uk/e/howay-the-lassies-tickets-664484690597)

Saturday 7th - Saturday 21st October

Festival of Words

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

Saturday 28th October

Open Day Event at Norwood Church

11am-4pm. All are welcome. If any local business, charities or community groups would like to book a table to showcase what they do, they are welcome to get in touch. Email: [norwoodmethodistchurch@gmail.com](mailto:norwoodmethodistchurch@gmail.com) or tel: 07903 136996.

Sunday 29th October

The Darker Side of Beverley

Upstairs at The Monks Walk, £8. Performance/ spoken word local history, spooky goings on, followed by a spooky stroll around the Minster quarter. [www.eventbrite.co.uk/e/the-darker-side-of-beverley-with-the-beverley-ghost-adventure-tickets-713189377627](http://www.eventbrite.co.uk/e/the-darker-side-of-beverley-with-the-beverley-ghost-adventure-tickets-713189377627)

Tuesday 31st October

Halloween Ghost Hunt at the Beverley Friary

[www.eventbrite.co.uk/e/halloween-ghost-hunt-at-](http://www.eventbrite.co.uk/e/halloween-ghost-hunt-at-)



[beverley-dominican-friary-tickets-689903468847](https://beverley-dominican-friary-tickets-689903468847)

Saturday 16th December - Saturday 30th December

Pinocchio - A Panto Adventure

Parkway Beverley, Flemingate, HU17 0PW.

Tickets £15 standard. £13 concession. £48 Family ticket (2 adults, 2 children). Performances:

Saturday 16th - 12pm and 4pm.

Sunday 17th - 12pm and 4pm.

Saturday 23rd - 12pm and 4pm.

Sunday 24th - 10am, 1pm and 4pm.

Tuesday 26th - 12pm and 4pm.

Wednesday 27th - 12pm and 4pm.

Thursday 28th - 12pm and 4pm.

Friday 29th - 12pm and 4pm.

Saturday 30th - 12pm.



## NORWOOD NITES

Community Cinema  
@ Norwood Church

We warmly invite you to join us again or, for the first time, to our monthly film night. **FREE ADMISSION! A new programme running October '23 - December '23.**

Due to Copyright we are only allowed to display film titles on the Church premises. Refreshments & Raffle from 6.30pm.

Films start at 7pm. Films shown in the hall to the rear of the Church.

Monday 9th October at 7pm

A 1946 British film set in England during World War II starring David Niven. A pilot survives a plane crash and a problem arises when a divine messenger arrives to escort him to heaven to rectify his wrongful survival.

Monday 13th November at 7pm

American musical comedy-drama film adapted from the 1956 Lerner and Loewe stage musical based on George Bernard Shaw's 1913 stage play Pygmalion. Made in 1964.

Monday 11th December at 7pm

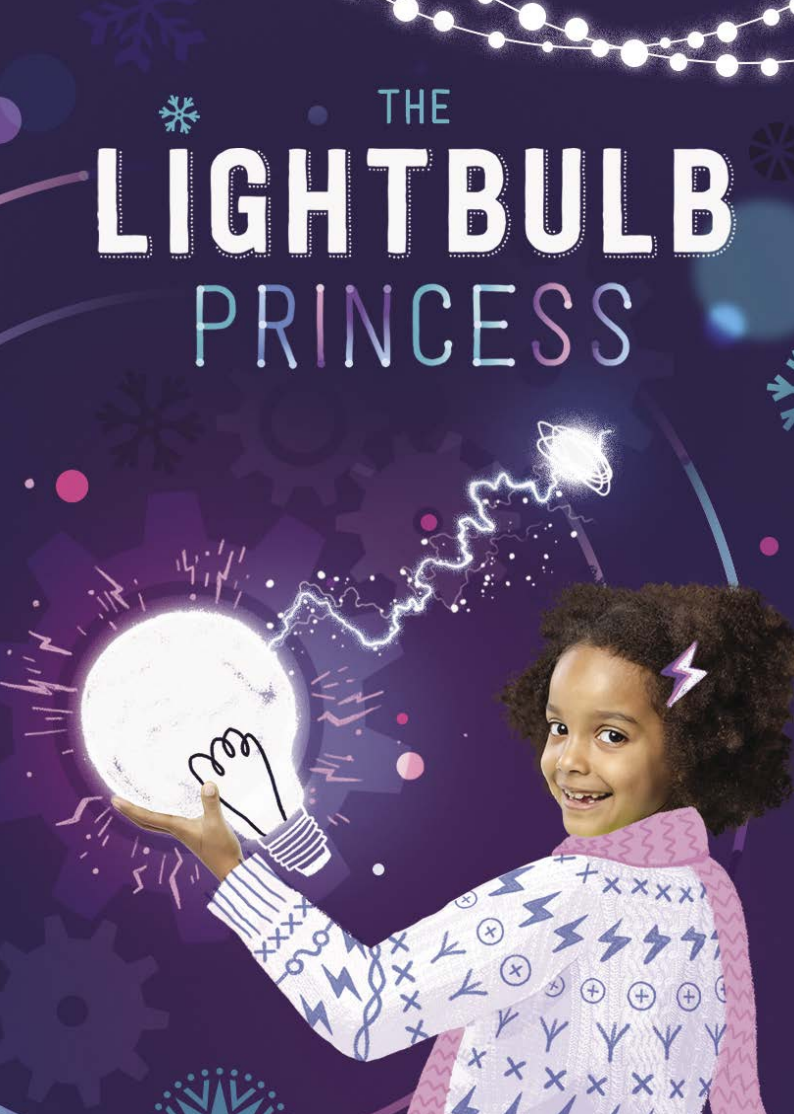
In a story of profound faith revered by much of humanity, one young woman struggles with the destiny for which she is chosen - to give birth to the Son of God - a deeply moving journey told in A Nativity Story.

Ring or message **07903 136996** for more film details. If you require transport to and from this event please contact Beverley Community Lift on Tel: **01482 868082.**

## WHERE IN BEVERLEY?

The box office at art





THE  
**LIGHTBULB**  
PRINCESS

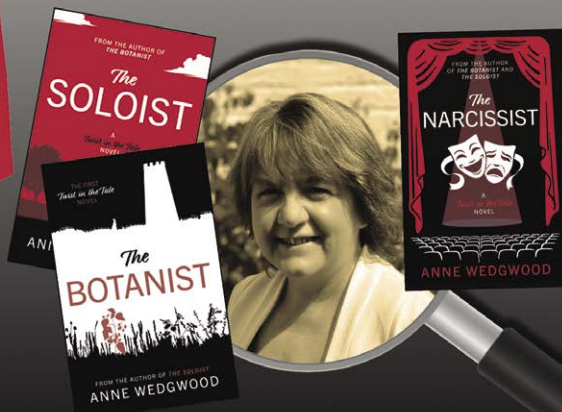
Calling all Beverley crime lovers and book clubs!

The author of  
Beverley's very own  
Murder Mystery series

*Anne Wedgwood*

In Conversation

Anne will be talking to Rona Reid about her popular  
**Twist in the Tale** series including *The Botanist*,  
*The Soloist* and her newly published *The Narcissist*.



**EAST RIDING THEATRE**



Thursday 2nd November 2023 - 7.30pm

**East Riding Theatre**

Lord Roberts Road, Beverley, East Yorkshire. HU17 9BE  
boxoffice@eastridingtheatre.co.uk / 01482 874050

Tickets:  
**£14**



**CABARET WITH CLAWS**  
CHARLIE BICKNELL & LOUISE INNES

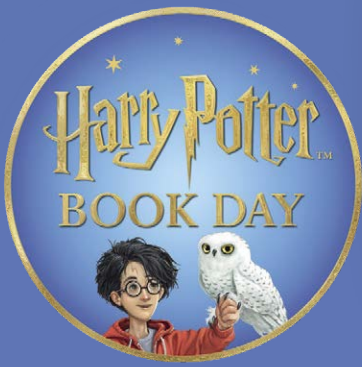
**'THE MOST UNWOKE SHOW SINCE  
JERRY SPRINGER THE OPERA...'**

*"She's the kind of girl who makes men loosen their ties and women shorten their skirts. You have been warned!"* The Sunday Times

*"I laughed so much my husband called the emergency services"*  
Mary Hallstock



**Dracula**




FLEMINGATE  
BEVERLEY

# Half Term Magical Places Scar-venger Hunt

Friday 21st - Monday 31st October



Pick up your  
**FREE**  
Scar-venger Hunt  
leaflet at  
Flemingate



Can you find all the QR codes around Flemingate?  
Scan them to reveal the Magical Place and write them down!  
When you've found them all, head to Art & Soul to find out  
which Hogwarts House you belong to and pick up your prize!

FOR MORE INFORMATION TAKE A LOOK AT OUR WEBSITE

FLEMINGATE.CO.UK



@FlemingateBev



FlemingateBev



FlemingateBeverley

BLOOMSBURY

