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14/15 ROSES



11 BEVERLEY CARE



17 GUEST & PHILIPS



18 PANCAKE RACE







21 CLARE'S 20 QUESTIONS





Contributors:

Julian Minshall, Lara Blythe, Rich Manville, Phil Ascough, Clare Atkinson, Carfan, Jane Dale, Shaun Dart, Jack Dickerty, Jennie Falconer, John Gilham, Ed Hawkes, Rich Hayes, Lauren Middleton, Colin Raynor, Sam Walton, Clint Wastling, Nathan Wilson.

REMEMBER!

If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. Without knowledge, the Police and Council cannot put in place processes and procedures to combat it! Cyclists without lights, on one wheel, traveling the wrong way down a one-way street put other road-users' in danger - let the Police know immediately! POLICE - Emergency 999, Non-urgent 101.

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

You can pick up the magazine from:

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





Please pass your Just Beverley on or recycle it responsibly.

Printed by: Jadan Press.

just BEVERLEY

LETTER FROM THE EDITORS



This year is a leap year which means some people get to enjoy their birthday; small change BIG impact! Happy Birthday to those born on 29th February!

I trust everyone is keeping close to their 2020

resolutions? If you've slipped a little, make February the time to get back on target. Whatever February has in store for you - flipping pancakes or giving things up for lent - enjoy it, make it fun and do it with a friend.

Julian.



February is here! As I write this, snowdrops are out and will be shortly followed by daffodils, a sure sign the spring is around the corner!

Some great news in this month's issue and plenty going on in and around the

town too, including 'The Big Beverley Pancake Race' on Sunday 23rd February - a chance to show off your pancake-flipping skill!

As **Just Beverley** enters it's sixth year of publication we continue to welcome your good news stories and promote our lovely home town, so get in touch!

Lara.

Competition Terms and Conditions

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







GET IN TOUCH WITH US:

Facebook: f facebook.com/justbeverley

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

Just NEWS

RACHEL MAKENA IS BEVERLEY'S VOICE

FOR CHANGE

Rachel Makena, the Beverley-based singersongwriter has recently released two new songs to raise money for the World Wide Fund for Nature (WWF).

Streaming the songs 'Can Anybody Hear Me?' and 'Plastic Wrap' will also raise awareness of the fight for the environment.

Rachel, who holds a BSc in Cell Biology and an MSc in Molecular Medicine, says 'I just think songs are a good way to raise awareness because music can be much more engaging



and has the ability to reach many different types of people.'

Rachel told us 'I have always been keen on sustainability and always loved singing and wanted to try to write songs that can help the world, are fun to listen to and to perform.'

Having already performed in London in Trafalgar Square and The Mall for Extinction Rebellion the future looks bright; Rachel has already featured on BBC Radio Humberside, has played at Viking FM (Bauer Media) events, including their Amsterdam Cruise and has built up an impressive list of performances at festivals and other sessions throughout East Yorkshire.

Still loyal to Beverley, Rachel has played at numerous events in the town not least the UCI Paracycling International event in September 2019.

What's more, after recently winning the #BuskOnceYork competition Rachel will now perform prior to the main performance of the musical 'Once' at the Grand Opera House, York on the 3rd and 7th February - congratulations Rachel!

Aside from Rachel's big win, the gigs keep coming in with the following concerts scheduled...

5th February - Hammond House Publishing, International Literary Festival, Grimsby



8th February - Support act for The Southmartins, O2 Academy, Sheffield **14th and 15th February** - Stage4Beverley, East Riding Theatre and Monks Walk, Beverley **21st February** - The Funny Onion Restaurant, Bridlington

13th June - Support act for The Southmartins, O2 Academy, Leeds

27th September - Hull Marathon and Relays, Hull, powered by Eon Visual Media and BrainWorks.

So if you fancy seeing Rachel in concert, or finding out more about her career get in touch at **www.rachelmakenamusic.com**, or find her on YouTube, Spotify, or social media - Facebook, Instagram and Twitter.

TEST YOUR WITS AT THE BEVERLEY ESCAPE ROOMS

Ever tried to escape from a locked, themed room in under 60 minutes? Well, now's your chance! Escape Rooms Beverley, the first in town, was launched by Tanya Gray, Emily Clay, Michael Starkey and Michael Fletcher on the 24th December 2019.

The team first came up with the idea of opening their own Escape Rooms after visiting

In Beverley, there are two rooms - the 'Autopsy Room' and 'Mystery on the Yorkshire Express', though two more are expected to open in April, so watch out for the 'Beverley Bunker' and 'Down the Rabbit Hole' Alice in Wonderland style!

Great as an afternoon out with friends, a specific team-building exercise for businesses

or even a work's night out, Escape Rooms Beverley cater for almost everyone from couples and families to groups of friends, colleagues, and stag and hen parties.

Teams of up to 6 can be booked online at

www.escaperoomsbeverley.co.uk and parties of more than 6 are welcome, but need to speak to the staff directly.

Escape Rooms Beverley also cater for birthday parties for 13 to 16 year olds. A seasoned 'Escaper' who has visited 75 escape rooms across the world is currently the record holder for the fastest escape time at Beverley Escape Rooms.

It's a great experience for anyone from those who've never been to an escape room and



want to give it a go, to those who are regular 'escapers' and need a fresh challenge.

And as we've found out, some even travel the world by escape rooms!

With good feedback so far there's nothing stopping them.

As we interviewed the Escape Rooms Beverley Team, one party has just managed to escape. Lloyds Lunatics - The group were impressed - 'great for teamwork!' was the resounding response!

For further information, and to book your escape room experience visit

www.escaperoomsbeverley.co.uk, email admin@escaperoomsbeverley.co.uk or phone 01482 867739.



those in Hull; they had such a great time that it spurred them on to open up their own business.



AARON GILPIN PRESENTS HIS WINNING PHOTOGRAPH!

Last month we brought you news that Aaron Gilpin, photographer at La Lumière Photography portrait studio won an Xperience Portrait Award in the 'Little Miss' category (2019).

The consumer award is recognition of the quality that La Lumière offers throughout their service.

The winning photo, now framed, was recently presented to the young 'Little Miss', Annie, who was very excited to receive it! Annie's sister, Isobel, who also had her portrait taken, was presented with her own image too.



Annie and Isobel collected their framed pictures from the studio with their father. Photographs can be

so much more than just a 'snap' and hopefully Annie and Isobel have some lovely memories to take home with them too.

If you would like to know more about La Lumière Photography, please visit www.la-lumiere.co.uk



Dream Doors Beverley had their grand opening on Valentine's Day six years ago. Based on Swinemor Lane, Dream Doors specialise in kitchen makeovers by simply replacing doors and worktops.

No matter the size or shape of the kitchen, designs are bespoke so your kitchen can be transformed and revitalised whatever the budget. The made-to-measure service is a great alternative to a full kitchen re-fit and can breathe a new lease of life into the heart of any home at a much lower price. Customers are kept informed throughout the transformation process, and receive a truly personalised service overseen by business owners, and husband and wife team, Andy and Terri Wilkinson.

In December 2016 Dream Doors won the 'Rising Star' Award at the national Dream Doors franchise awards ceremony. The award was presented to Andy and Terri by Dream Doors MD Troy Tappenden. Andy was enthused by how people in and around Beverley responded to



their service. The award is justification to this. Over the past 6 years the Dream Doors team has grown, with Andy and Terri's son, Jason, joining the business in October 2018. Dream Doors, Beverley has gone from strength to strength, and from humble beginnings looks forward to another equally successful 6 years to come!

WIN AN ESCAPE ROOM CHALLENGE



Win the chance to escape from a room at the Escape Rooms Beverley for you and up to 5 friends to be booked before 31st March 2020.

To win this great competition just answer the following question:

Which room does the Scientist operate in?

Send your answer by email to **competition@ justbeverley.co.uk** by February 18th. Put '**Escape**

Room' in the subject

box with your answer, name, address and daytime telephone number in the body of the email. The winner will be drawn at random immediately after the closing date and winners informed as soon as possible. The winner MUST be available for publicity purposes for Just Beverley and Escape Rooms Beverley. There is no cash alternative. Good Luck.

>>>>>>>>>>

PARENTAL BEREAVEMENT LEAVE AND PAY ACT COMES INTO FORCE

Perhaps one of the worst tragedies imaginable is the loss of a child, yet at present bereaved parents have no legal right to leave from work if such a misfortune occurs.

That, however, is about to change. From April 2020, the 'Parental Bereavement Leave and Pay Act' comes into force. The new law was passed on 13 September 2018 and gives parents an entitlement to two weeks' paid leave if they experience a stillbrith from 24 weeks of pregnancy or the death of a child who is below the age of 18. This is heartening news and will give bereaved parents the chance to grieve without having the pressure of work to think about.

At Stipendia, we know that for SME's, working their way around the laws governing entitlement to leave can be confusing, especially in the case of bereavement when compassion is paramount.

With a thorough knowledge of paid leave entitlement, we can give you the required information on your employees' rights, but further, we can give you the confidence to know you are doing the right thing for your business and employees, especially at such a difficult time.

Stipendia are available to call on **0845 308228** or visit the website, www.stipendia.org.uk







EVERY THURSDAY AT 10.30am

(doors open 9.45am)

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

Thursday 30th January -

The Good Liar

Starring: Helen Mirren, lan McKellen Judy

Starring: Renée Zellweger, Jessie Buckley

Thursday 6th February -

The Aeronauts

Starring: Felicity Jones, Eddie Redmayne The Good Liar

Starring: Helen Mirren, lan McKellen

Thursday 13th February -

Midway

Starring: Patrick Wilson, Woody Harrelson The Aeronauts

Starring: Felicity Jones, Eddie Redmayne

Thursday 20th February -

Sorry We Missed You

Starring: Kris Hitchen, Debbie Honeywood

Starring: Patrick Wilson, Woody Harrelson

Thursday 27th February -

Le Mans 66

Starring: Matt Damon, Christian Bale Sorry We Missed You

Starring: Kris Hitchen, Debbie Honeywood

PENGUIN PARTIES



For more information, please contact a member of staff

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



31st January



31st January



31st January



7th February



7th February



7th February



14th February



14th February



14th February



21st February



27th February



27th February

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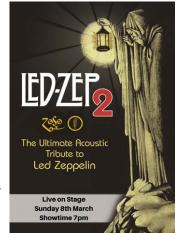
GET READY FOR LED ZEP 2!

Led Zep fans are notoriously hard to please when it comes to tribute acts, but

make way for 'The Led Zep 2' live at Parkway Cinema's Screen 6 on Sunday 8th March!

In place of Robert Plant and Jimmy Page, Paul Bradshaw and Joe Kavaney take to the stage in what will be an outstanding performance by two exceptionally experienced and talented individuals. Paul Bradshaw, member of 'Led Into Zeppelin' has sung all over Europe and has his performance of Robert Plant down to a 'T'. Likewise Joe Kavaney, guitarist par-excellence, will 'electrify' with his skill.

As the only acoustic tribute act to The Led Zeppelin, 'The Led Zep 2' are not to be missed, so take your chance to relive the early 1970's for one night only at Parkway Cinema, Beverley!



EVENT CINEMA

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

Tuesday 4th February at 7.15pm & Sunday 9th February at 2pm - KINKY BOOTS - THE MUSICAL

Thursday 20th February at 7pm - NT LIVE: CYRANO DE BERGERAC (15)

Sunday 23rd February at 3pm - BOLSHOI: SWAN LAKE

Tuesday 25th February at 7.15pm - ROH: THE CELLIST/ DANCES AT A GATHERING

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

Tuesday 17th March at 7.15pm - ROH: FIDELIO

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

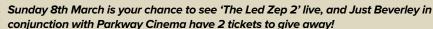
Sunday 29th March at 3pm - BOLSHOI: ROMEO & JULIET

Wednesday 1st April at 7.15pm & Sunday 5th April at 2pm -ROH: SWAN LAKE

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

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

WIN TWO TICKETS TO SEE 'THE LED ZEP 2' LIVE ON STAGE!



To be in with a chance of winning a pair of tickets to go and see the only acoustic Led Zeppelin tribute act around, just answer the following question:

Who was the guitarist and founder of the rock band Led Zeppelin?

Send your entries by email to **competition@justbeverley.co.uk** by Tuesday 18th February 2020. Put **'LED ZEP 2**' in the subject box with your answer, name and daytime telephone number in the body of the email.

The winner will be drawn at random immediately after the closing date and winners informed as soon as possible. The winner MUST be available for publicity purposes for Just Beverley and Parkway Cinema. There is no cash alternative. Good Luck!

COMPETITION WINNER

Congratulations to Mr and Mrs Mike Batty who won a pair of tickets to see the Icons of Soul at Parkway Beverley.



inemas.co.uk



LIVEshows

Sunday 2nd February at 7.30pm - BUZZ COMEDY CLUB

Sunday 8th March at 7pm -LED ZEP 2

Sunday 22nd March at 7.30pm - COME WHAT MAY

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

Sunday 10th May at 7pm - EXPLOSIVE LIGHT ORCHESTRA

Sunday 21st June at 7.30pm - THE AMERICAN FOUR TOPS SHOW

www.facebook.com/Parkway-Cinema-Beverley

Twitter: @ParkwayBeverley



BEV 'N' LEY

Through an inquisitive nature, Ley sometimes gets into some difficult (and unexpected) predicaments. Fortunately, Bev is on hand to help out!

Earlier this month Ley discovered the newly opened Escape Rooms in Beverley and quickly found the 'Mystery on the Yorkshire Express' room.

Ley was having a great time investigating the room, looking and marvelling at all the puzzles, but suddenly realised that getting out of the room was going to be a bit of a problem!



Meanwhile, Bev was a little concerned at not having seen Ley for a while and so embarked on the task of trying to find the mischievous creature.

Bev had heard people talking about the Escape Rooms and guessed that it might be the place to find the ever curious Ley. Bev wandered past the building and, listening carefully, Bev could hear Ley's cry for help!

With the combined skills of both Bev and Ley, it wasn't long before they both solved all the puzzles and escaped the room, and before any of the staff noticed too!

An adventure that turned out to be an educational and exciting experience, and one that Bev 'n' Ley won't forget any time soon!



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BEVERLEY SHOPWATCH

Shaun Dart, who heads up Beverley stopwatch, looks at the impact of shoplifting on our community...

UK retailers lose millions of pounds worth of stock at the hands of shoplifters every year. However, it's not just shops and supermarkets that are impacted by these crimes, it can also have a significant knock-on effect on the surrounding communities.

Unfortunately, the cost of shoplifting is often passed on to consumers through higher prices on the goods being sold. It also results in increased surveillance and security measures as stores take preventative action.

Shoplifting can be a strain on public finances too, at a time when police resources already stretched. And for businesses that suffer badly at the hands of shoplifters, it can be a 'make or break' moment as they decide to close shops or relocate to other areas.

Not only does this result in loss of jobs, but it also effects the wider community, which subsequently loses access to these shops and services.

If you are a retailer in Beverley and want to join Beverley Shopwatch please get in touch with Shaun Dart, on sd@wykeland.co.uk or 07703 320165.

Beverley Stopwatch is not only a tool to help reduce retail crime, it builds a link and a friendship with other retailers and the Police; I would strongly urge all shops to join as we are stronger together.







DORCHESTER HOTEL DOCUMENTARY PROMPTS EAST YORKSHIRE CHEF TO REPRINT MEMOIR FOR CHARITY

A chef who has raised thousands of pounds for charity by telling the tales of a career which took him from The Dorchester in London's Park Lane to some of the top kitchens in East Yorkshire shared his stories on nationwide TV.

Derek Baugh, who won acclaim as Managing Director of Willerby Manor Hotel and as owner with his wife Lee of the renowned Manor House Hotel in Walkington, will celebrate the broadcast by ordering a re-print of "Memories of a Dorchester Chef and Beyond" to raise more money for the Daisy Appeal.

"World's Greatest Hotels" aired on Channel 5 on Friday 31 January. The series, which has featured such iconic hotels as The Balmoral in Edinburgh, Raffles in Singapore and Caesars Palace in Las Vegas, will focus on The Dorchester, where Derek worked as commis chef and chef poissonier.

The programme's researchers tracked Derek down to his home in Beverley after reading the book which he published in 2018.

He hopes the broadcast will generate more interest in the book, which has already brought in more than £6,000 for the Daisy Appeal from sales and a lunch with Derek at Tickton Grange Hotel.

Derek said: "I don't know how they heard about the book but they Googled me and sent me an email and we picked up from there. We met at Marylebone Town Hall a few weeks ago and I was filming for about two-and-a-half hours.

"Given the renewed interest I decided to get another 100 copies of the book printed and with luck maybe enough people will want to buy a copy to support the Daisy Appeal and to find out the rest of the story!" The book is written in the style of the laid-back, convivial and occasionally disjointed after-dinner chats which Derek and Lee used to enjoy with guests over a glass or two after service.

It develops into a fascinating collection of cooking tips, social history and random ramblings as it tells of Derek's unglamorous upbringing in North Wales, his first venture into catering at the age of 13 in a fish and chip restaurant and his move to The Dorchester in the 1950s.



He arrived in Hull in 1967 to teach at the technical college and three years later joined the Townend Group under John Townend, the former MP for Bridlington.

He developed Willerby Manor into a destination venue for dining and functions and worked with Lee to convert a tired country house, Northlands at Walkington, into the award-winning Manor House.

Claire Levy, Fundraiser at the Daisy Appeal, said: "Derek's book is a fascinating record of his remarkable career and we're delighted to see it has helped him to gain national recognition for his achievements.

"Many people in Hull, East Yorkshire and further afield will remember Derek and Lee from Willerby Manor and the Manor House and we hope they will be tempted to buy the book. Demand has continued since the first print run sold out and we've even had some people returning their copies to be re-sold, so hopefully the new print run will be welcomed."

The Daisy Appeal has a target of £8.2 million to complete a radiochemistry and cyclotron unit which will produce radioactive tracers at Castle Hill Hospital to improve accuracy and detection rates for cancer, heart disease and dementia in Hull, East Yorkshire and North Lincolnshire.

The new facility will provide the opportunity for patients to receive more personalised care leading to earlier diagnosis and giving them better treatment and quality of life. Once the facility is fully functional patients from a wider geographical area will have access to its services. The charity aims to play a leading role in clinically relevant PET-CT research over the next two decades and to show that the technology can be brought to the individual patient, quickly and effectively.

Copies of "Memories of a Dorchester Chef and Beyond" are available now for £10 with all proceeds going to the Daisy Appeal. Postage is £1.99. To order a copy please email Derek at degsie10@googlemail.com. To find out more about the Daisy Appeal please visit www.daisyappeal.org

THE NATION'S TOAST FOR THE 75TH ANNIVERSARY OF VE DAY

This year marks the 75th anniversary of VE day, and to both commemorate and celebrate this fact there will be a number of events over the bank holiday weekend of 8th - 10th May. SSAFA, the Armed forces Charity has joined with VE DAY 75, and will collaborate with pubs across the country to create a day to remember.

On Friday 8th May, 'The Nation's Toast to the Heroes of WW2' takes place at 3pm.

At the same time the themes 'Battle's O'er' and 'VE Day 75', a new piece specifically written for the occasion by Pipe Major Roger Bayes, will be played in communities across the UK.

Later in the evening at 6.55pm, town criers around the world will join together for 'A Cry for Peace Around the World'.

For further information about the celebrations and how you can get involved please visit **www.veday75.org**







BEVERLEY CARE PROVIDER'S PRIDE AFTER GLOWING REPORT FROM INSPECTORS

Staff at a Beverley care company are celebrating after a glowing report from the Care Quality Commission.

Helping Hands, which provides at-home care for customers across Hull and East Yorkshire, was rated good in all areas after a CQC inspection in December.

Branch manager Jennie Falconer said: "I am extremely proud of what the team have achieved in Beverley and Hull. To go from opening our branch just over a year ago to employing 30 carers and providing 350 hours of care - and, of course, passing the CQC inspection with flying colours - is a tremendous achievement for everyone involved. It's a testament to the work our carers do and really flattering that about 80% or our new customers come as a result of



recommendations from existing customers and their families. Helping Hands, based in Butcher Row, opposite Marks & Spencer, is looking to add to its team of carers as customer demand increases in 2020.

Mrs Falconer said: "As a quality care provider we are always on the lookout for good staff. We recruit people with a caring nature along with reliability and flexibility to deliver an excellent service to our customers. In return we offer a generous hourly rate that is extremely competitive."

INSPECTION SUMMARY

CQC carried out an inspection of this care service on 9th December 2019. This is a summary of what we found.

| Overall rating for this service | Good • |
|---------------------------------|--------|
| Is the service safe? | Good • |
| Is the service effective? | Good • |
| Is the service caring? | Good • |
| Is the service responsive? | Good • |
| Is the service well-led? | Good • |

Helping Hands is a family-run business founded in 1989, which now has more than 90 branches nationwide.

Founded by Mary Lee from her kitchen table, Helping Hands is proud to have built its care service on the strength of reputation, recognising it is the quality of carers that matters and so carer's training and development is a key focus.



The Beverley branch opened in October 2018 and now supports customers across East Yorkshire.

As well as providing all aspects of personal care and medication administration, Helping Hands can help with:

- Household tasks
- Shopping with or for the customer
- Companionship
- · Meal preparation
- · Assisting to appointments
- Social outings

Anyone interested in finding out more or carers interested in joining the team can visit the branch, call Jennie or Kirsty on **01482 453725** or email **jennie.falconer@helpinghands.co.uk**



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MARCHING 4 ROB. HULL FC FANS WALK FROM HULL TO LEEDS!

Over the weekend 1st and 2nd February, Allen and a number of other Hull FC fans walked a 60 mile route between Hull and Leeds via Castleford to raise money and awareness for Motor Neurone Disease.

You may well ask the question 'Why?'

It's all in support of Rob Burrow the widely known and well respected Rugby League professional, who in late 2019, was diagnosed with Motor Neurone Disease at the age of 37.

If you want to find out how the team got on with their tough challenge and whether they arrived at Headingley in time for the Leeds Rhinos vs Hull FC match, check out our social media pages for an update.

To support Allen and his team and to donate money to the cause visit:

https://uk.virginmoneygiving. com/fundraiser-display/ showROFundraiserPage? userUrl=Marching4Rob&isTeam=true







Big Quiz

Free food/prizes to be won, all money raised to our house charities.

£1 per person entry

www.tigerinnbeverley.co.uk Lairgate, Beverley HU17 8JG

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

Sunday Lunchoo

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

Telephone: 01482 869111



ROSES, THE KITCHEN SPECIALISTS CELEBRATING 20 YEARS OF BUSINESS!



To mark the fabulous feat of 20 years of business, Roses are launching a new range of kitchens!

When Ken Rose set up Roses in 2000 he had a specific aim in mind - to focus on exceptional customer service in delivering bespoke kitchens to satisfied customers, and that he has done. Through the entire process from showroom exhibit, though design, installation, fitting and into after-care, Roses has for the past 20 years been driven by providing an exceptionally high standard of service. For the team at Roses, good customer service is just not good enough, we are working at customer service level excellent, says Ken.

To ensure these high expectations, the staff at Roses work with everyone's unique expertise. Ken Rose is in charge of the development of the business, whilst Matthew, Ken's son, runs the business on a day to day basis and is responsible for all aspects of the design. Mike Wright is responsible for Extreme Customer Care, ECC, so before, during and after the installation, Mike's job is to make sure the customer is at the forefront of everything.

Going forward into the next decade Roses will maintain their focus on kitchens and continue to aim high by bringing the quality and standard of their showroom up to the same level of excellence as their customer service, thus bringing the package together as a whole.



THANK YOU





The Roses premises also has a pre-installation area, an area where kitchens are assembled prior





ensure every part of the kitchen fits together, no parts are missing, and any teething problems can be ironed out.

Roses' new business over the past 20 years has mainly been through customer recommendations and repeat business from clients who have moved house. From viewing the excellent showroom, through the measurement, design, pre-installation and site fit-out, Roses will project manage everything.

The Top 'Classic Compilations' are as follows:



'I Got You Babe' Little Blue' 'Sweet Caroline' 'Love Me Tender' 'Mr Blue Sky'



Heard It Through The Grapevine 'Romeo and Juliet' Will You Love Me Tomorrow 'Unchained Melody' 'I'm Happy Just To Dance With You'



So, if you want a new kitchen with a twist, go and see the 'Classic Compilations' at Roses of Beverley, and remember 'You Heard it through the Grapevine...'





Roses is located at The Courtyard, Tokenspire Business Park, Beverley, HU17 0TB. Email: info@roseskitchens.com. Tel: 01482 869111. Website: www.roseskitchens.com.



BROOK TAVERNER'S SPRING SUMMER COLLECTION NOW IN STORE

As the amount of light in a day starts to ever so slowly increase and the shadows begin to shorten, in timing with the changing of seasons you will now see hundreds of new garments available in our Beverley store located at 35 Toll Gavel.

As the British climate dictates, we must now look to put away the heavier garments and the numerous layers that served us proudly throughout the cold autumn and mild festive period with opportunities now arising for thinner



knits, warmer colourways, and even the odd polo shirt or two to fill that vacated space in the ever-organised wardrobe. The Brook Taverner Spring Summer 2020 collection certainly sets the appropriate tone for the forthcoming decade. Our in-house design team and buyers pored over the ranges of renowned British and European mills to find looks to fit a fresh colour palette, looking for that something different that doesn't stray from the attractive and distinctive designs that have always proved successful to our loyal customers.

Thousands of Brook Taverner regulars were consulted to provide their ever-helpful feedback and this went a long way in shaping the new clothing range. These thoughts are reflected in the increased range of cotton-linen combinations as they expressed their desire for the style benefits of linen without the fear of constant creasing as well as more variety of semi-structured jackets to throw off and on when exploring warmer climates.

The final major improvement saw an increased range of lighter-weighted suits and suit-mixes that make summer event attire far more comfortable without compromising on style which reflects the ever-growing need to provide functional clothing that can be uniquely tailored to the individual wearing them.

Other features of the up and coming range sees a new and exclusively woven Harris Tweed in the form of the Valtos jacket which introduces a distinct red check to provide something slightly different from the traditional HT design.



Additionally, more contrasting checks across both jackets and suits and more colourways and styles ever seen before across our shirt, trouser and knitwear collections.

Further feature products that can be found in store from 29th January consist of our best-selling lightweight Tatton and Chirk jackets, the polly-wool mix Packwood jacket with feature lining and the must-have of the season, the Octavia jacket; Woven in Yorkshire, it's 20% silk structure, combined with it's fantastic sky blue colourway with subtle colour flecks makes this jacket look and feel wonderful.

With this season in particular, expect more prominent patterns with distinctive checks, perfectly partnered with warmer colours to provide the distinctive style that Brook Taverner has become famous for. Whether you're looking to stand out from the crowd in that something different or prefer to allow the finer interior details speak for themselves, the Brook Taverner collection is designed to have it all. There are no better experts on Brook Taverner clothing that our Beverley Customer Service Team who are perfectly placed to help you sample, explore, and buy for all occasions this Spring Summer season.



BE INSPIRED BY KIT HEATH THIS VALENTINE'S DAY

If Valentine's Day is anything to go by then February is the month of romance! This is more than true at Guest and Philips on Flemingate!

From the 8th February, Guest and Philips are launching a special promotion.

Spend £60 on Kit Heath Jewellery and you will receive a complimentary set of Enchanted Leaf Sandblast Stud Earrings, which have a value of £28!

Kit Heath is a North Devon-inspired British Jewellery brand that brings together all that is classic yet contemporary in a



delightful array of earrings, necklaces, bracelets and rings.

The designs and styles available are wildly different, allowing you to select something to suit your personality, your attire, the occasion, or all three!

Behind the label are siblings Kit Heath and Katie Nickell, a team since 1984, and from small beginnings grown a brand that stands out from the crowd and is internationally recognised.

Their sterling silver and semi-precious stone pieces are to be loved, treasured and invested in.

All Kit Heath jewellery comes complete in a presentation box and bag with gift tag, so no extra costs to present your gift beautifully!

So, take this chance to get that extra special Valentine's Day gift for your loved one, or indeed, if you're planning on 'popping the question' maybe something more...





CALLING ALL PANCAKE TOSSERS - REGISTER YOUR TEAMS NOW!

The 'Big Beverley Pancake Race' is back again, after its revival last year. Some residents may remember it from several years ago, when it was a regular calendar date, organised by the then, Beverley Arms Hotel.

Calling all pubs, restaurants, cafes, shops, businesses and groups - come and support your community - all teams are welcome, round up a team of four willing pancake tossers and join up, (preferably in fancy dress) to compete in the 'Big Beverley Community Charity Pancake Race' to be held in Butcher Row and Wednesday Market starting with registration at 11am, following with the first race at 11.30am on Sunday 23rd February 2020.

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

We thank all our sponsors. The Main sponsor for this year's event is Lakeland, who will fund the organisation of the race, entertainment, signage and trophy.

A mascot race will take place led by Bertie Beaver. There will be pancakes and family entertainer on hand to entertain from 11am. Teams and spectators are most welcome to come along and enjoy the races.





Pancake Umpires for this special day, Mayor of Beverley, Councillors Duncan Jack and President of the Rotary Club of Beverley, John Greenwood. Councillor Duncan Jack said 'It is good to be working in partnership and bringing the race back to the town again for the third year. We are looking forward to receiving entry forms from local businesses and organisations. This is a real community event for Beverley, bring a team from your business, shop, pub, cafe or organisation, and come along and support your town at this enjoyable pancake race. We give our thanks to Lakeland and hope more local people and businesses will want to get involved, by joining in the fun to brighten up February, it's an old tradition which is very interesting".





John Greenwood, current President of the Rotary Club of Beverley said "I am delighted that we are running this event for the third year in partnership with the Town Council. It is great fun to be involved and I hope that it will remain as a Beverley tradition for many years to come. Once again teams will be competing for the Rosanne Randle Trophy, named after a Rotarian who is sadly no longer with us. Although new to the area, she took Beverley to heart and it was her idea to reintroduce this event. We are encouraging local businesses to enter teams and residents to come out in force to Wednesday Market to share in the fun and support them".



HERE TO GET you THERE



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FRYING PANS AT THE READY!

Shrove Tuesday or Pancake Day is a long standing celebration and one that is observed across the English speaking world.

Initially Pancake Day was a feast day, the last opportunity to use up eggs and flour in the store cupboard before the start of Lent, the period of fasting before Easter. Ash Wednesday, the day following Shrove Tuesday is the first day of Lent.

The date on which Pancake Day falls is linked to Easter. This year Shrove Tuesday is on the 25th February, with Easter Sunday falling on the 12th April.

Across the country there will be many celebrations, including here in Beverley, where 'Flipping 'Eck! It's the Big Beverley Race 2020!' jointly organised between Beverley Rotary Club and Beverley Town Council. On Sunday 23rd February teams of 4 in fancy dress will race down Butcher Row tossing pancakes all in aid of a good cause!

What do you have in yours? The traditional pancake filling is lemon and sugar, but there are a whole plethora of even more indulgent alternatives like banana and chocolate spread or strawberries and cream! Savoury fillings are a great alternative if you don't fancy anything sweet - perhaps smoked salmon and cream cheese or plain old cheese and mushroom.

If you want to join in the fun, get together a team of 4 and contact clerk@beverley.gov.uk or call 01482 874096 for an application form or for more information. Pancake Flippers must be aged 16 or over. Registration takes place at 11am on 23rd February,

the first race starts at 11.30am. Good luck!





For more information see: www.calendarpedia.com/when-is/ shrove-tuesday.html

www.historic-uk.com/CultureUK/ Pancake-Day



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BEVERLEY'S STORY IN SAND

Remy and Paul Hoggard, professional sand sculptors, have created a trail of sand sculptures around Beverley, the most recent of which is 'The Sand Maiden' located at Oldroyd's Garden behind Beverley Garden Centre.

Having worked around the world with projects taking them to America, Qatar and the Maldives, Remy and Paul have focussed in on Beverley and have so far created 7 sculptures, each with their own story to tell.

The first sculpture, located in Flemingate Centre, was of Beverley Minster and was just a stone's throw away from the majestic building itself. From inception to 5 months later when it was deconstructed, the carving inspired much interest in the local community.

Second on the trail was 'Alice and the White Rabbit' in St. Mary's Church, closely followed by 'The Fallen', a memorial sculpture in Beverley Minster completed in memory of those lost in war. Also in Beverley Minster was the effigy 'St. John The Founder of Beverley'.



Oldroyd's Garden was the location of sculpture number 5 'The Earth Goddess', followed by 'The Nativity' in St. Mary's Church over the Christmas period in 2019. That brings us to sculpture number 7, which took two days to complete and was inspired by 'The Mud Maid,' by Sue Hill and her brother Pete, in the Lost Gardens of Heligan, Cornwall.

Paul Oldroyd, founder of Oldroyd's Garden wants to encourage other artists and sculptors to display their creative works in the garden too. Seeing and experiencing artworks in the peace and quiet of a garden is a wonderful opportunity to relax and unwind and is all the more enhanced by the colours and fragrances nature has to offer.

If you want to see 'The Sand Maiden' pop into Oldroyd's Garden at the back of the Beverley Garden Centre, Hull Road, Woodmansey, Beverley, HU17 ORS. For more information follow Remy and Paul Hoggard on Facebook at Beverley Sand Sculpture Trail.















WELL I NEVER... CLARE FROM SALT REVIVE



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

I'm shy when first meeting people but have been known to jump on to a stage and join in with a karaoke set uninvited after a couple of drinks!

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

Probably leaving behind all my family and friends and a good job to move 90 miles East and open up Salt Revive! My husband's family are here though and they've helped us massively.

- 3. When was your biggest adrenaline rush? Doing a tandem skydive 13 years ago for the Alzheimers charity. It was the most amazing experience and I have the VHS cassette to prove it!
- 4. Is what you are doing now, what you always wanted to do when you were growing up?

No. I always wanted to be a marine biologist as I thought they got to swim with dolphins all day... Then I wanted to be an astronaut but one of my teachers told me I wasn't bright enough for that! Cheers Mrs Dinsdale!

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

My pals. There were 5 of us who were really close. We called ourselves the 'Spice Girls'. I was 'Sporty Spice'. Ironic really as I detest sport!

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

My sister. She's hilarious and gives the best advice. My mum is awesome too and also extremely funny, even though she doesn't mean to be half the time!

7. What are you most thankful for?

My children. I had 2 very traumatic births and suffered a miscarriage in between. I had a huge hemorrhage and almost died after giving birth to our daughter. When going through labour

with our son, during my second pregnancy, his heart stopped and I had to have an emergency caesarean. He spent 2 weeks in Hull's Neonatal Intensive Care Unit (NICU). I am very thankful for the care we received from the superb staff there. They saved his life.

8. What's on your bucket list for this year?
To continue Salt Revive's success and hopefully win some awards. We've already been announced as finalists in the Mumbler 'Healthy & Active Kids Award' and would really appreciate it if you could vote for us to help this dream come true!

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

Ooohhh. Obviously world peace. Why can't we all just get along?

Enough money for everyone to live comfortably. We don't need flash cars - I drive a Skoda!

A way for us not to need Foodbanks anymore. I am a trustee for the East Yorkshire Foodbank and we hear the most heartbreaking stories about the desperate situations that too many people find themselves in.

15. What would you change in Beverley and why?

I love Beverley. It is so quaint, steeped in history and with a great depth of character. I've often heard it described as Yorkshire's hidden gem. The Minster is truly awesome: a much over used word, but I cannot think of one more appropriate to describe such a majestic building. I'd like for us to host more events in the town over the coming years.

16. What was your most memorable birthday?

It would have to be my 25th. The last one with my best friend, although I didn't know it. It was just a couple of drinks and lots of laughs. The usual night for us.

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

It depends on the time! If its early, then it has to be a cup of Yorkshire tea or if later on, a nice glass of red - with lots of cheese!

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

Definitely our kids. Everyone always comments



10. What's your idea of a perfect vacation?
Sun, sea and salty air! I love Italy, we got married there so it holds a special place in my heart.

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

Usually all the things I still haven't done on my to do list!

12. Do you judge a book by its cover? Never. I'm often misjudged so always get to know people before I make any judgments.

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

Elf. My best friend (who died 12 years ago) and I had a Christmas tradition to watch it every year with a glass or two of mulled wine and a few mince pies. Fortunately my husband likes it, so I still get to carry on the tradition, whilst shedding the odd tear or 3.

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

Spend more time with my family and friends. We truly have no idea what tomorrow holds and I try to live every day to its fullest. on how happy they are so we must be doing something right.

19. How would you describe yourself in one sentence?

I'm a little bit fierce, a little bit mad, very hard working, loyal and occasionally funny!

20. What does 2020 mean for you?

I think it signifies that we are right where we're supposed to be. Our children are happy, we've all settled into life here and business is going well. It's so amazing to be able to jump in the car and be on the beach within 5 minutes. Now I just need to try to work out a more healthy work/life balance.





Community Acupuncture

Ever wanted to try acupuncture but not sure that you can afford it? Are you struggling with a long term illness or pain? Do you often feel unwell but are unable to find the cause? Would you like to feel less stressed and have more energy?

Community Acupuncture – Acupuncture takes 20-30 minutes, so we treat several people in one room thereby decreasing the price of treatments. We only need access to your elbows and below and knees and below so you don't need to undress. The needles are small and not painful. People normally find

Clinics in Hull: Tuesdays 2-8pm

> Market Weighton: Wednesdays 2-8pm Thursdays 1-6pm Beverlev:

The price is £25 for the first appointment, between £15-25 after that (you decide how much to pay)

www.heycommunityacupuncture.co.uk Website:

Telephone: 07909 075045

Email: heycommunityacupuncture@gmail.com



ASSOCIATION OF

COMMUNITY AND MULTIBED

ACUPUNCTURE CLINICS







Hull and East Yorkshire

After 8 successful years of providing community acupuncture in Hull and Market Weighton, the team are now adding Beverley to their list of venues to provide low-cost acupuncture. Eileen, Helen and Jane are excited to announce a new clinic will be held in the Quaker Meetina House on Thursdays 1-6pm starting on the 5th March.

HULL AND EAST YORKSHIRE

COMMUNITY ACUPUNCTURE

What is acupuncture?

Acupuncture involves the use of fine needles, inserted into specific points on the body to balance the energy flow. Acupuncture treats the whole person and balances our physical, emotional and spiritual energies to restore good health. According to traditional Chinese philosophy, the smooth flow of our vital energy can be disturbed by many factors including physical and emotional stress, infections, injury, poor nutrition and environmental factors. When the flow of our vital energy is disturbed, ill health or pain may result.

What is a community clinic?

At the Hull and East Yorkshire Community Acupuncture Clinics we can afford to reduce the cost of treatments by treating several people in one large room. Acupuncture needles need 20-30 minutes to do their work so we can place the needles in one patient, leave them to relax into their treatment and move on to the next patient. By treating more than one patient at once, the price of a treatment is significantly reduced. Depending on the type of condition we are treating, we may recommend weekly treatment for several weeks and by providing a low cost clinic we hope people will be able to afford to attend for treatment on a regular basis long enough to get better and stay better.

Will I have to undress?

We only need access to your knees and below and elbows and below with the style of acupuncture we use and we can treat the whole body like this.

How do I find out more?

Please look at our website for more information or phone us to discuss if acupuncture can help you and how to book an appointment.

BEVERLEY ALLOTMENT & GARDEN SHOP OPEN AGAIN FOR THE 2020 SEASON

The Beverley Gardens & Allotments Association, now well settled into its store in Kitchen Lane, has had a busy and successful year. It has attracted many new members from people passing down the footpath towards Lincoln Way, some of whom were not aware of our previous, well established, gardeners' shop at Beverley railway station. Many are still under the impression that membership is only for people with allotments to cultivate. This is not so, and anyone can join who has soil to plant into we even sell an excellent liquid feed for window boxes! Membership is only £1 a year.

All our fertilisers are purchased in bulk, we then break them into smaller sizes more suitable for the allotment grower and home gardener etc. This way they work out at much lower prices than most of the pre-packaged ones available elsewhere. As well as all the normal range of single fertilisers (e.g. Sulphate of Ammonia & Sulphate of Potash) and compound fertilisers (Growmore) we also stock some specialist fertilisers like our No2 Liquid (great for tomatoes) and Maxicrop (seaweed base) for general nutrition.

Our range of composts includes both the soilless multipurpose type and the famous John Innes ones. We think that these are some of the best composts which you can buy anywhere. We also have canes (extra heavy), chicken manure pellets, horticultural fleece, yellow sticky traps for the greenhouse, lawn feeds etc. and much more that you need as a gardener, and we have a new, and improved, price list.

Dobies 2020 Seed Catalogues

We now have a limited stock of Dobies excellent 2020 seed catalogues which entitle members to a 25% discount off all seed orders and 10% off other items - a significant saving which will more than cover your membership subscription. Once you have placed your order it will be delivered direct to your door. In addition to all the above if you need advice on a gardening issue we will try to help. Why not drop in and have a chat?

We are open Sunday mornings 10.00am to noon throughout the year. You will be made most welcome.



NOW OPEN FOR THE 2020 GROWING SEASON. WE STOCK A WIDE RANGE OF PRODUCTS FOR BOTH ALLOTMENTS & GARDENS



We are open Sunday mornings 10.00 to noon throughout the year. Why not pop along and see what we have to offer. Queensgate Allotments, Kitchen Lane, off Keldgate, Beverley



ASK THE EXPERT WITH WHITE RABBIT CHOCOLATIERS

For this month's Ask the Expert we focus on Valentine's Day! We all associate this annual event with the giving (or receiving!) of sweet treats to the ones we love, so we caught up with Ed Hawkes at White Rabbit Chocolatiers to ask:

Why do we associate chocolate with romance?

Since the time of the Aztecs chocolate has been associated with health and

fertility, in fact as Ed told us King Montezuma apparently drank up to 100 cups a day to improve his sexual prowess!

St. Valentine himself dates back to the time of the Romans, however the link between St. Valentine, romance and chocolate didn't first appear until the publication of the Chaucer novel Parliament of Foules in 1382, when February 14th was associated with the giving of gifts to your beloved.

By the time of Queen Victoria's reign, when chocolate was available both as a drink and in solid form, Valentine's Day has become commercialised, and cupid and heart motifs were proving popular. Further developments led to these luxurious (and very expensive) chocolates being packaged into heart-shaped boxes and the final connection was made.

Nowadays chocolatiers, with the backing of science, like to talk about the release of endorphins, which occurs when we consume chocolate, and which emulate the feeling of falling in love (see 'Ask the Expert' in Just Beverley Issue 58). So the tale has come full circle and perhaps King Montezuma was right! Keep the tradition alive, keep it White Rabbit. Give chocolate this Valentine's, and release those happy hormones!







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ONEWORLD TRAVEL -RIVER CRUISES WITH A-ROSA

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Everything is practically at the doorstep of your hotel room. Our berths in the major cities of Europe are mostly in the very centre of the city. So, arrive in the city, grab your handbag or backpack, and get going! Take photos, make memories, and experience the city! Alone or on guided tours. By foot or on an A-ROSA bicycle. Your holiday, your decision.

And as your premium hotel moves from city to city, you have everything you would expect from a premium hotel on deck - views of the spectacular landscape, delicious drinks, minigolf, a spa and a whole lot of sunshine. Whether you're in your spacious cabin, at the pool or in the restaurant. Simply drift along and enjoy your dream holiday, which has just become a reality.

Rhine, Main and Moselle

If you just look at its source, the Rhine is Swiss, with German hillsides along for the ride. That's why it visits three other countries and their major cities on its way to the North Sea. And for those connoisseur's it brings along plenty of wine from the best locations. The matching dishes are provided by the regions themselves: cheese from Basel, Tarte Flambee from Strasbourg, the debbekooche potato dish from Konlenz and Flonz blood sausage from Cologne. Plus plenty of good things from the Main and Moselle.

As the sea slowly comes into view, A-ROSA guests see the busy side of the Rhine Effervesent Amsterdam injects more multicultural esprit into the Rhine delta than the ancient Romans ever managed. Rotterdam Surpasses itself on a daily basis thanks to its lively arts scene and reputation as the continents busiest seaport.



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GET READY FOR THE SPRING CLEAN WITH AN OUTDOOR SOCKET!

With January out of the way and spring soon to be upon us, now is the time we start to think about getting involved in outdoor activities and looking forward to the garden spring clean.

In preparation for the jobs ahead - tidying the garden, starting the lawnmower, perhaps power washing the paths and generally getting everything spick and span, outdoor power sockets are a must.

An outdoor socket, which should be protected by an RCD unit, makes working with outdoor electrical equipment so much simpler and safer than using internal sockets. It's cleaner too; no more dirty flexes poking through a window to an internal socket!

What's more, housing outdoor sockets in a weather-proof box is imperative, and will reduce damage to the socket caused by rain or dust.



By not taking these precautions you run the risk of malfunction and potential fire.

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

IN THE GARDEN... FEBRUARY

February is the month that we feel we have 'turned the corner' with regard to the weather, the days are starting to get longer, snowdrops and aconites are in bloom and other spring flowering bulbs are pushing out of the ground.

Seasonally February is late winter, so don't be fooled, February can often provide us with some of the bleakest weather. Whatever the weather there is no doubt that spring is on its way, very soon the early flowering shrubs will be blooming, with some producing a wonderful fragrance too e.g. Hamamelis (witch hazel); Sarcococca hookeriana (Christmas box) and Vibernum bodnantense 'Dawn'.

Tasks for February...

When the weather permits there are a number of 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!

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



PETS' BEST FRIEND BY LAUREN MIDDLETON

Hello from Pets' Best Friend! This month brings some very cold spells of frost and fresh starts for the New Year.

Apart from a suitable jacket for your dog (if and when needed), you may also need to care for your pets' paw pads during the icy weather.

The salt commonly used on driveways and paths can cause chemical burn to a dog's paws through prolonged contact; it can also be ingested if they lick their paws.

To prevent this threat, you can wipe your pet's feet with warm water after a walk, and as an extra precaution your own boots too. Shorter walks may be necessary to avoid



prolonged paw pad exposure to the cold paths.

Hairy-footed dogs will benefit from regular trimming of the hair on their paws, this will eliminate snow balls forming on their feet and reduce the risk of de-icer clinging to the



'VE BEEN THINKING... SAYS COLIN R

Regular readers will know that, without dismissing the darker and more serious matters in life, I do tend to think more about what brings joy and gladness into everyday life, and I will continue to do so.

Maintaining that theme I will come straight to the point - I think one of the best programmes on TV at the moment is 'The Repair Shop'.

This little programme was in the backwaters of mid-afternoon BBC2 when someone must have realised that it deserved a wider audience and a better viewing time.

So it came to BBC1 about 5pm and has recently slotted into the early evening and even had a Christmas special. The format is simple and I urge you to watch it. People bring items that are

precious to them and their family, some hundreds of years old and seemingly beyond repair.

Old clocks, broken pottery, damaged paintings, rocking horses with decaying leather, maybe furniture that has been left in a shed for years. Family heirlooms that have not seen the light of day until the current family custodians want to see it restored and so keep the memory of a loved one alive. The workforce in the Repair Shop shop are all experts in their chosen fields but often, not only applying by their own special skills, but also by working together they can return the broken and damaged object to the owner for the family to treasure for more years to come.

Why do I like this programme so much? It would be easy to say because it's a 'cosy' programme for my generation and that I don't deny.

What it does make we aware of is the number of people in this country who have fantastic skills that I never knew existed.

These skilled craftspeople really care about the task they have been asked to undertake. They listen to the individuals who bring in the broken item and feel the sense of responsibility they have been given to restore a piece of that family's history. They give 'good customer service!'

Often they will be asked to repair it but not to make it look brand new, and with genuine emotion the owners explain 'because that would mean it would not be the same item that my great, great, grandfather had when he was a child'.

That is the precious intangible aspect of the work that the experts strive to maintain.

Have you got something in your home that you consider 'precious', not because it is worth a lot of money but because of what it means to you and your family? Now is the time of year when people tend to 'have a clear out'. Don't throw anything away you will regret later.





MOTORING CLACCIC CARC WI

CLASSIC CARS WITH CARFAN -THE CADILLAC COUPE DE VILLE

We are travelling over "the pond" for the subject of this month's issue - all the way to the USA in fact, as this is a Cadillac coupe de ville, and like a lot of American things, it is somewhat large. With an engine size of 389 cubic inches, which translates to 6.5 litres over here and a rather large body, driving this "yank tank" on narrow British roads takes a bit of practice and a lot of nerve.

Manufactured in 1961, this series 2 version needs a long and wide garage and came with a multitude of optional extras to make customisation very simple. Finding one in the UK isn't too simple though and if you do eventually find one, be prepared to fork out anywhere between £30,000 to £40,000. That might also involve a trip to Holland or even back to the country where it was made, as that is where the best ones seem to be found.



This is a rare car now, even though over 100,000 were manufactured, including 4 door and convertible versions. Taking pride of place for the last sixteen years in a collection of seven American cars, the coupe looks resplendent in its original chrome and a fetching paintwork in slate grey, having been changed from the red it left the factory in. It might be expected that spare parts need to be ordered from America, but no, somewhat surprisingly, depending on what is needed, they can often be sourced here in the UK.

Equally surprisingly is the owner's claim that he manages 25 miles per gallon on a cruise. With a reconditioned engine and some attention to the gearbox, this car attracts a lot of attention wherever it goes, so if it attracts yours, don't forget that cheery Carfan wave!



PRACTICAL MOTORING WITH RICH HAYES - WINTER DRIVING TIPS

We're all guilty of taking our cars for granted on a daily basis, so make sure to follow these top tips to give your car extra TLC this winter.

Clean your car regularly

If you're one of those who thinks there's little point in keeping your car clean in the winter months then think again. Regular upkeep of your car is important as regularly washing it can help avoid corrosion and rust. There are plenty of car washes in Beverley and the surrounding area who will wash it for you if you don't fancy cleaning it yourself.

Park wisely

Park your car under cover where it's warm and dry to help reduce the time you spend de-icing in a morning, and also reduce the risk of it not starting. If you don't have a garage or carport to give it shelter, park in the lee of your house next to a tall hedge instead to give some added protection.

Have an emergency kit

Ensure you have the essentials stored in the car in case of an emergency, the last thing you want to do is break down and have nothing prepared. Pack a blanket, snacks and a first aid kit in case you have to wait for a tow truck.

Free winter vehicle check

At Beverley Motor Works we understand the importance of keeping your car in top working order all year round, so we every year we offer free vehicle checks for both new and existing customers. There's no catch!

Simply book online or call **01482 429350** and our team will carry out a thorough check of your vehicle and offer advice on anything you want to address. Safe driving this winter!



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PUZZLE PAGE



WORDSEARCH

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> **FEBRUARY PANCAKE FLIPPING SECRET GIFTS** SHROVE **HEART SMILES** LOVE **VALENTINE**

WHERE IN BEVERLEY?

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



Each row adds up to the total on the right.

Each column adds up to the total at the bottom.

The diagonals add up to the totals top and bottom.

18

6 ? 21

9 17

14

2 24

15 18 19 24 19

Answers on Page 32.



Do you have any amusing stories, quotes or pictures? Send them to info@justbeverley.co.uk

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COUNTRYSIDE MATTERS WITH SAM WALTON

What a way to start the day, a couple of rashers, a fried egg and some beans! There was a time when the now magnificent poultry industry was very much a backyard job, where most farms would have a few hens scratching about and you'd have to go and find where they'd laid the odd egg.

The farmer's wife would usually accompany her husband to the local cattle markets taking a couple of dozen eggs to sell or perhaps supply the local shop, or neighbours would pop round to the farm to buy half a dozen or so if there was no village shop.

The hens would live for several years and no-one would have any idea how many eggs any given individual would lay.



If there was a pond on the farm, there might well have been a few ducks too - another source of eggs. Some farms also had geese, not only for eggs or Christmas, but to act as guard dogs; they make a very loud screech when strangers are around. That leaves turkeys, which were never as popular as they are today, where a magnificent

industry exists with many birds reared outdoors. Like every other aspect of farming today, poultry farming has seen massive advances and now provides modern systems for every bird type satisfying any rules and regulations for welfare to enhance their lives and meet the ever growing demand for eggs and poultry meat.



As I understand it, for commercial egg production, mature hens now lay between 320 to 340 eggs in a year. I have recently seen a few outdoor poultry units including one producing organic hen's eggs; the hens had access to a grassed area with trees,





and the unit was surrounded by electric fencing to prevent foxes from creating havoc.

These visits made me realise that you can all rest assured; whatever you buy is produced under the most hygienic and welfare systems.

As you may know, farmers have a reputation for being tight! To demonstrate that point, the other day I heard of a lady who had sent her young son to a farm to buy a dozen eggs, only to find that when he got home there were only eleven. She rang the farmer to tell him and his reply was "yes, but one was double yoked!"

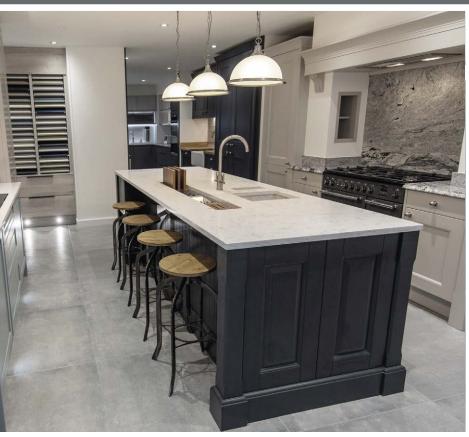




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THE INCHES BONUS BALL GOES A LONG WAY!

Each week Inches Body Studio runs a bonus ball lottery. By putting £1 on a number grid, the ladies that attend the Studio are in with the chance of winning a wonderful prize which differs every week. When the National Lottery Bonus Ball is drawn they have their winner!

Over time the money raised builds up, and is generously given to both national and local charities, which play a huge part of our community.

Over the last 10 years Inches Body Studio have given £10,000 to Cancer Research and £5,000 to Yorkshire Cancer.

In February 2019 Inches gave £5,000 to the Alzheimers' Research, and in September last year £5,784 was donated to The Daisy Appeal.





In addition to this, Inches regularly support Macmillan coffee mornings and have in the past raised £1,100 from these gatherings.

All in all, along with helping ladies with their general mobility and fitness levels, Inches on Norwood have raised nearly £30,000 for charitable causes; an achievement indeed!



CYCLING WITH WILSONS WHEELS

Getting outside on a bright sunny day in winter can be so rewarding. It may be cold, but fresh air and exercise can do wonders for the body and soul. That said, at this time of year the roads can get very dirty; tractors leave mud behind, and the roads often stay wet all day. Salt on the road, although great for de-icing, also makes for unpleasant riding.

So here are a few tips and tricks for cycling on wintry roads and caring for your bike during such conditions...

- Dirt can easily build up on your bike and will sometimes even clog mudguards making them act almost like a brake. To counter this make sure you have plenty of clearance between the tyre, frame and mudguards.
- Wash your bike down after a ride to get rid of any mud and salt. This will prevent the brakes, gears and wheels from getting clogged and seizing up. And don't forget to lubricate them afterwards!





 Running slightly lower tyre pressures can help your bike grip the roads when they are icy or greasy, but don't run them so low that your tyre rims hit the ground over bumps.

Increasing numbers of people are turning to indoor training with online aids and apps making it more appealing.

This is great when the weather is terrible, but personally I don't think you can beat cycling outdoors with that fresh air hitting your face!



CROSSFIT BARBARIC -

OVEMENT OF THE MONTH (MOM)

The Squat.

The king of lower body exercises. Great for building up the muscles of the lower body (Glutes, hamstrings, Quads).

How to perform:

- Stand with feet around shoulder width apart, with weight distributed evenly throughout the foot.
- Slowly begin descending down making sure to maintain an upright torso keeping the core engaged throughout.
- Squat to a depth that is below parallel and allow the knees to track the toes.
- Drive explosively back up to the start position.

Other variations include:

- Barbell Back Squat
- Goblet Squat (performed with a kettlebell or a dumbbell).



POEM BY CLINT WASTLING -THE SUM OF ALL OUR PARTS



Why don't we sing with the dawn chorus?
8000 generations have gone before us
until the threshold of an ancestor
crossed from Homo sapiens to Homo ergaster.
The sum of all who've departed
preserved in all who live today.
Their gift is in our double helix of DNA.
A fragile present.

When I look into the dawn, glad once more of daylight, who amongst our ancestors first heard the blackbird, robin, wren combine and raise an avian chorus and who will be the last?

Clint's poetry collection, from which The Sum Of All Our Parts is taken, is called Layers and is available from Tourist Information, Beverley.

The launch is Wednesday 5th February 7.30pm at The Monks Walk.



POEM BY JOHN GILHAM - A DARK WINTER

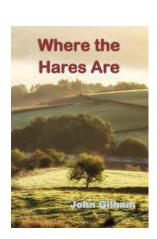
That winter, I realised why the Scandinavians are so sad: for here too, no light for months, a glass wind off the Arctic and all the things you look for, absent: snowdrops, daffodils, frogs, blossom - all on hold.

Drear days that shrivel the soul like a vow of silence, that geld the desire to do, to make, almost, to be.

Then, the tinge of purple on the wold, the burst of white along the hedge, brown earth from black, and celandine, bluebells, birdsong, bees.

John Gilham was the editor of Dream Catcher Magazine and is a widely published writer.

His poetry collection, Where The Hares Are has just been published by Stairwell books.





ANGELS OF THE NORTH

A new comedy by John Godber OBE is to open at Theatre Royal Wakefield and ERT Beverley, before transferring to Trafalgar Studios in the West End in May.

Billed as a companion piece to the critically acclaimed SCARY BIKERS, which was commissioned by Sky Arts 50.

ANGELS OF THE NORTH concerns itself with a failing Yorkshire Taxi firm on the run-up to, and beyond, the election of December 12th 2019.



Cab drivers Dennis and Mick have seen it all, but when the firms' owner Val, suddenly dies, she is replaced by tourism guru Roxy and things are about to change. What follows is a hilarious culture clash, as generations battle it out at a time of political meltdown across the North. Mick and Dennis watch in fear as the red wall falls. What will happen to the North that they live in and love?

Can they adapt to working under Roxy's radical ideas?

How can a firm voted the worst in Yorkshire for three years running become a signature outfit?

Find out the answers and more in this hilarious and touching new

comedy from one of the nation's leading playwrights. John Godber is to be joined on stage by his former High School student and star of BBC TV's Dinner-ladies, Adrian Hood, who also has credits at the RSC, The Globe and The National Theatre.

Completing the cast as Roxy is Martha Godber, a recent graduate of LIPA, the Sir Paul McCartney Performing Arts School in Liverpool, whose credits include the feature film Residue and several BBC Radio Four dramas.

Godber said: "I can't wait to be on stage with my former pupil and my daughter; they'll certainly keep me on my toes!"

Angels of the North, East Riding Theatre 5th-28th March. Tickets £15.50 & 16.50.

| 'KNOW YOUR NUMBERS' ANSWER Missing numbers in yellow | | | | | |
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'WHERE IN BEVERLEY' ANSWER

Narrow Racket Alleyway which links Lairgate to Saturday Market.





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



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



Wed 12th to Sun 16th **FEBRUARY 2020**

As well as the many well established names appearing over the weekend, the festival is presenting some of the most exciting young artists around today plus a spellbinding historical drama based around the East Riding. Festival favourites, The Beverley Community Choir will start off the Sunday events and throughout the weekend a Late Night Festival Club will host some of the festival artists in a relaxed and informal atmosphere.

Featuring

Lindisfarne

Paul Jones and Dave Kelly

Tom Robinson

Mark Radcliffe

Holy Moly & The Crackers

Rob Heron &

The Tea Pad Orchestra

The Trails of Cato

The Magpies

Beverley

Community Choir

Gordon Meredith Stealing Seven Hens

Sam Griffiths

Huntsmoor

Aelfen

Kirsty McLachlan

Arthur Coates

Laura Douse

Michael Nagasaka Simon Cunliffe-Lister

Martyn Potter Edwina Hayes

Rachel Makena





Gordon Meredith returns to Stage4Beverley to bring history alive through stories and music, and is joined by musician Phil Simpson

Stealing Seven Hens takes you from rural East Yorkshire in the early 19th century to the Australian colonies where men and women convicted of petty crimes were sent. In this dramatisation we meet the infamous Snowden Dunhill of East Yorkshire who was transported along with nine other members of his family! Featuring original, traditional & contemporary songs by Phil Simpson inspired by the 'Broadside Ballads'.

Sat 15 Feb 2020 - 12.00 noon - £12



These are one of the hardest working bands in the UK roots circuit and we are delighted that they are joining us at the festival.

influenced by early 20th century American music, with "razor-sharp" solos, great arrangements and original songs; their music harks back to a golden age whilst staying modern with their own brand of Western Swing, Blues, Gypsy Jazz and Country, or "North Eastern Swing" as they've coined it.



Originally from North Wales and Yorkshire, The Trials of Cato formed whilst living in Beirut.

They have torn a shape very much their own into the canvas of the UK folk scene with their glorious harmonies and great musicality.

The Magpies are led by powerful vocals and glittering instrumental ornamentation.

They draw on their transatlantic influences to create a unique blend of Celtic and bluegrass folk, transporting audiences to distant lands and capturing imaginations with their enthralling live show.



















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

Sunday 2nd February

· Charity Book Sale

Bishop Burton Village Hall, Cold Harbour View (Off Joby Lane), Bishop Burton, HU17 8QJ. 11am-4pm. Charity book sale in aid of Lepra, all books 50p. Tea, coffee and cake available.

• Beverley Buzz Comedy Club

Hayward Theatre at Parkway Cinema, Flemingate Centre, Beverley. 7.30pm. Adult £11 / concession £10. Available to buy from the on-site box office, on 01482 968090 or at www. parkwaycinemas.co.uk.

Monday 3rd February

• The White Horse Folk Club Singers and **Musicians Night**

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

Wednesday 5th February

• Clint Wastling launches his poetry collection 'Lavers'

The Monks Walk (upstairs), Highgate, Beverley. 7.30pm. Free. Music and poetry event with music from George Edwards.

Thursday 6th February

Reminiscence

Children's Library, Treasure House, Beverley. 2pm-3pm. A social group for older people. Call Beverley Library on 01482 392750 to book a place.

Chatterbooks

Children's Library, Treasure House, Beverley. 4.15pm-5.15pm. Free. Reading group for young people aged 8-11.

• Subtle Flame Poetry Group

The Tiger Inn, Lairgate, Beverley. 8.30pm. £2. First round theme for poems is Lore/Law.

Monday 10th February

• The White Horse Folk Club presents Nick Dow

The White Horse Folk Club at Beverley Conservative Club, Wylies Road, HU17 7AP. 8.30pm. £8. A notable collection of Dorset and gypsy songs. Every song he sings has a story attached to it.

Tuesday 11th February

• Singalong Memories - Just for Fun - Singalong

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

Wednesday 12th February

Reminiscence

Children's Library, Treasure House, Beverley. 10.30pm-11.30pm. A social group for older people. Call Beverley Library on 01482 392750 to book a place.

Christian Motorcyclists Association Meeting

Meeting rooms at 49 Saturday Market, Beverley, HU17 8EA. 6.30pm-9pm. Join us for a coffee and a chat. You don't have to be a Christian or have a motorcycle. All welcome.

Thursday 13th February

• Tiny Treasures - People

Education Room, Treasure House, Beverley. 1.30pm-2.30pm. Free for under 5's and their grown-ups.

• Beverley Civic Society present Tall Tree Tales by John Killingbeck

St. Mary's Parish Hall, North Bar Within, Beverley. 7.30pm. Non-members £5.00. What stories do our trees have to tell? Public welcome.

Friday 14th February

Bounce and Rhyme

Children's Library, Treasure House, Beverley. 09.45am-10.15am and 2.15pm-2.45pm. Free. Songs and rhymes for pre-school children. Call Beverley Library on 01482 392750 to book a

Monday 17th February

• The White Horse Folk Club Singers and **Musicians Night**

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

Monday 24th February

• The White Horse Folk Club Singers and **Musicians Night**

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

Tuesday 25th February

• Singalong Memories - Just for Fun - Singalong Group

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

Wednesday 26th February

Christian Motorcyclists Association Meeting

Hanover Court, Mintfield Road, Beverley. From 7pm. Join us for our business meeting, a coffee

Tell us about your event!

Email: info@justbeverlev.co.uk Telephone: 01482 679947

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

and perhaps cake! You don't have to be a Christian or have a motorcycle. All welcome.

Thursday 27th February

Adult Book Group

Beverley Library, Treasure House, Beverley. 5.30pm-6.30pm. Free. Reading group for adults of all ability levels.

Friday 28th February

Quiz night and Fish and Chips supper

Skidby Village Hall, Cottingham. 7.30pm. £8 per person. Max 6 per team. Bookable in advance then payable on the door (text 07807 188930/ email skidbyhallsec@outlook.com). Vegetarian/ gluten free options available. Bring your own drinks. All welcome.

Until Friday 13th March 2020

· Beverley Guildhall Exhibition - Looking at Lairgate

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

Until Saturday 29th February 2020

• Beverley Art Gallery Exhibition - Open Art Exhibition

Education Room, Treasure House, Beverley. Opening Hours: Mon, Weds and Fri 9.30am-5pm; Tues and Thurs 9.30am-8pm and Sat 9am-4pm. Free admission.



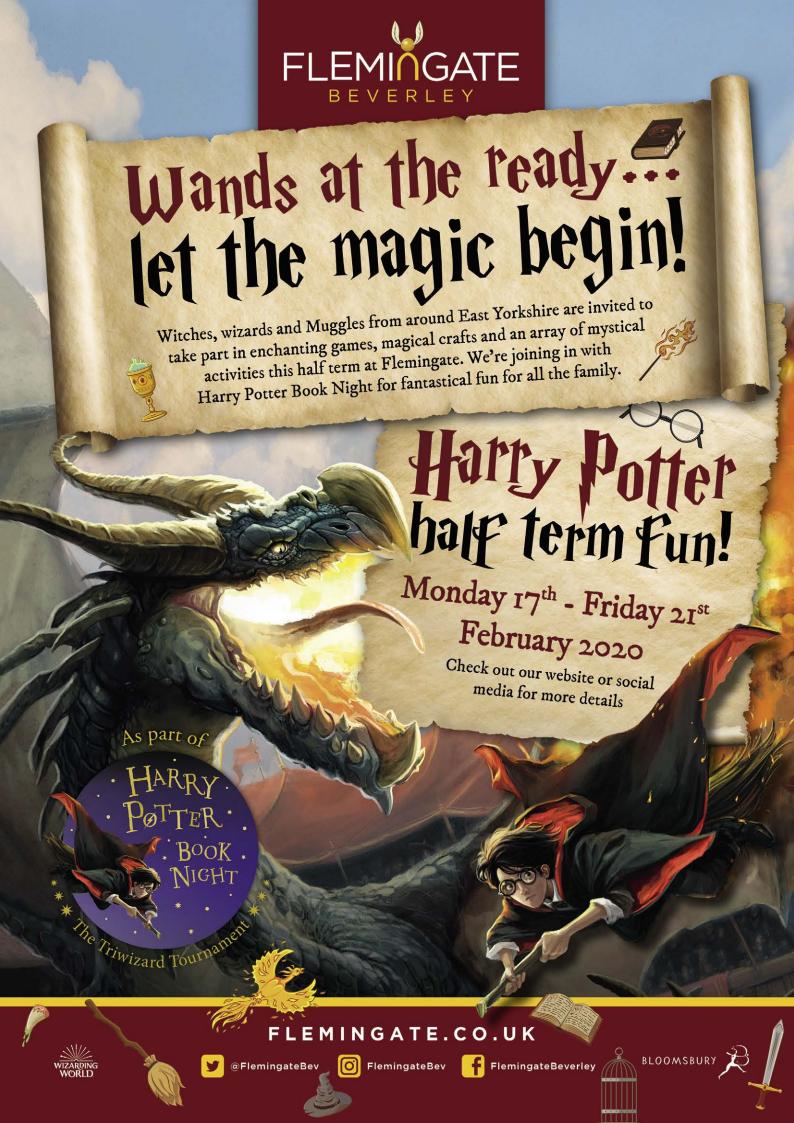
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