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ISSUE 110

BEVERLEY

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28/29 DREAM DOORS - A GROWING FAMILY BUSINESS



4 GROSVENOR CLUB



5 BEVERLEY AC DONATION



11 FERGUSON FAWSITT



15 SSAFA ARE RECRUITING



24 'YES I CAN' CHARITY



25 BEVERLEY PARKRUN



Contributors:

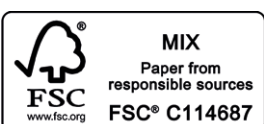
Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Olubanke Coker, Andrew Cooper, Shane Cooper, Julie Dowding, Fran Dunning, ert, Josh Harrison, Allyson Kent, Amanda McConnell, Navigation Wealth Management, Colin Raynor, Tony Wallis, Sam Walton, and Nathan Wilson.

REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101.**

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

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Please pass your Just Beverley on or recycle it responsibly. Printed by: Jadan Press.

MARCH LETTER FROM THE EDITORS



March is here and we have some important dates to remember and celebrate.

International Women's Day is on Friday 8th March followed by Mother's Day on Sunday 10th March.

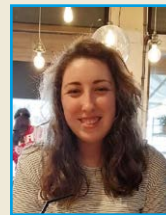
Easter weekend starts on Friday 29th March, followed by the clocks going forward and Easter Sunday on 31st March which signifies the start of Spring.

The first day of Spring is the vernal equinox on Monday 20th March, our landscape starts to change so we enjoy warmer longer days.

With the clocks to "Spring forward" on Sunday 31st March 2024 at 1am means 1 hour less in bed. So get up and out and enjoy the month ahead.

Remember - send in your stories, photos, good news and have a good time.

Julian.



Happy March readers.

March is a great month, we get to celebrate International Women's Day on 8th March and Mothers Day on 10th March, so it will be a great weekend to show our love and affection to our Mums.

show our love and affection to our Mums.

This year's theme for IWD is "Inspire Inclusion". When we inspire others to understand and value women's inclusion, we forge a better world.

Sunday 31st is our opportunity in honouring the mothers of our family.

As always, stay safe and enjoy the issue.

Olivia.



GET IN TOUCH WITH US:

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

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

GROSVENOR CLUB BEVERLEY - EVERYONE IS WELCOME

The Grosvenor Club in Beverley has been operating since 1922, providing entertainment and a relaxing atmosphere for its members.

Following the traditions of its original Working Men's Club roots, they have encouraged male camaraderie, and in recent years there has been a significant shift with the inclusion of women.

Historically, the Grosvenor Club provided a space for men to socialise, play games, and discuss matters of interest. However, societal changes and the push for gender equality prompted the club to open its doors to everyone.



The inclusion of women has brought about various transformations. It has diversified club activities, introducing new events and initiatives that appeal to a broader audience with a welcoming atmosphere.

The Grosvenor Club has shown a progressive step toward enriching the club experience for all members while preserving its cherished traditions. The club plays a vital role in the community, providing spaces for people to socialise, relax, and build relationships. They offer opportunities for leisure activities, cultural exchange and enhancing residents' quality of life all for only £10 a year membership.

Faye commented, "The Grosvenor Club offers excellent value for money, high class entertainment alongside traditional activities such as bingo and raffles. You can come and play snooker, dominos and darts or watch sport on one of our 3 televisions or just come for a drink and some friendly conversation. We welcome everyone to the club and would encourage people to come and give us a try".



Grosvenor Club Beverley, 71 Walkergate, Beverley HU17 9BP. Telephone **01482 867103** or email **member@grosvenorclubbeverley.net**. We are also on Facebook and Instagram.

MOTHERS DAY - SUNDAY 10TH MARCH

Mother's Day is an annual celebration honoring mothers, motherhood, and maternal bonds. It's a time to express gratitude and appreciation for the love, care, and sacrifices mothers make.

Typically celebrated with gifts, cards, and gestures of affection, it serves as a reminder to cherish and recognise the important role mothers play in our lives. Whether biological, adoptive, or maternal figures, Mother's Day is an opportunity to celebrate and honor the nurturing spirit of motherhood.

How will you celebrate?



THE CLOCKS "SPRING" FORWARD

In the UK the clocks go forward 1 hour at 1am on the last Sunday in March - Sunday 31st March.

Daylight Saving Time, introduced to optimise daylight hours, moves clocks forward in Spring.

Longer evenings conserve energy and boost productivity. Initially proposed to extend daylight for activities like farming, it now benefits various sectors.

Adjusting clocks forward in Spring aligns waking hours with natural light cycles, promoting energy efficiency and enhancing leisure activities.



IMPROVEMENTS FOR ROAD NEAR BEVERLEY

Road improvements are to be made to Weel Road at Tickton, near Beverley.

East Riding of Yorkshire Council is to invest £140,000 to upgrade the narrow road, which is a popular route to Weel Household Waste Recycling Site.

Weel Road is to be resurfaced between its junction with Main Street, Tickton, to the vehicle access to Holland Farm, which is north of the metal bridge leading to Grovehill Road, Beverley.

The scheme is due to start on **Monday 11th March and take two weeks to complete, with work carried out during the daytime, from 9am to 3.30pm on weekdays.**

Weel Road will be temporarily closed to traffic

between the junction of Main Street, Tickton, down to just before the metal bridge over the River Hull during working times only, for the length of the scheme. The road will reopen outside working hours.

Access to the village of Weel and Weel Household Waste Recycling Site will be kept open at all times via the metal bridge from Grovehill Road, Beverley.

During the closure there will be a signed diversion route via Main Street, Tickton, the A1035, Swinemoor Lane then Grovehill Road, Beverley.

Councillor Paul West, the council's cabinet member for environment and transport, said: "Weel Road is a popular route and well used, and now we need to improve the road surface for the benefit of all users."



MARION'S NEW RELEASE "ELEPHANT HUBBLE" IS OUT NOW

Marion Gamble's new children's book "Elephant Hubble Goes to School" is out now, published on 1st March 2024.

It's the ideal gift to buy children to encourage them to read and follow a delightful story.

Elephant Hubble, a spirited young African Elephant has a zest for learning. You can follow his story as he masters the art of reading and overcomes the hurdles many children face on a daily basis.

With insights about Africa, facts about elephants and an entertaining story it's a delightful read for children aged 7 - 11.

Contact Marion Gamble:
Email: marion@mariongamble.karoo.co.uk
Web: <https://mariongamble.ampbk.com/>
Available from Amazon from 1st March 2024 and can be ordered from any good book shop.



BEVERLEY PHOTOGRAPHIC CLUB - MARCH'S PROGRAM

Please note we are the Beverley Photography Club. Not the Beverley Photographic Society.

Tuesday 5th March, 7pm - Meet at the Rose and Crown. Mike Norton presentation. "Iceland".

Tuesday 12th March, 7pm - Meet at the Rose and Crown. Competition to select the best three photos, digital or print, (in digital format) from last year's competitions. (2022-23).

Tuesday 19th March, 7pm - Meet at the Rose and Crown for our Annual General Meeting.

Friday 22nd March, 7:15pm - Meet at St Mary's Hall, Beverley, for the Inter-Club Millennium competition. Judge Harry Kingman.

Tuesday 26th March, 7pm - Meet at the Rose and Crown for a club night.

Tuesday 2nd April, 7pm - Meet at the Rose and Crown for selection of the open interclub competition.

Wednesday 10th April - Annual awards dinner. Meet at the Ferguson Fawsitt, Walkington at 6.30pm for 7pm.

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

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.

We start our summer program in April with a program of visits, photo walks and an exhibition.

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/>

CHANGES IN PENSION

The government are looking at changing the Automatic Enrolment pension scheme thresholds in April 2025.

Currently anyone over 22 years of age, earning a minimum of £10,000 per annum will go into a company Automatic Enrolment pension scheme. Pension is then calculated on anything over £520 per month (if using Qualifying Earnings).

From April 2025 (yet to be confirmed) the aged limit will reduce to 18 and both the £10,000 minimum earnings and £520 per month thresholds will look to be removed. This will bring into pension thousands more employees as the government look to the future of state pension.

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BEVERLEY AC RAN FOR THE EAST YORKSHIRE FOODBANK

Beverley AC have made a substantial donation to the Foodbank. Lucy Stamford, Club Treasurer commented, "I would like to announce that we have paid East Yorkshire Foodbank a terrific donation of £3290.41 - gathered via our efforts as a club throughout 2023".

Lucy went on to say, "The money was raised in various ways, including some people will be aware of already, such as the Santa Run and cake stalls. But did you know that we donate 5% of our race profits too! But by far the largest amounts come from offering entrants into our 10k's the opportunity to donate the cost of a t-shirt instead of receiving one, which is both sustainable and charitable!"

"This total is a fantastic reflection on our club, and I, as treasurer, would like to extend my thanks to all club members for their efforts in 2023."

East Riding Food Bank Treasurer Dave Tunstall commented, "The donation is amazing, our thank you goes to everyone at Beverley AC for their support, with demand increasing, continued donations of money and food is essential to meet everyone's needs".

If you are able to donate food, collection points are available at Tesco and Asda. For further information, telephone **01482 772060** or visit the website: www.eastyorkshire.foodbank.org.uk

In addition to the fundraising efforts, Beverley AC also accepted food items as donations at the 10k events. www.beverleyathleticclub.co.uk



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Summary Box - Key Product Information

Account name	Junior Cash ISA
What is the interest rate?	5.50% Gross* / AER** Interest is calculated daily and added annually on 5th April at close of business.
Can Beverley Building Society change the interest rate?	Yes, the interest rate for this account is variable. Refer to our Junior Cash ISA and General Savings Terms and Conditions for full details
What would the estimated balance be after 12 months based on a £1,000 deposit?	£1,055.00 This figure is for illustration purposes only and assumes no further deposits, transfers in, withdrawals or interest rate changes.
How do I open and manage my account?	Available to UK Residents and UK Tax Residents aged under 18, who do not hold a Child Trust Fund or another JISA of this type for this young person in the same Tax Year as this Cash JISA is subscribed to. Complete the application form, relevant declaration(s) and provide necessary identification then forward together with the initial deposit, payable to the young person (account holder), to the Society's office. The minimum opening deposit is £1. Contact us to transfer the full balance to/from another provider. The maximum deposit per Tax Year is set annually by HM Revenue and Customs. For the Tax Year 2023/24, the maximum deposit is £9,000. This account can be operated by a young person over the age of 16 or by the registered contact with parental responsibility, and can be managed via post and branch. The Society will be in contact regarding the options at maturity of the account, as the JISA will not continue past the young person's 18th birthday.
Can I withdraw money?	Withdrawals are not permitted from this account.
Additional information	* Gross rate - the contractual rate of interest to be paid on a savings account without any deduction being made in respect of potential tax liability. ** AER - stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year.

60 Day Notice Account 4.60% Gross*/AER** Variable



To request an application pack scan the QR code

Summary Box - Key Product Information

Account name	60 Day Notice		
What is the interest rate?	Annual Interest		Monthly Interest
	For Balances £5,000+	4.60% Gross* / AER**	For Balances £5,000+ 4.55% Gross*/4.65%AER**
	Annual Interest - Added at 31 December each year at close of business.		Monthly Interest - Added on last day of each month at close of business and immediately paid out to a different account of your choice.
	Balances under £5,000 will attract the lowest rate from the Instant Access Account.		
Can Beverley Building Society change the interest rate?	Yes, the interest rate for this account is variable. Refer to our General Savings Terms and Conditions for full details		
What would the estimated balance be after 12 months based on a £5,000 deposit?	Deposit	Annual Interest (Assuming interest paid back into the account)	Monthly Interest (Paid to nominated account other than the 60 Day Notice Account)
	£5,000.00	£5,230.00	£5,000.00 (Total monthly interest paid in 12 instalments over 12 months would be £227.50)
	These amounts assume no other transactions or rate changes.		
How do I open and manage my account?	<p>This account can be opened if: You are resident and tax resident in the UK. You pay in at least £5,000.</p> <p>How to open the account Fill out and sign the application form which can be obtained in branch, on our website or by calling us. Provide identification (examples in our "Verifying your Identity" list.) Send us at least £5,000 by bank transfer or cheque payable to yourself.</p> <p>How to close the account 60 calendar day notice required (except in the event of death being registered with the Society for any party to the account).</p> <p>Managing your account This account can be managed in branch or by post. Please contact us if you need assistance from us or someone else.</p>		
Can I withdraw money?	<p>YES, by giving us 60 calendar days notice. No immediate withdrawals.</p> <p>Notice: Only one notice period at a time. After 60 days you have 7 further calendar days in which to take out the money. If your request or the 60th day falls on a non-business day, the next business day will be used. Refer to our General Savings Terms and Conditions for more information on taking money out.</p>		
Additional Information	<p>* Gross rate - the contractual rate of interest to be paid on a savings account without any deduction being made in respect of potential tax liability. ** AER - stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year. Income Tax - Tax treatment depends on the individual circumstances of each customer and may be subject to change in the future by HM Revenue & Customs.</p>		

Est.
1866

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The Society reserves the right to vary, improve or withdraw any of the benefits or services outlined within this document. The Society is a member of the Building Societies Association. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered Number 206064.



Protected



EVERY THURSDAY

(Doors open 9.30am)

Join us for a free brew and enjoy some great films on Beverley Parkway's Big Screen. Only £5 (or £6 for newer releases) with drink and biscuits included. Aimed at 55s & over. Films subject to change.

Thursday 7th March -

Wicked Little Letters (£6)

Starring: Jessie Buckley, Olivia Colman and Timothy Spall.

Priscilla

Starring: Cailee Spaeny, Jacob Elordi and Ari Cohen.

The Color Purple (£6)

Starring: Aunjanue Ellis, Colman Domingo and Danielle Brooks.

Thursday 14th March -

Priscilla

Starring: Cailee Spaeny, Jacob Elordi and Ari Cohen.

Bob Marley: One Love (£6)

Starring: Kingsley Ben-Adir, Lashana Lynch and Tosin Cole.

Wicked Little Letters (£6)

Starring: Jessie Buckley, Olivia Colman and Timothy Spall.

Thursday 21st March -

The End We Start From

Starring: Jodie Comer, Benedict Cumberbatch and Mark Strong.

Origin (£6)

Starring: Nick Offerman, Jon Bernthal and Vera Farmiga.

Bob Marley: One Love (£6)

Starring: Kingsley Ben-Adir, Lashana Lynch and Tosin Cole.

Thursday 28th March -

The End We Start From

Starring: Jodie Comer, Benedict Cumberbatch and Mark Strong.

Jules

Starring: Ben Kingsley, Jane Curtis and Anna George.

Origin (£6)

Starring: Nick Offerman, Jon Bernthal and Vera Farmiga.

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



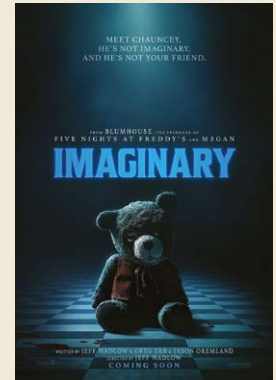
Dune: Part 2

From 1st March
Starring: Timothée Chalamet, Zendaya, Rebecca Ferguson.



Lisa Frankenstein

From 1st March
Starring: Kathryn Newton, Cole Sprouse, Liza Soberano.



Imaginary

From 8th March
Starring: DeWanda Wise, Tom Payne, Pyper Braun, Taegen Burns.



Origin

From 8th March
Starring: Aunjanue Ellis-Taylor, Jon Bernthal, Niecy Nash.



Drive-Away Dolls

From 15th March
Starring: Margaret Qualley, Geraldine Viswanathan, Beanie Feldstein.



Ghostbusters: Frozen Empire

From 22nd March
Starring: Bill Murray, Dan Aykroyd, Paul Rudd.



Immaculate

From 22nd March
Starring: Sydney Sweeney, Simona Tabasco, Álvaro Morte.



Kung Fu Panda 4

From 28th March
Starring: Jack Black, Awkwafina, Viola Davis, Dustin Hoffman.



Godzilla x Kong: The New Empire

From 29th March
Starring: Dan Stevens, Rebecca Hall, Brian Tyree Henry.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS SPRING

DUNE: PART TWO

Paul Atreides (Timothée Chalamet) unites with Chani (Zendaya) and the Fremen while on a warpath of revenge against the conspirators who destroyed his family. Facing a choice between the love of his life and the fate of the known universe, he endeavours to prevent a terrible future only he can foresee.

From 1st March.



GHOSTBUSTERS: FROZEN EMPIRE

In Ghostbusters: Frozen Empire, the Spengler family returns to where it all started - the iconic New York City firehouse - to team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level. But when the discovery of an ancient artefact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age.

From 22nd March.



GODZILLA X KONG: THE NEW EMPIRE

The epic battle continues in an all-new adventure that pits the mighty Kong and the fearsome Godzilla against a colossal undiscovered threat hidden within our world, challenging their very existence - and our own. Godzilla x Kong: The New Empire delves further into the histories of these Titans and their origins, as well as the mysteries of Skull Island and beyond, while uncovering the mythic battle that helped forge these extraordinary beings and tied them to humankind forever.

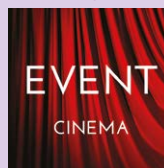
From 29th March.



THE COMEDY STORE

With nearly 40 years experience in the business and as the premier name in comedy, The Comedy Store is renowned as a breeding ground for new comedy talent, and remains the place to see tomorrow's stars today. The likes of Eddie Izzard, John Bishop, Jimmy Carr, Rhod Gilbert and Sarah Millican all started out on the Comedy Store circuit, so don't miss your chance to catch some of the best up and coming comics from around the country right here in Beverley.

15 March.



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 7th March, 7pm &
Sunday 10th March, 2pm -**

Titanic The Musical

Winner of 5 Tony Awards (including Best Musical), based on the real people aboard the most legendary ship in the world, Titanic The Musical is a stunning and stirring production focusing on the hopes, dreams and aspirations.

Saturday 9th March, 5pm -

MET Opera: La Forza Del Destino

Yannick Nézet-Séguin conducts Verdi's La Forza del Destino, with stellar soprano Lise Davidsen, following a string of recent Met triumphs, in her role debut as the noble Leonora.

Thursday 21st March, 7pm -

NT Live: The Motive and the Cue

This electrifying brand-new play directed by Sam Mendes brings Burton and Gielgud's infamous Hamlet rehearsals to the big screen, with Johnny Flynn and Mark Gatiss.

Saturday 23rd March, 4.55pm -

MET Opera: Romeo Et Juliette

Two singers at the height of their powers - soprano Nadine Sierra and tenor Benjamin Bernheim - come together as the star-crossed lovers in Gounod's Shakespeare adaptation.

Tuesday 26th March, 7.15pm -

Royal Opera: Madama Butterfly

With a score that includes Butterfly's aria, 'Un bel di, vedremo' ('One fine day') and the Humming Chorus, Giacomo Puccini's opera is entrancing and ultimately heart-breaking.

Tuesday 9th April, 7.15pm -

Royal Ballet: Macmillan Celebrated

The Royal Ballet celebrates the breadth of Principal Choreographer Kenneth MacMillan's one-act ballets, Danses Concertantes, Different Drummer and Requiem.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

...a lot as we enter into March, the third month of the year, and so much of my thinking has left me feeling just a little bit "bufferlocked".

Now I don't know if you will understand that word, or even if I have spelt it correctly. Maybe a more understandable word would be overwhelmed. In the last few months I have tried to inject a slice of humour into the column but I will be honest with you, I'm struggling to maintain that vein this month.

Everywhere there seems to be a reason for sorrow. Some of my sorrow is of a personal nature as friends of mine, who I have known for many years have died and left a gap in my life.

On a national level, where I would hope to find leadership in these days of economic difficulty, I constantly read of untruths and lack



of trust. There continues to be wars between nations causing great sadness on a human level and international concern of an escalation of conflict. We gasp as a nation to know that illness of a type that affects every family in our land has also affected our own Royal family. Climate change is now a factor we must take seriously as is also the increase in violence affecting the most vulnerable in our land.

For my own sake, and I hope for yours, I offer you words that many of you will have heard over the years which seek to show us that we have all been here before and that we can find... "a most excellent way to better days."

If I speak in the tongues of men and of angels but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have faith that can move mountains, but have not love, I am nothing.

If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind, it does not envy, it does not boast, it is not proud. It is not self seeking, it is not easily angered. It keeps no record of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres...

When I was a child, I talked like a child, I thought like a child, I reasoned like a child.



When I became older I put childish things behind me. Now we see through a glass darkly; a poor reflection as in a mirror.

Then we shall see face to face. Now I know only in part; then shall I know fully, even as I am fully known. And now these three remain; faith, hope and love. But the greatest of these is love.

Perhaps you recall a man called Jimmy Durante singing "You've got to laugh a little, cry a little before the clouds roll by a little. That's the story of, that's the glory of love".

Keep safe and warm till next time.

LEWIS NORTHEN
FUNERAL DIRECTORS

LN



MY FAMILY TAKING
CARE OF YOURS

- 📍 Get In Touch
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- 🌐 www.lewisnorthyfuneraldirectors.co.uk
- ☎ 01482 888 658



Born and raised in **Beverley**, we are proud of the funeral services we offer to our local community.

As a family business we want you to have confidence in us to support you from the first point of contact, throughout and thereafter. The moment your loved one comes into our care they will be treated with care and respect. We offer a comprehensive range of funeral services ensuring you receive the perfect funeral service for your loved ones.

We are available 24 hours a day, 365 days a year, we will guide and support your family throughout.

My family taking care of yours

Giving the personal touch to funeral services in Beverley and surrounding areas.

Funeral plans, memorial jewellery, available 24/7 365 days a year.



ALLEN CELEBRATES 2 YEARS AT THE FERGUSON FAWSITT

Early in 2022 Allen Slinger took over at the Ferguson Fawsitt, and after some renovation work he opened the doors on the 17th March 2022.

Over the last two years Allen has put a new lease of life into the building, transforming the Ferguson Fawsitt to be the local community hub.

The "Fergie", provides a wide range of entertainment for everyone to enjoy, along with a wide range of drinks, a menu that teases the palate and changes through the seasons to encourage people to come back time and time again. Celebrating two years at The Ferguson Fawsitt is a testament to his dedication, innovation, and service excellence. Over the last two years it has been a continued journey of growth, learning, and commitment to ensure customer satisfaction.



Allen said, "Throughout these two years, we've created memorable experiences, forged lasting relationships, and embraced challenges with resilience and creativity. Our team has worked tirelessly to exceed expectations, delivering exceptional service and creating a welcoming atmosphere for all who walk through our doors."



Allen went on to say, "We've celebrated successes, learned from setbacks, and continuously evolved to meet the dynamic needs of our customers. As we mark this milestone, we extend our heartfelt gratitude to our loyal patrons, dedicated staff, and supportive community."



Since Allen took over at The Ferguson Fawsitt it is clear for everyone to see that the journey has been filled with joy, accomplishment, and shared moments.

Allen finished by saying, "We look forward to many more years of serving and delighting our guests, enriching lives, and shaping unforgettable experiences here at The Ferguson Fawsitt."



The Ferguson Fawsitt



OPENING HOURS

MON & TUE:
16:00 - LATE

WED - SAT:
09:30 - LATE

SUN: 12:00 - 22:00

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

1st Friday of the Month - Quiz Night from 8.45pm

2nd Friday of the Month - 8th March, Food and Craft Fair

Ferguson Fawsitt Beer Festival 14th - 16th March
12 Real Ales, 5 Ciders
20p from every pint sold goes towards Walkingtons New Cricket Pavilion



TUESDAY TO SATURDAY:
AFTERNOON TEA 12PM to 5PM
www.fergusonfawsitt.co.uk
tel: 01482 526317

OPEN
7 DAYS

FOOD HOURS

WED - SAT:
09:30 - 19:30

SUN:
12:00 - 18:30

NORTHMEN SPIRIT - BANK HOLIDAYS AHEAD

At the beginning of February we hosted a rather special beer evening when Tartarus Beers released three versions of their Cerberus Imperial Stout (Brandy, Bourbon and Whisky Barrel Aged) in large Sharing Bottles.

As we were keen for as many people as possible to enjoy this new release we served a bottle of each from our Bar. Each version was very well received and we plan on repeating this style of Bottle Pour again in the future.

As we move into March and hopefully some more springlike weather we have a whole host of events lined up to delight your tastebuds.

With Easter on the horizon we will welcome Piers from Rum Runner back for another evening of Rum Tasting on Thursday March 28th, we had lots of great feedback from the last event so we're looking forward to helping you start your Easter Bank Holiday in a fabulous way.



We'll also be welcoming back (Thursday 21st March) Mike Covell for an evening of stories about the supernatural happenings in and around Beverley.

Our regular monthly Whisky Club will take place on Easter Sunday, from 7pm, and we'll be sampling a Speyside

and an Islay Whisky side by side, check our website or Social Media to reserve your place. We'll also be offering 10% off all Whisky at the Bar too.

Our February Whisky Club members enjoyed the 2023 12 year old Bunnahabhain and an 18 year old Glen Moray in the first of our Speyside v Islay matchups.

**Don't forget Mothers Day on Sunday March 10th
Make sure you treat your Mum this year**

Looking forward to April and we will revisit the English Civil War with Graham from Step Through History and learn how Beverley was involved and affected throughout the conflict (Friday April 12th). Last year we brought you exclusive access to the Seventh and Eighth editions of the Bivrost Norse Realms Whisky, the Ninth Edition has just been announced as a Sherry Cask Finish and we look forward to bringing you another special tasting event in May to launch this whisky in the UK.

To make sure you are aware of upcoming events you can sign up to our email updates via our website northmenspirit.co.uk or keep an eye on our social media channels for regular updates on events and new

Upcoming events:

Thursday 21st March
Mike Covell, Supernatural Beverley

Thursday 28th March
Rum Runner Tasting Evening

Sunday 31st March
NorthmenSpirit Whisky Club - Islay vs Speyside

Friday 12th April

Step Through History- Beverley and the English Civil War

Sunday 28th April

NorthmenSpirit Whisky Club – Islands / Highlands / Lowlands

Sunday 26th May

NorthmenSpirit Whisky Club – Islands / Highlands / Lowlands

Thursday 30th May (tbc)

NBivrost Whisky Launch – Midgard (Sherry Finish)



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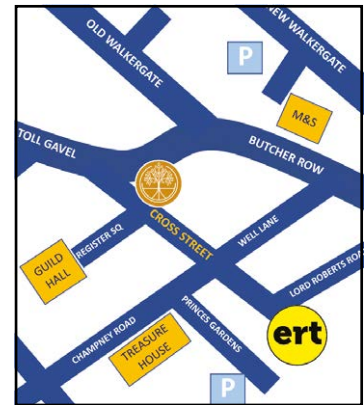
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THE EVER-EVOLVING GARDEN

The redesigning of a garden can begin with something as simple as the colour or the shape of a flower.

A collection of trees and shrubs that create an avenue or entrance to the house, the texture and shape of the foliage giving inspiration. A classic example would be the stimulating but simple layout of the Mondrian pattern, a design created in the 1930s by Piet Mondrian which is a collection of squares and rectangles that can be developed into ideas for the layout of a garden in individual rooms. The style of the house whether contemporary or classical is a natural indicator of what can be created, and from this the size of the house can be extended simply by connecting both areas together.

Gardens evolve over time and having a young family often means leaving the lawn as a natural open space, it may be filled with a trampoline or climbing frame, but many years down the line they will not be needed and so the garden can both evolve and change. An area that springs to mind is a front garden that used to be a cricket pitch albeit smaller in size, but it served a purpose. There was a time when it was not being used and so was changed to the large kitchen garden, where now grows an abundance of vegetables and flowers.

One area however that remains is a full-size chess board. The figures have lasted for nearly twenty years, but now some have broken, and the dilemma was should a new set be purchased, or the area redesigned. To buy a new set was going to be too expensive, the black chess pieces have fortunately not broken, and only seven of the white pieces needed to be replaced. So, from there I decided to purchase some small plants of Yew (*Taxus baccata*) of 50cm in height and create individual statement pieces. Admittedly it will not be a playable chess board, but the yew columns are already shouting 'Check Mate!'

Growing Vegetables

March is always an exciting time of the year. A challenge for both growing and producing vegetables and flowers for the house. Enjoyment is the key; success brings positivity so keep it simple and achieve. If you have not grown vegetables before then perhaps start with salad crops, such as the

'Cut and Come Again' varieties, and then move onto vegetables. The smallest of gardens can produce food, whether in risen beds or in pots. Last year I did numerous experiments growing vegetables in containers. Three of the most successful were kale, Swiss chard, and spinach. Kale is excellent in minestrone soup, and both chard and spinach can be used as a layer in a lasagne. The spinach can be added to salads when small and used to make a smoothie with kiwi fruit, pears, and apple juice, what I call a green machine.



There are numerous positives to growing your own, a healthier lifestyle, exercise and the most positive is the feel-good factor. If you only have limited space and time, then create a couple of beds measuring 1m20cm in width and 1m20cm in length (4ft x 4ft) the height of the bed in the picture is 22cm (9 inches) but as you can see from the photographs of the large kitchen garden where the chess board is positioned and there is more space the beds are much deeper. Place them, if possible, in an open sunny site. A risen bed works well as the soil warms up earlier and drains a lot quicker, a positive in today's changing climate.

The picture below is of an area I call 'The Connecting Potager' where a mixture of both flowers and vegetables are grown together. The trellis that divides the small kitchen garden and the potager supports cordon cooking apples which have been very successful over many years.



Whichever style of bed you have been able to create, a generous addition of organic matter is essential as it will both open and improve the soil structure. The decision will then be what are you going to sow and plant. Buying plug plants might be an option to start your season and then when you are more confident move onto sowing seeds.

If you have a greenhouse or a cold frame then it will be much easier to grow your plants this way, and from there create a system that is known as succession sowing, this means that you will be able to replace exhausted crops almost immediately when they have ceased producing food. It is all about reducing cost and once you have tasted your own produce both picked and eaten in less than an hour, there is no going back. The sowing and growing season is only just starting, the light levels are beginning to change, and the clocks will be going forward at the end of March.

In the next article I shall take you for a walk through the garden discussing both design features and the growing of food and flowers. Whilst sitting here writing this, a bumble bee has just landed on the Narcissus 'Tête à Tête' (daffodil) a pot that is on a table just outside the window. Always make sure there are enough plants in your garden such as Primroses (*Primula vulgaris*) or Hellebores to feed early pollinators. What an uplifting end to the day!

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INVESTING TO BEAT INFLATION FOR THE LONG-TERM

Even though, at time of writing, the inflation rate, as measured by the Consumer Prices Index (CPI), has reduced significantly from 10.5% in December 2022 to 4% in December 2023¹, inflation remains a hot topic.

This is welcome news for consumers, although prices still remain high and most families are still keeping household spending on a tight rein. Interest rates and inflation rates can fluctuate dramatically, as we have seen in the past two years. And that can have a very real effect on the spending power of your savings and investments, as well as your day-to-day household expenditure.

Rising inflation means most things cost more. And the knock-on effect of that is that any savings you have won't buy as much in the future, unless the interest that you are earning on them outstrips the rate of inflation. For much of 2023, we saw inflation rates that were higher than interest rates. Which means that cash savings or cash ISAs simply couldn't achieve the necessary growth to match the rising cost of living. By June 2023, food prices were up by 17.3%².

Even though inflation is now in single digits at 4%, it's still double the average 2% target set by the government. According to the Bank of England, it remains difficult to predict how interest rates will respond³. The latest Monetary Policy report says rates are expected to remain around 5.25% until autumn 2024 and then decline gradually to 4.25% by the end of 2026.

So it's a wise idea to check your current interest rates on any Cash ISAs or savings accounts,

to see how they measure up against inflation, whenever new monthly figures are released.

And while it's always encouraging to see a higher than average interest rate, without wanting to rain on the parade, savers have to be careful to make sure their savings income doesn't exceed their personal savings allowance: £1,000 for basic rate tax payers and £500 for higher rate tax payers or the starting rate for savings should they qualify for it. There's no personal savings allowance for additional rate tax payers.

If inflation rates rise again, will a bank account protect my savings?

When it comes to beating inflation, relying solely on your high street bank savings isn't always the best strategy.

While banks do pay interest on instant access savings and Cash ISAs, the typical high street rates don't always outpace, or even keep pace with, inflation. As we've seen, this means that the purchasing power of your savings slowly declines. If there's a gap between the Consumer Price Index or inflation rate, and the base interest rate, it's quite hard to find savings providers that will offer returns above the rate of inflation.

How long-term investing can help you beat inflation

If you're planning on saving over the long term, then investing could be a better way to shield your money from inflation. The key to beating inflation is by investing in assets which produce a higher rate of return than interest rates. Over the long term, that tends to be equities - stocks and shares.

They have the ability to outpace inflation, although that doesn't always guarantee that they will. You should be aware, however, that investing does come with a certain degree of risk.

An adviser will always discuss what level of risk you feel comfortable with, and help you choose a diverse portfolio that's appropriate for you, and your long-term financial goals.

Don't put all your eggs in one basket

Spreading your investments across different types of assets - such as equities, bonds or property - is also a good way to diversify and strengthen your portfolio. Different assets may perform differently under different economic conditions. No single type of asset will be the best performing one forever - so by keeping a diversified portfolio, you can help make your investments more resilient. Whatever inflation and interest rates are doing.

Please be aware past performance is not indicative of future performance. 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.

Sources

¹ Office for National Statistics - 17 January 2024.

² Food Foundation Food Prices tracker - 18 July 2023.

³ Bank of England - 2 November 2023.



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SSAFA - THE ARMED FORCES CHARITY ARE RECRUITING

SSAFA ARE LOOKING FOR A BRANCH SECRETARY

SSAFA, the Armed Forces charity, plays a crucial role in supporting the well-being of military personnel, veterans, and their families. However, the effectiveness of their mission relies heavily on the dedication of volunteers.

Mrs Sandra Staples, BEM for services to SSAFA, East Yorkshire Branch Secretary of SSAFA, the Armed Forces Charity, has continued with her voluntary work with SSAFA for over 34 years and has decided to make way for somebody else to step into her shoes. She intends stepping back in December 2024.

The Chair of the East Yorkshire Branch, Michael H. Menzies-Baird, said "Sandra Staples has done a fantastic job, she is an amazing person, we will be sorry to see her leave as she has set such high standards. We now have the difficult task of finding the right person to step in and take over when Sandra leaves".

SSAFA is a fantastic Charity and volunteering with them will provide numerous benefits, both personally and professionally.



Firstly, it provides a sense of fulfillment and purpose by contributing to a meaningful causes and people. Volunteers often experience increased happiness and satisfaction through their efforts.

Secondly, volunteering offers valuable opportunities for skill development and networking. Branch Secretaries for SSAFA (Soldiers, Sailors, Airmen and Families Association) plays a crucial role in coordinating support for military personnel/veterans and their families. They oversee administrative tasks, coordinate volunteers, and liaise with community partners. This role offers valuable experience in leadership, communication, and organisational management.

Thirdly, volunteering provides a sense of belonging and connection within the community.



The Branch Secretary serves as key figures in supporting those who have served their country, ensuring they receive the assistance and resources when in need after protecting our country.

By volunteering with SSAFA, in particular as a Branch Secretary, individuals not only contribute to a worthy cause but also gain invaluable experience and make a tangible difference in the lives of military personnel/veterans and their families.

It's a role that requires dedication, compassion, and a commitment to serving others, offering immense personal satisfaction and the opportunity to positively impact the community.

If you are interested in making a difference:

Contact SSAFA on: **01964 552 837**

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk

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- Branch Volunteering Coordinator
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- Recruitment Coordinators
- Treasurer Support



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

Tel: **01964 552 837**

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk

CELEBRATING THE DIVINE FEMININE

As I write this column it's a beautiful frosty morning with Spring in the air and I'm about to join a gang of friends to walk around Pocklington, with coffee along the way at the Buddhist centre and enjoy the Yorkshire sunshine.



The clocks will be going forward on Sunday 31st March giving us more hours to enjoy daylight and hopefully health-giving fresh air and sunshine, raising those vitamin D levels. March also focusses attention on women as both Mother's Day and International Women's Day fall in this month.

International Women's Day, on Friday March 8th transcends borders and cultures to honour the achievements of women and advocate for gender equality across the world. Whilst there is no clear date of origin, IWD seems to stem from the early 20th century around the time of the suffragette movement and was adopted by the United Nations many years later in 1975 to address issues such as equal pay and the prevention of violence against women.

IWD has come in for some criticism as it has been adopted by corporations to promote products and the vague notion of equality rather than radical social reforms. Yorkshire, of course, has its fair share of talented and inspirational women including Dame Judy Dench, The Bronte sisters and Dame Jessica Ennis Hill along with Beverley's own Eleanor Tomlinson (actress) and Eleanor Tomlinson (artist) who has some stunning Mother's-Day-inspired artwork on her website (www.eleanortomlinsonart.co.uk).

IWD does give us a platform to celebrate the multifaceted role women play in society and honour the divine feminine qualities of compassion, intuition, creativity, and nurturing that are essential for the harmonious functioning of society whether this is in the political arena, the boardroom or the sporting word alongside being the hub of the family back at home.

We celebrate Mother's Day each year on the fourth Sunday of Lent and this year it falls on Sunday, 10th March.



Mother's Day can also be a time of reflection and remembrance for those who have lost their mother or for those still yearning to become mothers. As a hypnotherapist, I've helped many people over the years to prepare for motherhood or to recover from miscarriage and move on to become the parent they've longed to be.

Hypnotherapy for pre-pregnancy and pre-birth preparation can be a beneficial tool to generally help reduce stress and anxiety and address fears and phobias. Hypnosis can also help in achieving the optimum weight for pregnancy, let go of habits such as smoking/vaping or drinking alcohol and increase the internal discipline and motivation to eat the right things and remember to take those vitamins and supplements advised by your doctor. Hypnotherapy can also help prepare for birthing experience and aid in pain management during labour.

Whatever your perspective may be this Mother's Day, may we all cherish feminine strength, resilience and unconditional love as qualities that embody the divine feminine in all of us and help cultivate a more compassionate and inclusive world for now and for future generations.

For more information and details on further techniques including hypnotherapy, visit www.francesdunning.com or contact me, Fran Dunning on 07973 819867.

PREPARING FOR EASTER

Celebrating Easter is a cherished tradition worldwide, marking the resurrection of Jesus Christ. It's a time of spiritual renewal and rejoicing in the triumph of life over death.

Festivities often begin with Lent, a period of reflection and fasting, culminating in Holy Week, commemorating Christ's passion and crucifixion.

Easter Sunday, the pinnacle of the observance, symbolises new beginnings and hope. Families gather for church services, followed by festive meals and egg hunts.

Decorations adorn homes and public spaces, showcasing symbols of rebirth like flowers, eggs, and bunnies. Traditional foods vary by culture but often include lamb, ham, and sweet treats like Easter breads and chocolates.

Beyond its religious significance, Easter builds a sense of community, as people come together to share joy, love, and the promise of renewal.

Whether through religious observance or secular traditions, Easter serves as a reminder of the enduring power of faith, love, and new beginnings.



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Spring brings renewed energy and opportunities for those utilising mobility aids to fully embrace the season's delights.

With the weather warming and nature blooming, mobility aid users can make the most of their devices to enjoy outdoor activities.

At Fox Mobility they can help whether it's taking leisurely strolls in the park, attending outdoor events, or exploring the garden centres, mobility aids provide the freedom to experience the wonders of Spring.

Additionally, participating in spring-themed hobbies like gardening or birdwatching can be made accessible with the right mobility aids, allowing individuals to connect with nature and engage in rewarding activities.

At Springtime there are the usual opportunities for socialising and reconnecting with friends and family outdoors, where mobility aids



ensure inclusivity and enable individuals to fully participate in gatherings and events. By embracing the capabilities of mobility aids, spring becomes a season of joy, exploration, and connection for everyone.

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BEVERLEY CHAMBER HAS A NEW CHAIRPERSON

The Beverley Chamber of Trade has a new Chairman in position, elected at the recent AGM.

The handover of the chairman's role at an Annual General Meeting (AGM) symbolised the continuity and effectiveness within the Chamber. It ensures a smooth transition of leadership, maintaining stability and building confidence among the members.

Karl Douglas, the incoming chairman commented, "He will guide the Chamber forward from the firm foundation created by Julian the previous Chairman, put in place new procedures for the members, with a new organising committee, set new guidelines to benefit and increase membership involvement".

For local Business people Karl said, "We look forward to continuing with the monthly meetings on the last Wednesday of the month, 6pm onwards and look forward to business people getting involved with the Beverley Chamber of Trade, working together to Build a Better Business Community for Beverley."

For more details got to:
www.beverleychamber.co.uk



“WHAT SHOULD WE DO WITH £168 MILLION LOCAL TRANSPORT FUND?”

Following the announcement that the East Riding will receive an unprecedented £168 million to invest in local transport, Graham Stuart, MP for Beverley and Holderness, wants to give local people a say in how that money is spent.

The £168,269,000, which is to be spent over seven years from 2025-2032, has to be spent by the East Riding of Yorkshire Councillors in consultation with local MPs.

Graham will be fighting to make sure that money goes to local projects which will really make a difference and has set up a survey at www.grahamstuart.com/EastRidingTransportFund to give people the chance to champion transport investment ideas to improve their towns and villages.

Have your say.



WH HALMSHAW - UP TO DATE WITH TRENDS

WH Halmshaw showcase new designs in their bathroom showroom offering an invaluable experience for homeowners seeking to renovate or remodel their bathrooms.

The bathroom showroom offers inspiration and ideas. Seeing various designs and layouts in person can spark creativity and help homeowners visualise the possibilities for their own space.

From modern minimalist styles to classic and elegant designs, the showrooms display a range of options to suit different tastes and preferences.

WH Halmshaw's showrooms allow customers to interact with products firsthand. Touching faucets, examining tile textures, and sitting in bathtubs provide a tactile understanding of the materials

and fixtures available. This hands-on experience helps customers make informed decisions about the quality, functionality, and aesthetic appeal of different products.

If you have a question, their knowledgeable staff can provide expert advice and guidance. Whether it's recommending space-saving solutions for small bathrooms or suggesting energy-efficient fixtures, showroom staff can offer valuable insights tailored to individual needs.

If you are looking to update or upgrade your bathroom then visiting their showroom enables you to stay updated on the latest trends and innovations in bathroom design.

With constantly evolving technologies and design trends, WH Halmshaw's showrooms serve as a hub for showcasing cutting-edge products and innovative solutions. This Spring, take the time to enjoy the showroom experience inspiring creativity, providing hands-on interaction with products and offering expert advice making it an essential resource for anyone embarking on a bathroom renovation project.



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THE 'YES I CAN' CHARITY HELPS PEOPLE AFFECTED BY A CANCER DIAGNOSIS TO FACE AND MANAGE THEIR FEARS

I never imagined after hearing the words "it's cancer" nearly 5 years ago, I would be the founder of a new charity 'YES I CAN' to help people affected by a cancer diagnosis to face and manage their fears.

I looked at every aspect of my life, to help my body to be the best it can be to manage the treatments, but no-one talked about fear, our emotional wellbeing, or our mental health.

Anyone who has ever heard the words "it's cancer" will be frightened, it's completely normal. Self-care is so important after a cancer diagnosis, looking at the things we can do to help ourselves, physically and mentally.

The statistics now are startling - one in two of us will receive a cancer diagnosis in our lifetimes and this now includes the royal family, with King Charles III receiving a recent diagnosis.

I've had that conversation twice and it's tough. Breast cancer first in 2019, then Ovarian cancer in May 2020. Just as we started the pandemic. It was whilst having chemotherapy in the autumn of 2020 that I remembered reading the book 'Feel the Fear and Do it Anyway', a book I'd read over 30 years ago and wondered, could it help me now?

And the answer was a resounding **YES**.

I worked my way through the book, reframing the strategies against my own cancer diagnosis. It helped me so much and I wondered could this help others?

I contacted the International Training Director for 'Feel the Fear and Do it Anyway', Rachel Alexander. She answered immediately - the universe was aligning our paths. We worked together into the spring of 2021, to review the course and training manual, specifically for people with a cancer diagnosis to help others face and manage their fears.

We piloted the course over Zoom (we were still in the pandemic) with a group of people with different cancer diagnoses with great results, but how could I take this further.

I contacted one of the regional engagement managers of Macmillan to discuss my thoughts, knowing this was an area of unmet need. The response was very positive, suggesting I talk to the SMILE Foundation about forming a charity to be able to fundraise and receive grants.

With the support of the SMILE Foundation, I worked through all the requirements of forming a charity, appointing 5 trustees and I am so very pleased to say, in January 2023 'YES I AM' was approved by the Charity Commission.

YES I AM will provide a range of online courses via Zoom or face to face for:

- **People newly diagnosed**, helping people to face and manage their fears in this new chapter of their life and bring hope back into their vocabulary.



- **For people when treatment has ended**, who have that feeling of what now, will I ever return to the old me? So many questions, the course is ideal now as it is an opportunity to review your life and think about what is important now and manage your fears as you move forward.

- **For those fearing re-occurrence**, fear of re-occurrence is very common. It is vital now that fears are addressed to enable people to 'thrive, not just survive'.

We plan to offer a range of courses for anyone affected by cancer, family members and carers as the ripples from a cancer diagnosis are far reaching.

Our website www.yesican.org is in development at the time of writing and we hope this will be available shortly, with details of how to contact the Charity for further details of the courses on offer.

Allyson Kent.





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HELP TO GET YOUR COMMUNITY MOVING

A local transport charity, Beverley Community Lift (BCL), is pleased to announce another upcoming volunteer event aimed at expanding its dedicated team.

Since 1970 the charity has played a crucial role in the community, offering vital transport services for medical appointments, essential shopping trips, and leisure days out - aiming to alleviate social isolation.

On a mission to recruit 32 new volunteers, marking a significant milestone for the organisation, this ambitious endeavour includes positions such as car and/or mini bus drivers, passenger assistants, trustees, office administrators, and a social media coordinator.

The upcoming volunteer events, scheduled for Wednesday 6th March, 10am - 12.30pm, at Haltemprice Leisure Centre, aim to provide prospective volunteers with information about the rewarding roles available.

Mr Abbott is a BCL service user, he says: "I use the mini bus service on a fortnightly basis to do my shopping and have also been transported by kind volunteers who use their own cars to take people like me to medical appointments. It's so much more than a lift, it's a sociable outing that gets me out and about. Some of the people on the bus don't have family to rely on and I know they might not have spoken to another person all week - BCL is a lifeline."

In support of volunteering, recent surveys by the National Lottery Fund indicate a strong sense of community spirit, with six in ten individuals expressing their feeling of being part of their

local community (61%). A remarkable 64% of respondents express a willingness to work with others to enhance their local community, and an encouraging 50% have committed to volunteering in 2024.

Retired Fire Fighter, Rich Bushby volunteers for Beverley Community Lift. He explains: "Volunteering has transformed my retirement. BCL provides essential transportation services to those who may face mobility barriers. The impact is significant, especially as many older residents become more isolated with age. I know that offering them a friendly and enjoyable lift can truly brighten their day. At some point, I may need the support of BCL and other local charities, therefore I'm pleased to make my contribution."

With the rising cost of living a concern for elderly residents across the East Riding, Beverley Community Lift is dedicated to doing all it can to provide cost effective transport to essential and social appointments.

Fiona Wales, Chief Executive of Beverley Community Lift says: "The heart of Beverley Community Lift lies in the collective effort of its volunteers. The impact of their work is evident in our ability to continue offering services that enhance the lives of local residents.

"Plans to engage volunteers in the wider region will enable us to widen our reach to fill the gap after other services have been forced to close. These locations will include south of Cottingham to Brough, along the A164 (Haltemprice, Anlaby, Hessele, Swanland, Brough).

"Considering that almost 6 years ago we were



within 3 months of having to stop our service completely this is a huge positive change, and the biggest we have undertaken in the last 8 years. We have set an ambitious target of 32 new volunteers, 12 car drivers for the new area, 6 car and/or minibus for Pocklington/Market Weighton, 4 Beverley car and/or minibus drivers, 2 Beverley passenger assistants, 3 charity shop volunteers, 2 trustees, 2 general office admin and 1 social media coordinator.

"For anyone passionate about making a difference and becoming part of a close-knit community, we'd love to meet you at our volunteer events."

To request more information contact Beverley Community Lift at **01482 868082**.

INSPIRATIONAL PEOPLE FROM BEVERLEY WESTWOOD PARKRUN

As a serial volunteer it was so good to be back after the recent Beverley Westwood parkrun cancellations.

I'm not really a New Year, New Me, kinda gal but this year I feel I really do need to make some changes. I'm a tad portly and my running has been distinctly lacking in recent years.

Over the years I have gone from someone that never did any formal exercise to someone that trained for, and took part in, many running races from 10k's to ultra-marathons. As I have got older this interest has waned but I still do a lot of walking. As a person that really champions the benefits of parkrun, I only did 10 parkruns last year!

Time to up my game, I think. This year I aim to take a bit more of my own advice, time to get running again and lose a bit of weight. As a woman of a certain age losing weight can be difficult so I have signed up to a menopause weight loss programme which so far has yielded good results and my husband has lost half a stone!

You might wonder why I am writing this up, well, I'm not really sure but it is a bit like saying it out loud (or in this case, writing it up in public) means I must do it. And I really want to do it. Women often don't like to exercise in public, but what I love about parkrun is there is no judgement, especially true at Beverley Westwood parkrun. It is a safe place, somewhere where even the folks that run every day will encourage those that run or walk just once a week.

Previously whilst out running and hearing a shout "run fat girl, run", was hardly encouraging. In fact I was out running and working on my fitness, I thought that sort of comment is enough to put people off running in public, in fact running at all.

At Beverley Westwood parkrun I have never had anyone make me feel like



that person did, quite the opposite in fact, I feel great about taking part in such an inclusive event.

BWp is special with Tail walkers to encourage everyone to complete the 5km route. As a community, we have got it nailed at Beverley. It is why visitors always comment about the 'feel' at BWp, there is not another parkrun quite like it.

Anyway, that all being said, this time next year I shall be a slimmer and fitter version of the gobby blond with grey roots woman you all know and love. If not, feel free to remind me of this article. In an encouraging way, working and supporting each other.

Louise Barrett.



THE EVOLUTION OF MOTHER'S DAY: HONOURING MATERNAL FIGURES THROUGH TIME



Mother's Day, a beloved annual celebration, serves as a tribute to the immeasurable love, sacrifices, and contributions of mothers across the globe.

Its origins date back to ancient civilisations, where various cultures revered motherhood in their own unique ways. Over time, Mother's Day has evolved into a cherished tradition, marked by heartfelt gestures such as taking our mothers out for lunch, a symbolic act of appreciation and gratitude.

Ancient Roots:

The earliest traces of honouring mothers can be found in the ancient civilisations of Greece and Rome. The Greeks dedicated a day to honour Rhea, the mother of the gods, while the Romans celebrated Matronalia, a festival dedicated to Juno, the goddess of childbirth and motherhood. These festivities served as precursors to modern-day Mother's Day, emphasising the importance of maternal figures in society.

Christian Influence:

With the rise of Christianity, the celebration of motherhood became intertwined with religious observances. In the United Kingdom, "Mothering Sunday" emerged as a Christian holiday, falling on the fourth Sunday of Lent. On this day, individuals would return to their "mother church" and honour their mothers with small tokens of appreciation. This tradition gradually spread to other European countries, laying the groundwork for the modern-day Mother's Day.

Early Advocates:

The concept of a dedicated day to honour mothers gained momentum in the 19th century, thanks to the efforts of individuals like Julia Ward Howe and Anna Jarvis. Howe, an American poet and activist, advocated for a "Mother's Day for Peace" as a call for mothers to unite against war and promote peace. Meanwhile, Jarvis, inspired by her own mother's dedication to community service, campaigned for an official day to honour mothers in the United States.

Modern Mother's Day:

In 1908, Anna Jarvis successfully lobbied for the first official Mother's Day celebration in the United States, held at a church in West Virginia. Her relentless efforts led to the widespread adoption of Mother's Day across the country, and in 1914, President Woodrow Wilson officially declared the second Sunday in May as Mother's Day.

This marked the beginning of a global phenomenon, as other countries soon followed suit in honouring mothers on this special day.

This year USA and Australia will celebrate Mother's Day on May 12 2024, (2nd Sunday of May), whereas the UK will celebrate it on 10th March 2024 (falling on the fourth Sunday of Lent).

There are different dates to celebrate Mother's Day in US, Australia and Mexico, these are tied to religious connotations and orders from the past governments of the countries.

Symbolism of Taking Mother Out for Lunch:

Taking our mothers out for lunch has become a cherished tradition associated with Mother's Day. It symbolises a gesture of love, appreciation, and gratitude towards the maternal figures in our lives. By treating them to a meal, we express our recognition of their selfless dedication and unwavering support. Moreover, sharing a meal provides an opportunity for quality time and meaningful conversations, strengthening the bond between mother and child.

In conclusion, Mother's Day has a rich history rooted in ancient traditions, religious observances, and the advocacy of passionate individuals. Today, it serves as a universal celebration of motherhood, reminding us to honour and cherish the maternal figures who shape our lives. Taking our mothers out for lunch is not merely a gesture; it is a meaningful expression of love and gratitude that transcends words.

In the UK, Mother's Day celebrations typically involve a home-cooked roast dinner followed by a classic British dessert, or a spot of afternoon tea, but around the globe, food traditions can look very different!! How do you celebrate your Mothers Day?

Stuarts of Driffield, Lincoln Way, Beverley, HU17 8RH.

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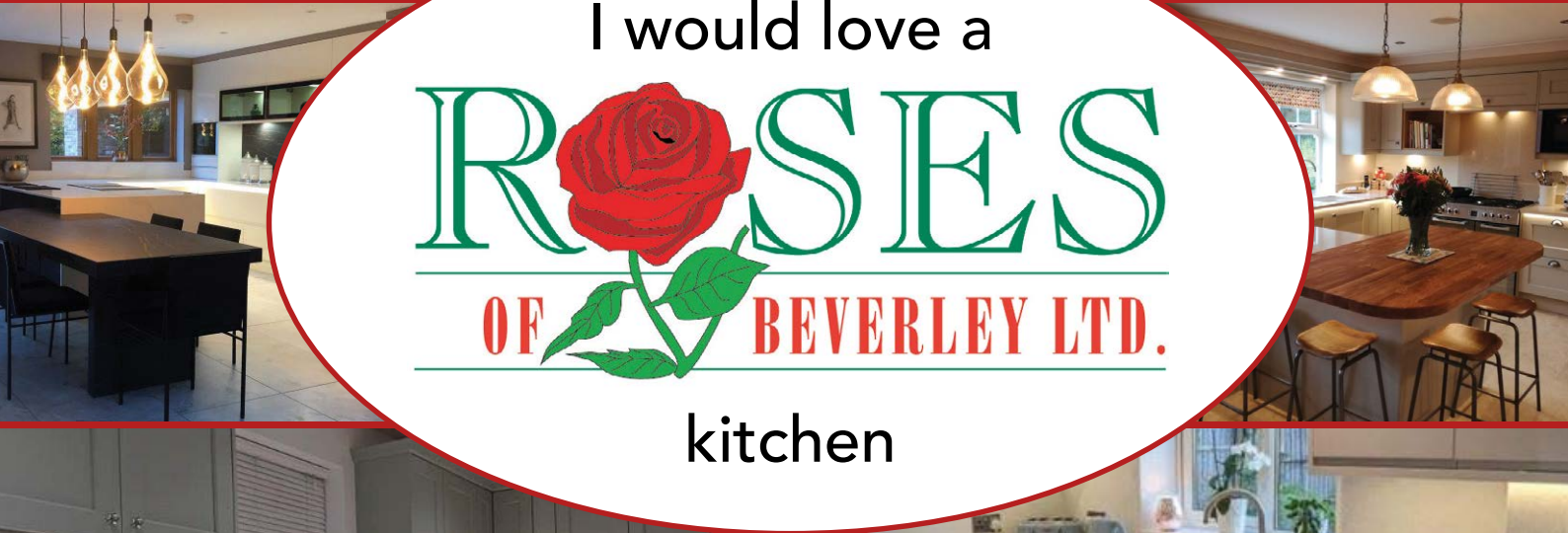
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DREAM DOORS - A DECADE OF TRANSFORMING KITCHENS

Celebrating a decade in business is more than just marking time; it's a testament to resilience, growth, and success.

Firstly, it acknowledges the dedication and hard work of everyone involved: employees, family, suppliers, and customers. It's a moment to reflect on the journey, from humble beginnings to present achievements, instilling pride, and motivation.

vary, which means that any size and shape of kitchen design can be produced to meet the customers expectations. Each design is bespoke to the individual customer, to ensure their kitchen can be transformed and revitalised to suit their needs.

Rather than have a full kitchen designed and built, we provide a made-to-measure service to deliver a new lease of life into the heart of any home at a competitive price, to meet our customers budget."

The Dream Doors team has grown over recent years, and customers still get the friendly call to keep them in touch throughout the transformation process. Current team members include Andrew and Terri, and Andrew's Mum Pat who has helped with the accounts since they opened.

Daughter-in-law Jodi joined the team in early 2022 followed by her brother-in-law Shaun (son of Andy and Terri), which takes the family run business to a whole new level.

And not forgetting the joiners Arron and Jamie who receive continual compliments from their customers for their professionalism and outstanding quality of work. This has allowed the Dream Doors family experience to continue, going from strength to strength.



On Valentine's Day 2014, ten years ago, Andy and Terri opened the doors with a grand opening, looking forward to growing their business and reputation from their showroom on Swinemoor Lane, specialising in kitchen makeovers by simply replacing doors and worktops followed quickly with fully fitted replacement kitchens and bedrooms.

Terri said, "Having reached the milestone last month, we are now excited for the future. We have set new goals, look at growth opportunities, and continue to reaffirm our commitment to customer service".

Over the last 10 years since the launch, establishing long lasting relationships with customers and partners, both Andy and Terri took time to reflect on the journey that led them to this significant milestone, Terri said, "We are delighted with how far we have come in our 10 years, and can only put that down to the hard work of the team and building on our reputation for customer service".

Andy mentioned, "Keeping on top of design and new products has allowed us to provide refurbishments to suit our customers' demands in a constantly changing marketplace. We are delighted our reputation gives customers the confidence to allow us to work with them to deliver their dream kitchens and bedrooms".

Andy continued, "Dream Doors customers



WORDSEARCH

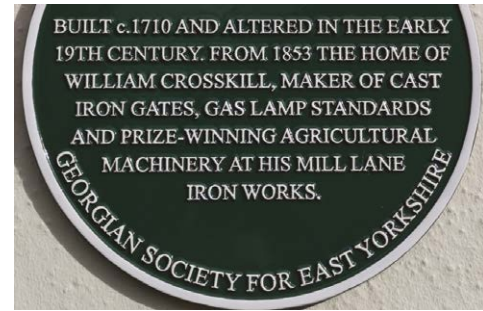
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CLOCKS
 CHOCOLATES
 DAFFODILS
 DISHWASHER
 FRIDGE

HOB
 MARCH
 MOTHERSDAY
 PARTY
 UTENSILS

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 34.



COMEDY CORNER

Things that make you laugh!



Why shouldn't you say anything bad about butter?
 People might spread it around.

Where would you find the magician hiding in the house?
 In the kitchen, where the magic happens!!

Mothers Day

Affection

Ready for Easter Weekend

Clocks go forward

Holidays



THOUGHT OF THE MONTH
 Spring forward equals longer days.

Why shouldn't you tell an egg joke?
 It might crack up.

Why are people amazed at Easter in the kitchen?
 They develop egg-cellent cooking skills.



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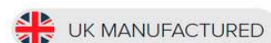
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IN THE PICTURE WITH JOSH

As we approach the start of Spring time, there is a lot of wildlife to look out for, but don't ignore the more common wildlife, photos of species like owls, kingfishers or puffins always look impressive.

It's more challenging to take good photos of very common species, for example, pheasants are pretty much everywhere in the countryside but most photos I have of them aren't very impressive, but if you capture one in the right light the colours look incredible!

Deer and other species are becoming more active as well, and I see a lot of them in the fields and along the River Hull. While there aren't many insects to photograph this time of year, there are still plenty of funguses in the woodlands if you want to do a bit of macro photography.

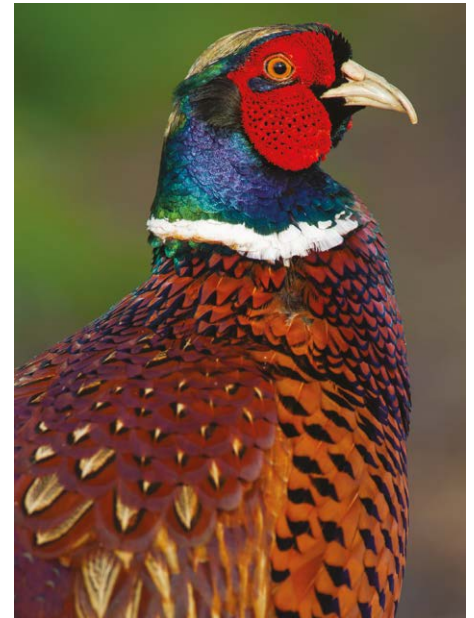
I recently photographed some Turkey Tail fungus which isn't quite as exciting as photographing wildlife, but still has some amazing colours and it's much easier to photograph something that isn't trying to run or fly away.



This time of year is also great for sunrises and sunsets, not just because I don't have to get up too early to see them! The evening light can look stunning, whether you're out on the Westwood, in the countryside or photographing cityscapes.



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.



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Our tailored sports massages target specific muscle groups, alleviating tension, improving flexibility, and accelerating recovery time.

Feel the difference as you experience increased mobility, reduced risk of injury, and heightened endurance to conquer your fitness goals this season. Trust our dedicated team to provide personalised care, utilising advanced techniques and years of experience to address your unique needs.

Don't let sore muscles and fatigue hold you back. Embrace the warmer months with confidence and vitality. Book your sports massage session today and embark on a journey to peak performance and holistic wellness.



GET SET FOR SPRING WITH WILSON WHEELS

On the 31st March the clocks will Spring forward, the days get longer and Spring is in the air.

Cycling in Springtime brings a host of delights. The air carries a fresh, invigorating scent as nature awakens from its Winter slumber. Blossoms adorn trees, painting the landscape with vibrant hues. The gentle warmth of the sun puts a smile on your face and energises your spirit.



As you cycle over the Wolds around our beautiful Market Town, birds sing melodies of joy, accompanying your journey. The roads, once icy and deserted, now welcome cyclists with open arms.

Each pedal stroke propels you forward, carrying you through lush greenery and serene landscapes. With every turn of the wheel, you feel a sense of freedom and renewal, making cycling in springtime an exhilarating and soul-nourishing experience.

To get ready for the cycling season ahead pop into Wilson Wheels to get your bike serviced, treat yourself to a new cycle helmet or maybe a new bike. Get ready to explore this Springtime.

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BEVERLEY AC - RUNNING IN THE COMMUNITY

Beverley AC members took part in the fifth race of the East Yorkshire Cross Country League which took place at Drewton.

In damp and muddy conditions, just short of 300 runners, involving members of the nine local athletic clubs registered for the league took on the ascents and descents of this popular local course.

A fantastic performance by Robert Sparkes ensured another win. Rob, the Beverley's Men's Captain, was first to finish in 00:39:15.

What's not to love about running when the weather is perfectly bright but fresh, as was the case in the recent Ferriby 10k race. The first Beverley runner to finish was James Johnson in 00:52:14, 2nd finisher overall and 1st AG35-39. Other Beverley results were David Whiting (00:57:55, 1st AG50-54); Luke Davison (00:58:41); Darren Edge (01:01:20 and 3rd AG55-59).

Well done to everyone, with them all running against the best runners in the North of England. The juniors were also represented at the Event Splits York 5k where Caleb Proudlove finished in 18:12 and Indie Proudlove in 19:43. Beverley AC now look forward to a good season ahead as they look to the key dates on the club calendar.

Beverley AC promotes health in the community, and have assisted people of various abilities to go from couch to 5km. Since the start of the New Year they have continued with the Couch25k programme.

This popular running programme takes people from being non-runners to completing their first 5kms event in 13 weeks of training and will culminate in a graduation run at Beverley Westwood Parkrun in May.

Dates for 2024.

Important 2024 dates for your diaries. Beverley's iconic 10kms race takes place on Sunday 12th May 2024.

Walkington 10kms will take place on Friday 12th July 2024, further details can be found on the Club's website.

New members, whatever your age and fitness level, are always welcome and further details about the membership and what the Club has to offer to its members can be found on the Club's website:
www.beverleyathleticclub.co.uk

Photos Credit: Rob Sparkes at Drewton Cross Country Runners at Ferriby 10k.



COUNTRYSIDE MATTERS WITH SAM WALTON

There seems to be a lot more encouragement from the Government these days to plant trees and I suppose most farms could accommodate that on some parts of the acreage.



When I came here, there was a scheme called "plant a tree in 73, plant some more in 74". I did that in several corners and alongside a stream but today there appears to be very good financial return for much bigger areas.



Figures suggest that over the last ten years 300,000 hectares have been reported as farm woodland, an enormous area. Of course, I think you need to be very young to go into such a scheme as trees take a long time to grow, so an older person like me would not see any advantage!

We must never forget that farming is really about producing food for the Nation and that is becoming more difficult as time goes on but I am quite sure that as technology improves, the industry will be able to cope and hopefully we will not have to rely too much for imported food. I know we cannot grow all the crops we need to eat, but hopefully we can still help a lot to keep the nation fed.

Talking about trees, I notice as I drive around this area, that there are quite a lot which seem to be getting towards the end of their life and I see the odd branch coming off and recently after those high winds, several trees came down as well. Whatever we do, I don't think we can work against nature or in fact would want to, so hopefully the trees will be replanted.



We have several owls in the area and they perch in the trees, and unfortunately so do the pigeons which destroy some crops and every so often we see a murmuration of starlings filling trees and then suddenly off they go. Despite all the ups and downs we have, I still don't think I would have liked any other occupation and a nine to five daily commute would drive me insane.

I know some people think I am!



EXPERIENCE SPRING'S FINEST ENTERTAINMENT AT ERT

Daniel Kemish returns to the UK after an extensive European tour, marking his first performance in nearly five years. Known for his captivating storytelling and unique performances, Daniel brings his latest album, "Hard Times," recorded in Nashville, to ERT. Don't miss his live performance on March 5th at 7:30pm. Tickets: £12 standard.



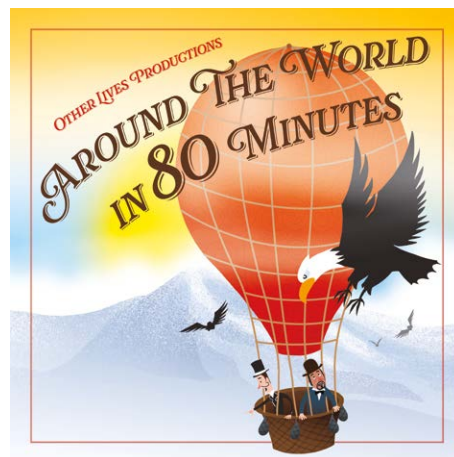
Around the World in 80 Minutes: Join Other Lives Productions for an eclectic presentation featuring readings, snippets, and a rapid-fire rendition of "Around The World in 80 Days." Divided into two 40-minute halves, the event will be held at the ERT Cafe Bar on March 6th & 7th at 7:30pm. Tickets: £14 standard, £12 concessions.

Bouncers: Experience the iconic "Bouncers" by The John Godber Company, a multi-award-winning hit depicting a night in a Yorkshire disco in the 1980s. Catch the show from March 12th to 23rd. Tickets: £20 standard, £15 Concession (U16).

Sealed with a Kiss: Other Lives presents "Sealed With A Kiss," featuring three short dramas written by Peter Gripton. Join us at ERT's cafe bar for an evening of mystery and entertainment on March 26th & 27th at 7:30pm. Tickets: £15 standard.

Big Beverley Comedy Night: A night of belly laughs awaits as ERT hosts Tom Wrigglesworth creator and star of 'Tom Wrigglesworth Hang Ups' on BBC Radio 4. Ant Dewson, winner of So You Think You're Funny - Winner Time Out Breakthrough Act, and MC Jack Gleadow, the previous Leicester Mercury Comedian. You're in for an absolute treat. 29th March, £17 standard.

The Vegas Experience: Experience the glitz and glamour of Las Vegas without leaving East Riding! The Las Vegas Experience transports you through the iconic sounds of the city, from The Rat Pack



to Tom Jones, and Elvis to Elton. With a full-scale production featuring a 10-piece orchestra and dazzling showgirl dancers, immerse yourself in the illustrious history of Las Vegas as if you were strolling down the Strip itself! Join us on March 30th at 7:30pm for an unforgettable evening. £18 standard. Don't miss out on this dazzling spectacle!

Confusions: Don't miss ERT's upcoming Spring Show, 'Confusions,' a witty exploration of the indomitable spirit of the stiff upper lip in the face of life's absurdities. Celebrating its fiftieth anniversary in 2024, 'Confusions' is a collection of interconnected one-act plays by renowned playwright Alan Ayckbourn. With five talented actors bringing to life three hilarious plays, prepare for a bundle of laughs from one of the English stage's most prolific writers.

To reserve your seats, visit our website at www.eastridingtheatre.co.uk

A DAY IN THE LIFE OF A TRAVEL COUNSELLOR!

I think it is fair to say that just as all my clients are different to each other that each day at work is very different too. Whilst in essence I arrange holidays around the globe one would imagine a day to be somewhat repetitive, however with such a variety of enquiry types and the volatile world we now live in in mundane is definitely not the vibe. Whilst I do spend a fair amount of my time either on the lap top or on the phone or responding to emails the detail is always varied.

There is a fair bit more involved in the task than one out of the industry might imagine. I often wake to emails for new enquiries, or queries on existing bookings, or scheduled changes on flights, or advice of building work taking place at a hotel, or a new city tax being introduced, new entry requirements for a particular country, a supplier going into administration etc... so as much as a plan of action is in place each evening for the following day a travel agent often wakes up to a whole new list of tasks to then squeeze in to the already busy agenda for the day.

Talking of waking up there has been many a time that waking up in the night has been necessary. At Travel Counsellors every client is covered by our 24/7 UK based Duty Office - however as I prefer to build a personal relationship and trust with my clients I will always ensure they know they are able to contact me at whatever time they need me. This was of particular benefit in Covid times when clients needed to be repatriated at a moments notice to ensure that they were able to get home.

The ethos of my business is to be independent

www.justbeverley.co.uk

and provide a personal service to my clients and ensure I am providing them with the best holiday proposals for their needs, and by doing that they then choose to book with me again and recommend me to others. The downside of this is that it can take some time to research the options - I like to treat each clients holiday as if it was my own and ensure that it is not just a simple quick search and ping over something that might fit. I want to take my time to get the perfect fit for you - you having a wonderful experience is so important to me.

So based on this whilst I might be mid table on a complex multi centre itinerary if a client needs me urgently while they are overseas due to missing a flight connection then that has to take priority. Time has to be put aside to reconfirm all the hotel reservations and see if I can get any special offers for my clients such as room upgrades etc... I also need to get tickets printed and personal luggage labels printed and then delivered or posted. I also attend various training courses either in person or virtually on zoom/teams to keep up to date on new offerings - new hotels/new cruise ships/ new offers/ destination knowledge so that my clients get the most up to date offers.

It can appear rather a cushty little number to work in travel - and I have to be honest I have had some wonderful educational trips to various countries and on various cruise ships in order to enhance my knowledge so that I can pass this on to my clients for which I am very grateful. I absolutely love travel and exploring new places and if by me experiencing these places I can ensure my clients get the best experience possible then it makes



this worthwhile. It is a wonderful industry to work in - however (as I am sure many jobs are) it is not always as glamorous as our social media sites might portray, but actually a lot of research, a lot of attention to detail, a lot of responsibility and a lot of hard work does go in to the job too.

Having worked in travel for over 30 years I have the benefit of experience and contacts in my field but I still find new systems and hotels and places to learn about - what doesn't ever change is caring about my clients and being there for them.

So in a nutshell getting lots of people to lots of new places (and sometimes their old favourites too) year on year and getting you home again to do it all over again.

Amanda McConnell, Travel Counsellors.

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Email: amanda.mcconnell@travelcounsellors.com

Web: www.travelcounsellors.com/amanda.mcconnell

WHAT'S ON IN BEVERLEY

Tell us about your event!

E-mail info@justbeverley.co.uk

Telephone **01482 679947**

For more events visit
justbeverley.co.uk/events

Tuesday 5th March

Daniel Kemish

East Riding Theatre. Daniel Kemish returns to the UK after an extensive European tour, marking his first performance in nearly five years. 7.30pm. £12 standard.

Wednesday 6th March & Thursday 7th March Around the World in 80 Minutes

East Riding Theatre. Join Other Lives Productions for an eclectic presentation featuring readings, snippets, and a rapid-fire rendition of "Around The World in 80 Days." 7.30pm. £14 standard, £12 concessions.

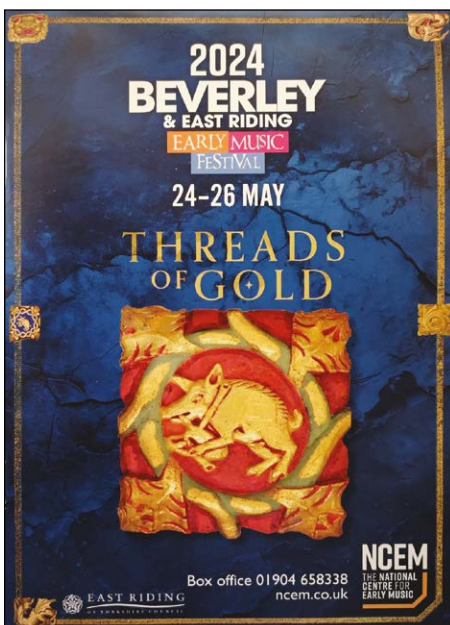
Saturday 9th March

Norwood Church Open Day

11.30am-4.30pm. Refreshments and stalls. Norwood Church invites you to our Open Day to showcase what's happening on our premises. There will be refreshments and information stalls about our regular groups, events and activities including local charities and organisations. Also, you can make enquiries about hiring our hall, church, kitchen, or outside space for regular and one off use. If you would like to book a table to promote your local group, activity, event or charity at our Open Day please contact: norwoodmethodistchurch@gmail.com or ring 07906 136996. Visit our website norwoodmethodist.org.uk. Please pop in for a chat on your way in or back from town for refreshments and have a look round our premises (which have been recently decorated).

Tuesday 12th - Saturday 23rd March Bouncers

John Godber's iconic northern play "Bouncers" is coming to the East Riding Theatre in March, after their smash-hit 2023 tour! Join Les, Ralph, Judd and Lucky Eric as they relive a night in a Yorkshire disco in the 80s. 7.30pm and selected matinees. £20 Standard.



Saturday 23rd March

Beverley RUFC Ladies Day

Ladies Day tickets are now on sale! This annual event will take place on Saturday 23rd March from 12 noon. It will be a day of fun, food, magic, music and rugby! Ladies Day will be sponsored by Westwood Plumbing & Heating Limited. We will be supporting local charity Find and Emma Garness will, once again, be creating our charity team kit. Contact Carol Innes for further details & to book your place - president@beverleyruffc.co.uk or call 07871 384730.

Tuesday 26th March & Wednesday 27th March Sealed with a Kiss

East Riding Theatre. Other Lives presents "Sealed With A Kiss," featuring three short dramas written by Peter Gripton concerning deceit, murder and revenge with a sprinkling of dark humour. 7.30pm. £15 standard.

Friday 29th March

Big Beverley Comedy Night

East Riding Theatre. A night of belly laughs awaits as ERT hosts Tom Wigglesworth creator and star of 'Tom Wigglesworth Hang Ups' on BBC Radio 4. Ant Dewson, winner of So You Think You're Funny - Winner Time Out Breakthrough Act, and MC Jack Gleadow, the previous Leicester Mercury Comedian. £17 standard.

Saturday 30th March

The Vegas Experience

East Riding Theatre. The Las Vegas Experience transports you through the iconic sounds of the city, from The Rat Pack to Tom Jones, and Elvis to Elton. With a full-scale production featuring a 10-piece orchestra and dazzling showgirl dancers. 7.30pm. £18 standard.

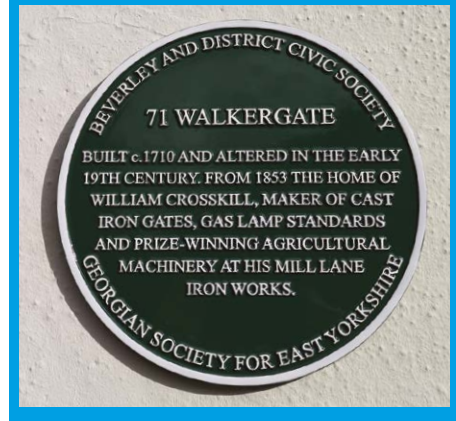
Friday 24th to Sunday 26th May

Beverley & East Riding Early Music Festival

The Beverley & East Riding Early Music Festival was established in 1988 to celebrate this glorious county town's historic association with musicians from medieval times. Blessed by a wealth of extraordinarily rich ecclesiastical buildings, and a wealth of musical carvings in stone & wood in both Beverley Minster and St Mary's Church, Beverley is the perfect place for

WHERE IN BEVERLEY?

The plaque at 71 Walkergate



a festival of early music. Supported by the East Riding of Yorkshire Council, and administered by the National Centre for Early Music, the festival draws in residents and visitors alike to its annual series of concerts, illustrated lectures and associated workshops.

2024 Fixtures



APRIL	Wed 17	Connexin Season Opener
	Thu 25	Afternoon Racing
MAY	Mon 6	Family Raceday
	Tue 14	Afternoon Racing
	Wed 29	Family Raceday
JUNE	Sat 8	Very British Raceday
	Tue 18	Evening Racing
	Tue 25	Afternoon Racing
JULY	Fri 5	70s Disco Racenight
	Sat 6	Weatherbys Coconut Cup
	Tue 16	Afternoon Racing
	Mon 22	Evening Racing
	Tue 30	Family Raceday
AUG	Wed 14	Ladies Day presented by Porsche Centre Hull
	Thu 15	Afternoon Racing
	Sun 25	Family Raceday
	Sat 31	William Hill Beverley Bullet
SEPT	Wed 18	Afternoon Racing
	Tue 24	Season Finale

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eastridingtheatre.co.uk

**Thursday 25th April to
Saturday 18th May 2024**

Tickets: £20 Standard / £15 U16