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FREE

ISSUE 8

NEWS, EVENTS, HEALTH, ENTERTAINMENT, SPORT, PUZZLES, PHOTOS

FEATURE

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Meet the model aircraft enthusiast

FEATURE

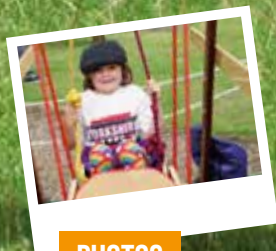
## FLYING THE NEST

Give your child the best start to university

EVENT

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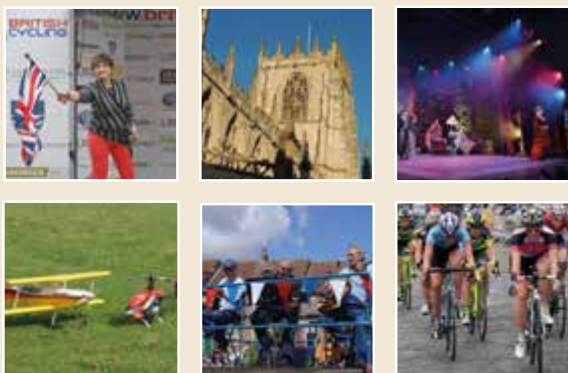
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### CONTRIBUTORS

Julian Minshall, Laura Smith, Linda Johnson, Stephen Parnaby, Barbara English, Margaret Pinder, Alan Hemingway, Heather Hayward, Ben Palphramand, Pam Wainman.

### Letter from the editors



What a great summer it's been. Whether it's been a day at the races, new business celebrations or just a summer full of fun days out, Just Beverley has been there to witness it all. As always, we've got our collection of photos on pages 20 and 21 showing what you've been up to. Have you spotted yourself yet?

It's a challenging time for me at the moment – as you're reading this I'll be preparing to take on the 140 mile coast to coast cycle route on 29 August, raising money for Beverley Community Lift. Find out more about my ride and how you can donate to my fundraising efforts on page 30. There's lots of practical advice in this issue of the magazine too. Whether it's a new school start in September or you're waving your child off to university, we've covered all the essential things to think about to make a new beginning as smooth as possible. From having your child set for the best financial future on page 11, with advice from local accountancy firm, Hemingway Bailey, to our Flying the Nest feature on page 10, we've got all the info you need. Enjoy the last few weeks of the summer, and here's to a great September.

**Julian Minshall**



Back to school fever has set in at Just Beverley this issue. But if the end of the summer holidays are getting you down, don't worry, we've got it covered. Check out our Back to School tips on page 24 to see that you're prepared for the new term.

We've also got the latest news on new restaurants and businesses in the area too, so there's no reason not to get out and about and see what's changed in the town over the summer.

Don't forget, we love to hear from you at Just Beverley, so keep sending in your photos, stories and events for us to feature.

**Laura Smith**



I'm really delighted to be getting to know so many more Beverlonians now I have joined the Just Beverley team. I now have a Just Beverley t-shirt adorned with our logo so please stop me and say hello if you see me around the town.

One of my objectives is to make sure that Just Beverley is the place to go to find out what's going on in the town and vicinity so please remember to let us know about your forthcoming events. Just Beverley is growing, not only through the number of magazines distributed but also through the number of hits to our website, many of them to the Events page. This is great news for readers, knowing you're heading online to find all the local listings, but for our advertisers too. If you do use a service you have seen advertised or featured in Just Beverley be sure to let them know!

**Linda Johnson**

### Get In Touch

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### Just Beverley magazine can be collected from:

Beverley Tourist Information, Beverley Library/Treasure House, Beverley News on Grovehill Road, Browns, Asda, Tesco Café, Colette and Tyson, Mace News in Saturday Market and Lincoln Way, Tickton News, newsagents in Walkington and Molescroft, H&ER Hospital, health centres, cafés etc.

# Meet Your Councillors

**Beverley Town Council**  
*Making a difference*



They often work behind the scenes, but the upkeep of the town can depend on our councillors. Coming from various political parties, including some who choose not to be affiliated with parliament at all, they all come together to form the team which works hard for their common purpose – keeping Beverley at its best! Just Beverley found out a little more about them to introduce them to our readers...



**Mayor and Deputy Mayor**



**Peter Astell**

**Mayor**  
**Labour**  
**Minster North**

Council Meetings:  
Full Council, Beverley in Bloom

A life-long supporter and member of the Labour Party and has been on the Council previously from 2003-2007. Due to personal circumstances he took time out and sought re-election in May 2011 for Beverley Minster North and was successful in that election. "I am well aware of the concerns that residents have and will work closely with the East Riding of Yorkshire Council to assist and hopefully resolve the problems that exist on and in that area of Minster North. I am committed to represent all the residents of not only Minster North but the town in general and help Beverley to be a great place to live."



**Robert Caton Begnett**

**Deputy Mayor**  
**The Beverley Party**  
**St. Mary's East**

Council Meetings:  
Full Council, Planning, Property and Services, Policy

Robert was brought up in Cheshire, in an area he says reminds him of Beverley with its similar heritage and racecourse. For the last twenty years he has worked in the pharmaceutical industry, and until recently had never thought he would get involved with local politics. He strongly believes in the empowerment of local communities in determining their futures, and having a say in the services offered to the area. Robert stands for The Beverley Party, as a group of what he describes as 'independent-minded citizens', and aims to engage with local people to discover what the residents of Beverley wish to see happen in the town.



**Ann Willis**

**Labour**  
**Minster South**

Council Meetings:  
Full Council, Planning, Property and Services, Christmas Lights

Ann has lived in Yorkshire her whole life, and in Beverley for the last 18 years. Her background as a clergy's wife has seen her mix with a huge variety of the town's residents, with her faith being a central focus of her life. She believes heavily in serving the local community and involves herself in a number of organisations, including Cruse Bereavement in the Bridlington area, Beverley Against Poverty and donates her time to the Community Kitchen. Her son suffers with Downs Syndrome and this has highlighted to her how necessary good facilities are for all abilities in the area. She has a degree in psychology from the University of Hull, and currently works for the NHS.



**Ben Cooper**

**Labour**  
**Minster North**

Council Meetings:  
Full Council, Planning, Property and Services, Grants

Ben is the youngest of the town's councillors, currently studying at the University of Hull. He was elected as a Labour councillor this year after having grown up in Beverley, attending Swinemoor Primary School and Longcroft School.

Ben lives in Minster North and is committed to finding solutions to problems in his ward by listening to his constituents and holding street stalls across the ward.



**Bryan Pearson**

**Conservative**  
**St. Mary's West**

Council Meetings:  
Full Council, Planning, Property and Services, Grants

Bryan has lived in Beverley his whole life, with the exception of four years he spent serving in the Royal Air Force. He lives with his wife, Shirley, with whom they have two sons. Bryan was first elected as a town councillor in the 1970s and has served on the Beverley Borough Council, the Humberside County Council, the East Riding of Yorkshire Council and Beverley Town Council. Bryan has also been the mayor of Beverley Town Council and Chairman of the East Riding of Yorkshire Council. He is a keen swimmer and was the County Champion of the 100 yards.



### **David Elvidge**

**Conservative**  
**St. Mary's East**

Council Meetings:  
Full Council, Planning,  
Property and Services,  
Policy, Grants

David is the youngest of five siblings, and grew up in Beverley where he attended St Mary's School and Longcroft School. He trained as an apprentice vehicle mechanic and has studied in recent years for his BTEC in Engineering. He has most recently been working at DST Leconfield, having been there from 1993 and filling four different posts. He is now the Quality Assurance Manager. He lives with his wife, Janet and two dogs.



### **Dominic Peacock**

**Conservative**  
**Minster South**

Council Meetings:  
Full Council, Policy, Grants

Dominic was born in Scarborough and grew up in Fangfoss before moving to Beverley in the 1970s. Dominic was first elected as a councillor in 2011, when he stood as a conservative candidate. He was re-elected this year and represents the Minster and Woodmansey Ward.



### **Duncan Jack**

**Independent**  
**St. Mary's East**

Council Meetings:  
Full Council, Policy, Grants

Duncan has lived in Beverley most of his life and works here as a shopkeeper. He has been on the Town Council since it restarted in 1999. He is an independent councillor, with no party affiliations. He is married to wife, Joy and together they have two grown up children. He became a councillor to try and have a positive influence for the town and says he still has that objective.



### **Elaine Aird**

**Conservative**  
**St. Mary's West**

Council Meetings:  
Full Council, Planning,  
Property and Services,  
Policy, Grants

Elaine was born and brought up in Rochdale but moved to Beverley in 1979 where she has lived ever since. She was on Molescroft Parish Council for a while but had to give it up to care for elderly parents. As well as being a Town Councillor, Elaine is also an East Riding Councillor for St Mary's Ward which also includes Molescroft. She says: "Beverley is a great place to live and bring up a family. I was on the "Save our Hospital" campaign committee."



### **Geoff Cooper**

**Conservative**  
**Minster South**

Council Meetings:  
Full Council, Planning,  
Property and Services,  
Policy

Geoff has lived in Beverley his whole life, attending Minster Boys School and Longcroft School in the 1950s and '60s. After leaving school in the late 190s he started work as a maintenance fitter for Deans and Light Alloys, where he remained for 25 years. A move then saw him work at Hodgsons Sealants for a while before taking up the post of a minibus driver for school children. He has two daughters aged 27 and 29.



### **Nick Machen**

**The Beverley Party**  
**St. Mary's West**

Council Meetings:  
Full Council

Nick became a councillor to see the development of youth provisions in the town. As a father of four sons, two of which still attend school, he is keen to see facilities in the area develop for young people. He is a self-employed graphic designer, originally from Sheffield. He and his wife Kerry lived and worked in London until the late 1980s before relocating to Beverley to start a family, where they have been settled ever since.



### **Paul McGrath**

**Labour**  
**Minster South**

Council Meetings:  
Full Council, Policy, Grants

Paul was born in Middlesbrough and moved to the area 9 years ago after a work transfer. He has been employed by the same company for 33 years and I is currently based at Hull Container Terminal. He lives with his wife, Maureen, and both say they have made a good home for themselves in Beverley, and thoroughly enjoy their lifestyles here. For many years he was an active trade unionist and firmly believes that working people have the right to be well represented in the workplace.



### **Philip Dodsworth**

**Independent**  
**Minster North**

Council Meetings:  
Full Council, Planning,  
Property and Services,  
Policy, Grants

Philip was born and brought up in Sheffield and moved to Beverley in 1991. He is ex-forces and is proud to have served his Queen and country across the world. Philip is semi-retired and a founding member of the Track & Fitness Boxing Club. His other interests are shooting and other parts of country life. He has been a member of the Beverley Community Partnership for six years where he learnt about involving and interacting with the local community in Beverley and the surrounding area. He is married to Maxyne and they have five children between them.



### **Tom Astell**

**Labour**  
**St. Mary's East**

Council Meetings:  
Full Council

At 19, Tom is the youngest local councillor, but despite his age, is not new to politics. When Tom was 10 years old he became a member of the East Riding Youth Assembly, which gives young people a voice and representation across East Yorkshire. At 14 he was chosen to become East Riding's Member of Youth Parliament, following a vote from 26,000 people. He has taken an active role in his positions, speaking about MPs expenses on national television and radio.

## Barbara English talks us through the only Dominican Friary left in Yorkshire, here in Beverley



One of the hidden treasures of Beverley is the Dominican Friary, down little Friars Lane, between Eastgate and the railway line. Although there is a footbridge over the railway at the end of Friars Lane, few people now pass this way. Yet once there was a large set of buildings here, a church and a cloister, with all the necessary buildings to house and feed forty-two friars in 1310. Much of the friary was destroyed by Henry VIII in 1539 by the building of the railway and by 20th century assaults by an engineering firm. Saved by a whisker, what remains is charming, ancient and peaceful: a lovely place to visit, and to sit in its ancient rooms or in the garden (it is now used for the most part as a Youth Hostel but can also be rented for private events).

The Dominican friars who lived down Friars Lane were known as black friars, from their robes. Beverley also had grey friars (Franciscans) and Hull had white friars (Carmelites). Most friary buildings have been knocked down (ours is the only Dominican friary left in Yorkshire) but the 'colour' nicknames linger on, as in Blackfriars in London, Greyfriars Crescent in Beverley, and Whitefriargate in Hull. Do you remember the story of Greyfriars Bobby in Edinburgh?

The Beverley Dominican friary was founded around 1240 on land given by Stephen the Goldsmith. It was closed in 1539 by Henry VIII, at the same time as the other 200 friaries in England and Wales.

The outside of the building is a mixture of brick and stone. Friars were without possessions, in theory anyway, and lived by begging. So their building materials are a bit random, and this is one of the pleasant things about the Friary. The garden has a grave cover of a 'lady' propped against the wall, and the old 1500 or so doorway of the Guildhall in Register Square, removed on 'modernisation' in the 19th century.

Inside, there are other treasures. The Great Hall upstairs has panelled walls, but where the panelling has been damaged and removed, there are wall paintings of the late 1500s or early 1600s. In a small room off the great hall, even rarer early

wall paintings, intertwined leaves with black birds and an enigmatic inscription on one side: and on the other, a possible depiction of the Trinity?

If you have never been down Friars Lane, do go and have a look. The outside is always visible, and the interior rooms are often open to outsiders: the Youth Hostel staff are very friendly.

Greyfriars Crescent – yes, we had the Franciscan grey friars too, on the other side of town. Their first house was behind the present Albert Terrace, where they came around 1267, and later they moved nearer Keldgate Bar on land given by the Hotham family. The founder of the Order was St Francis of Assisi, the saint who preached to the birds. Judging by the number of townspeople who wrote in their wills that they wanted to be buried in the Greyfriars, they were marginally more popular than the black friars. Numbers of burials were great – more than 300 skeletons were found at the Keldgate site in 1819, along with daggers, keys, buckles and silver coins, and many skeletons lie under the railway and under Armstrong Way from the Dominican house, where they were buried sometimes three deep. So it was not surprising to historians, that a house plot being excavated at 'Low Friars' in 2015 began to turn up skeletons, as the excavation seems to have been into the Greyfriars graveyard. Exciting times, who knows what may turn up. Important people have been buried in Franciscan graveyards, including the recently rediscovered Richard III in Leicester.

A footnote to the history of the Beverley friars: Chaucer, our most famous medieval poet, opened one of the Canterbury Tales with these lines (these are modernized):

*My lords, there lies – in Yorkshire as I guess –*

*A marshy district known as Holderness.*

*In which a friar, a limiter, went about*

*To preach his sermons and to beg, no doubt...'*



# Time for one last beach party

Coming to Saturday Market on Sunday 27 September 2015 is Beverley's first ever Family Fun Day, which will see an array of action packed activities, games, rides and fun for all the family with an end of summer party time twist.

With all proceeds made from the day going to each of our local primary schools.

Phil Scaife, organiser of the event said: *"I couldn't be more excited about this event. We have been thinking about an event like this for some time now and decided to create it this year. The end of summer can feel like a bit of a low point for some, especially with the kids going back to school, so what better way to lift everyone's spirits than a family fun day?"*

*"We have brought together lots of good fun attractions from our local area and put them all in one place for the day. Everyone so far has been very positive about the idea and are giving up their time in full support. Of course there is a big incentive, raising very much needed funds for the local primary schools, which will benefit the whole community now and in the future. I strongly feel that if we as a community really support and embrace the event, we'll see great results in our schools and really bring the community together. Hopefully we can then build on the event and make it a regular fixture in the Beverley calendar."*

There are numerous attractions taking place on the day, including Beverley's first beach, competitions, funfair rides, local bands, an outdoor picnic and street food area, donkey rides and children's bouncy castle.

Organisers have also secured exclusive treats including a De Lacy Pamper Tent and the award winning, Take That Live tribute band.

**Please visit the Facebook page for more information.**

Times and additional activities will be confirmed leading up to the event, and more information can be found by searching Beverley Family Fun Day on Facebook.

**For any more information on how you can get involved and support the event or to hear more about sponsorship options, call Lindsey on 01482 860433 or email [lindsey@bluecanoe.co.uk](mailto:lindsey@bluecanoe.co.uk)**

## ERA 'Art in the Aisles'

St. Mary's church held the local artist day on Saturday 15th August. On display were a variety of exhibits from local artists for the general public to view and admire. St. Mary's provided a great backdrop for such an event to take place. The day was a great success.



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# Comment



The Councillor Stephen Parnaby OBE, leader of the East Riding Of Yorkshire Council speculates on Beverleys future as a prime sporting location

I'm glad to report that Beverley and the East Riding generally has enjoyed some excellent economic results from tourism and tourism-related events in the past year or so. For the first time ever, the county's visitor economy topped half a billion pounds in 2014, with the amount of money generated by the tourism industry in the East Riding estimated at £506 million.

Tourism is the lifeblood of thousands of people in East Yorkshire – it supports 11,000 jobs and 1,800 businesses. East Riding of Yorkshire Council works incredibly hard to promote tourism and the number of visitors coming to our beautiful county, and how much they spend, benefits a huge amount of people, from hoteliers and café owners to shopkeepers and service providers. I'm sure that with the Tour de Yorkshire factored in when it comes to calculating this year's figure, 2015 should prove to be another bumper year for tourism in the East Riding.

About 15,000 people attended the start of the second day's stage in Beverley and many tens of thousands more gathered in Bridlington or lined the routes in East Yorkshire to cheer the competitors on.

The public's appetite for such a high-profile event, with communities hosting events and decorating their towns and villages, should have resulted in big benefits for local shops, services and hotels.

It was with such success and enthusiasm in mind that East Riding of Yorkshire Council submitted an expression of interest to sponsor a start or finish of the Tour de Yorkshire 2016, with a decision from the Amaury Sport Organisation and Welcome to Yorkshire expected later in the summer.

I'm hopeful we can secure a part in next year's event because the council's investment in sponsoring this year's Tour was worth every penny for the economic benefits it brought the county and the exposure we received nationally and internationally. Not only is the East Riding the best place in the world to live, work and visit, the Tour de Yorkshire 2015 proved it's an ideal location for large sporting and entertainment events.

## Optometrist in for awards double



**Cast your vote to support Beverley optometrists in prestigious awards double**

Beverley optometrists Andrew and Rogers are in the frame for two prestigious awards.

Trading in the town for almost 20 years, the firm is hoping to do the double in the Association of Optometrists countrywide contest.

In what is believed to be a first, Andrew and Rogers is competing in the practice of the year category and has a member of staff named in the final three of the optical assistant of the year award.

The short-listing is a reflection of the independent's continued success, said business partners Roger Smyth and Andrew Scott.

*"For prescription eyewear, we have both highly experienced and caring dispensers with the very latest in optical technology," they said.*

*"We examine everything from the shape of the face to the position of the eyes and inclination of the head to the position of the glasses on the nose to ensure our clients get exactly what they need.*

*"And if contact lenses are preferred, we can supply the right pair, whether that's daily disposable options or reusable lenses."*

A coveted range of designer sunglasses is also available, including brands such as Oakley, Calvin Klein and Ray-Ban which not only look good but protect the sight too.

Andrew and Rogers's luxurious premises are a well-known fixture in North Bar Within, part of Beverley's Georgian quarter.

The business carried out a complete renovation of the historic building on relocating there from elsewhere in the town in 2013, helping to maintain it for the community.

And with countless loyal clients, Andrew and Rogers is now encouraging people to vote in the awards online to help bring them back to Beverley.

Chair of the judging panel, optometrist David Shannon, said: "Preparing a shortlist for these awards is difficult as the competition is high.

*"As a judge, I never cease to be amazed by the extraordinary quality of most of the entrants."*

Voting closes at midnight on September 20. The winners will be revealed at a special black tie gala dinner and ceremony during the National Optical Conference on November 5. Visit [www.aop.org.uk/aop-awards/](http://www.aop.org.uk/aop-awards/) to vote.

**\*Find Andrew and Rogers at 15 North Bar Within, Beverley, HU17 8AP. Visit [www.andrewandrogers.com](http://www.andrewandrogers.com) or call 01482 860362.**

# Flying The Nest

When your son or daughter leaves home for the first time to go to university, it can be an exciting time full of new beginnings, but that doesn't mean it will be easy. A child leaving home can leave you feeling at a loss. Not hearing their music playing or their attempts at creeping in quietly at 3am might be a welcome aspect of university life at first, but you know you'll miss them as soon as they're gone, and worse, worry about what they're up to.



Here's our guide on how to get through their first semester away.

**1 - Don't worry if you don't hear from them for a while.** The chances are, they're busy sleeping off another late night. They'll be busy making new friends and getting to know their housemates, so don't pressure them into phoning home too often. You'll hear from them soon enough.

**2 - Send a thoughtful package.** Everyone who goes to university is likely to leave something behind they meant to take with them – whether it's an old beloved t-shirt, set of headphones or a poster for their bedroom wall, finding it in a parcel from home, along with a handwritten letter, some photos and sweets will put a smile on their face.



**3 - Don't touch their bedroom.** It might seem like they're never coming back, but they will, and when they walk through the door at Christmas, they will want to know their room is exactly as they left it. Well, maybe not exactly. Hoovering is fine, but don't paint it a different colour or turn it into a home gym.

**4 - Help them out with cash.** Yes, it might get used for drinks and takeaways, but that's how they make friends, and that's a vital part of university.

Surprising them with the odd £50 in their account might be more helpful than you think. They might still be too busy to phone you, but they will appreciate the gesture.

**5 - Do something for you.** Now that they're away, you might find you have a bit more time to yourself. Don't sit around worrying about them; use the time to do something new yourself. Try a new hobby, sport, or meet up with that friend you keep meaning to for a coffee.

**6 - Be prepared for them coming back.** Whether it's just a quick weekend visit or for the Christmas break, the best welcome home won't be anything special, but cooking their favourite meal, especially if their culinary skills don't stretch far beyond the microwave.

**7 - Remember that they're an adult.** It might be hard to believe, but they are completely capable of looking after themselves. Even students on the heaviest nights out tend to stay responsible. Housemates forge fast bonds and they'll look out for one another and make sure they stay safe.

**8 - Trust their university.** Universities have student unions full of dedicated

teams ready to help out, should a student need it. They'll be provided with local taxi numbers, guidance on where to register with a GP and names of people they can go to discuss any concerns they have over their course, finances or general living.

Your child might not be a child anymore, but they'll be home before you know it, and most likely will be bringing a suitcase of dirty clothes with them too. Trust them to look after themselves, and you'll all have a more enjoyable time this autumn.

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# Hemingway Bailey's guide to Student Finance



A level students receive their exam results this month and for those waiting to secure a place at university, it can be a very exciting and tense time. It can also be a very stressful time for parents though. I am often asked how parents can help their children through their time at university financially. My advice is always split into two sections: long term planning, and what you can do while they're studying.

## Long term planning

It's possible to start saving for their university education as soon as they're born. There are a number of options for you to do this:

- A Junior ISA: In 2015-16 the savings limit is £4,080. Savings can be a combination of cash or a stocks and shares ISA.
  - Children's Investment Plan: Various financial organisations offer Children's Investment Plans and you can pay regular amounts into these. These are often invested in stocks and shares and while we know that there is an element of risk to this, over the long term of up to 18 years, any risks are likely to be smoothed out.
  - Grandparents: Your parents can gift up to £3,000 a year for your children to offer a way of helping to top up their grandchild's fund. This amount is in total and must be spread amongst all grandchildren. Providing you are alive seven years after giving this gift, it is not eligible for Inheritance Tax.
  - Cash gifts of up to £250 can also be given to anyone, so if you have a niece or nephew, you could gift a smaller amount into their fund.
- As with a lot of investments, it is advisable

to plan as far ahead as possible. If you start at your child's birth, it is possible to have raised a significant amount by the time they are 18. Even if university is not their chosen route at this point, they still have a financial safety net to see them through the next stage of their lives. For all of the investment advice on what is best for you, we recommend speaking to an Independent Financial Advisor to discover your options.

## During university

There are some practical steps you can take while your child is at university too:

- In the first year they are likely to be living in halls of residence, but in their following years they will often opt for rented accommodation in the private sector. There is the opportunity here to use your own funds for investment in the form of a buy to let mortgage. Parents enjoy knowing their child is in well looked after accommodation and that they are in control of the rent they pay. There is the additional advantage here of also earning income from their housemates. Some people opt to sell the property at the end of their child's time as a student, while others keep the property for future rental income.
- Studying costs tend to be higher in the first year as students buy more books and equipment. Purchasing these for them would mean their funds are able to stretch further.
- Encouraging them to get a part time job if their course allows will provide them with a small income and also gives them

an introduction to work, helping them become more employable when they finish university.

- Parents often worry whether their children are eating enough and not just spending their money on alcohol and takeaways (something we all did as a student!). Online food shopping can be organised and paid for by you so you know that they are getting enough food each week (unfortunately, this doesn't cook it for them!).

- Be prepared for calls or texts asking for funds, by putting away a small amount yourself each week. It will happen!

But before all of this, it's important to make sure their Student Loan application has been submitted on time as delays can lead to having no funds in their early weeks.

If your child does not get a place on the course they have applied to and instead gains a place through clearing, they do not need to cancel their student loan application. This is handled through UCAS, who transfers the details across for you.

Ideally, people will plan ahead but we know this isn't always possible. Don't worry, there's still a lot you can do. In the meantime, we hope you're looking forward to results day!

**Alan Hemingway**

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# Calf House Studios

Visitors to Cold Harbour Farm usually comment on the peacefulness of the setting and the amazing views from the spacious car park down over the Wolds to Beverley Minster and beyond to Holderness.

Calf House Studios are in converted Victorian farm buildings at Cold Harbour Farm, Bishop Burton. It is home to seven resident artists and also provides space for visiting tutors. A new programme of art courses starting in September 2015 is now in preparation.

The farm was originally part of the Bishop Burton Estate which has a well-documented history so the various uses the buildings have been put to over the years is known. Changes in farming policy in 2008 meant that several well-preserved but small buildings had no commercial use for agriculture.

The use of the buildings for artistic spaces was inspired by an advert in the Beverley Advertiser.

Artist requires studio to let.

This was a light bulb moment for Heather Hayward, who owns Calf House Studios. She realised that artists would welcome a small space with peace and quiet - and poor access to phone and internet services! The conversions were carried out with an artistic use in mind so that they all provide suitable light as well as being well insulated and therefore easy to keep warm and comfortable. They offer a fantastic environment for artists with a peaceful environment, and amazing views over open countryside.

Stone carver Peter Brown was the artist who placed that advert and he was the first to take a unit; he uses his studio to create his unique hand carved sculptures. He also offers stone carving lessons, creativity days with a chance to

experiment with various media and art psychotherapy sessions. He moved north from London where he was a successful advertising executive to pursue his dream.

Tracey Spurgin runs her jewellery design business, Craftworx, from Calf House Studios. She spends most of her time teaching others in the use of silver metal clay and runs courses throughout the year for beginners as well as more experienced students. She has become an international centre of excellence for silver metal clay and plays host to visiting tutors and students from abroad as well as teaching in other countries. Silver metal clay is made from reclaimed industrial silver with a binder added for ease of working. In firing, this is burnt off leaving the silver. Tracey can be seen demonstrating on the TV jewellery maker channel and she also produces webinars on new techniques. Solar panels installed behind her studio make this a sustainable business.



Master photographer John Denton operates one of the leading portrait photographic training centres from Calf House Studios. He has also written books on photographic techniques. In conjunction with his wife Liz they run studio development sessions as well as photographic training. John is much in demand all over the world.

Graham Chambers specialises in teaching watercolour painting. His popular lessons have introduced many pupils to the enjoyable and relaxing world of watercolour. When not teaching he shows his love of dogs, Land Rovers and all things rural in his own work in watercolour and oils. His background in printing gives him an amazing insight into the use of colour in art.

Glass art is the specialism of Debbie March whose unique work has been selling really well in galleries this year. She makes unique glass pictures as well as smaller pieces and has collaborated with a woodworker to make colourful glass inserts for some of his pieces. Her work can be found in several local galleries.

Ali Brayshaw is a ceramicist who throws beautiful pieces on her potter's wheel. She works in porcelain and specialises in simple shapes that are beautifully made.

Rob Porter is a talented woodworker who uses reclaimed wood to make drink presentation sets, cheese boards, clocks, seats, tables and other items.

There are more buildings that can be converted, so Heather envisages other artists joining this cosy nest of creative activity in future.

**Further details of all the artists and the courses they run can be found on the website. Please note that the artists are usually busy teaching so visitors are welcome on open days or by appointment only. The next open days will be for East Riding Open Studios on 10/11 October and 17/18 October 2015.**

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



# Flying High! A hobby which allows you to reach the skies!

Andy Burton is passionate about his job as an electrician (he's the MD of Burton Electrical Solutions) but he's equally passionate about his hobby – flying. Andy is not only a qualified pilot, flying a Cessna 150 or Cessna 172, he also has a full set of certificates to fly radio-controlled fixed wing and rotary model aircraft.



Andy flies Cessnas as a member of Hull Aero Club out of Beverley Aerodrome which is at Linley Hill near Leven. This club also has an established group of modellers, but there are other groups of modellers which Andy also flies with – The Beverley and District Model Aircraft Club (BADMAC) is based at Meaux and The Westwood Flyers who fly at Burton Bushes opposite Beverley racecourse. Model aircraft flying is often perceived as a hobby for later years, but Andy is really keen to encourage younger people to take up the challenge of this test of concentration. Flying model aircraft requires as many skills and as much practice as flying a full sized aeroplane! So Andy has joined the 399 (Beverley) Squadron Air Training Corps (ATC), which is based at Longcroft School, as a Civilian Instructor to do just that. As a fully-accredited and insured British Model Flying Association (BMFA) member he intends to bring his recruits up to a basic

A Standard so they can fly different types of aircraft solo.

Getting started is much easier than it once was when you always had to make your model from scratch and fit it with an engine and radio before you could fly. Today there are almost-ready-to-fly (ARTF) models available, including training models, which are more stable and also more robust than more advanced models – which makes them easier to repair should you crash! If flying model aircraft is something which you would like to know more about, Andy suggests you contact Hull Aero Club or BADMAC and pop along to see the range of models being flown and maybe try your hand. You will get an introduction to the social side of club membership, too. Or give Andy a call. He would be delighted to enthuse you so you become equally as passionate as he is!

You can get hold of Andy on 07585 601730 or [info@burtonelectricalsolutions.co.uk](mailto:info@burtonelectricalsolutions.co.uk)  
Hull Aero Club, Beverley Airfield, Linley Hill, Leven, HU17 5LT Telephone 01964 544994 <http://www.hullaeroclub.co.uk/>

BADMAC, Stud Farm, Meaux Lane, Meaux HU17 9SS <http://badmac.btck.co.uk/>

399 Beverley Squadron Air Training Corps 01482 880301 <http://399aircadets.org>



Andrew Burton,

28 Carnaby Close, Leconfield, East Yorkshire, HU17 7LA

t: 01964 552769 m: 07585 601730

e: [info@burtonelectricalsolutions.co.uk](mailto:info@burtonelectricalsolutions.co.uk)



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# Changing the World one life at a time - Jacob's Well Appeal



Beverley is well served for cafés and eating places, but at 2 Ladygate is a different kind of café. It's not really a café, more of a small collection of tables and chairs as it is within the Jacob's Well Appeal charity shop, but it does make a good cup of tea or coffee with biscuits or cake for less than you'll be likely to pay anywhere else. It has recently had a makeover making the space lighter and airier and welcomed a new manager, Karen Buxton. But what makes it extra special is that it is a community help base, staffed by volunteers with listening skills and with links to the Community Mental Health Team. This means that for the people of Beverley and its visitors, there is always someone to chat to during opening hours. To clients of the Community Mental Health Team, there is a safe place to visit with empathetic, understanding people to engage with.

feel wanted and gives them a sense of purpose. Without Jacob's Well Appeal, some people's lives would be very empty. Which is why this charity shop also runs a variety of clubs and courses. For example there is a knitting circle which meets regularly and a confidence support group.

Jacob's Well Appeal is dependent on volunteers who can offer anything from a few hours of their spare time to almost working with them full time. Volunteering in itself is a positive, life changing experience which fits well with the mission of the charity. Some of the volunteers have been active for almost 30 years with the oldest volunteer almost 90 years old, but age is no barrier as Jacob's Well appeal welcomes all offers of help. Volunteers not only help in the café and the shop but in the warehouse, sorting donations for selling or for shipping overseas, fundraising or in the office. Offers of help from volunteers with specific life skills wishing to help with mercy missions are most welcome too.



Jacob's Well Appeal was established in 1982 by Drs Beryl and Peter Beynon and now involves their son, Reverend John Beynon. Their mission is to change the world one life at a time. The charity does a huge amount of work overseas in countries including Burkina Faso, Kenya, Ghana, Romania, Moldova and Ukraine, but its work here at home in Beverley is vital to many.

**If you would like to get involved in any way please ring the office on 01482 881162 or pop into the café and shop for a cup of tea and friendly chat. You can find out more information at [www.jacobswellappeal.org](http://www.jacobswellappeal.org)**

In a fast moving world, loneliness can be debilitating. The café helps visitors to







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# Eating In

Bringing you a selection of the town's best choices of pubs, restaurants and bars for the lowdown on where to eat in Beverley.

## Beverley Arms Hotel



You can relax in our newly refurbished lounge area and enjoy a meal from our new menu, and while the weather is good you can sit in our beautiful courtyard area too and enjoy coffee and toasted tea cakes.

Our aim here at the Beverley Arms is to make your dining experience an enjoyable and relaxing one. Our new menu includes bites from paninis and burgers to our raved about meat feast, not forgetting our sizzlers, hot enough to set off the fire alarm!

Our chefs have a passion for food that's not to be missed out on.

**The Beverley Arms Hotel,  
25 North Bar Within, Beverley, HU17 8DD  
reception@thebeverleyarms.co.uk  
thebeverleyarms.co.uk  
01482 869241**

## Hide Restaurant at Tickton Grange Hotel



Our menu is based on the rich array of Yorkshire produce. Each dish's accompaniments are chosen to reflect the natural surroundings of the main element.

David Nowell heads the brigade of chefs here at Hide. He is also Chair of the East Riding Food Network, an exciting group of artisan growers, farmers and producers whose products we always prefer. Hide, of course, suggests beef. Yorkshire beef, often reared on lush Wolds pastures, ranks amongst the best in the country. Whilst beef is only one element of our menu, we do give it a little more emphasis in terms of choice and style of cooking.

The name of our restaurant is also a nod to the past. Generations of the Whymant family, owners of Tickton Grange Hotel, previously dedicated their working lives to the production of high quality leathers and shoes.

**Hide Restaurant, Tickton Grange Country House Hotel,  
Tickton, Beverley, HU1 9SH  
info@ticktongrange.co.uk  
hiderestaurant.co.uk 01964 543 666**

Want to see your restaurant or pub featured here?

Get in touch [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) or call 01482 679947

## Going back to the future at The New Inn, Tickton



The New Inn at Tickton has been serving the local community as an ale-house since 1824 – there are the original deeds up on the wall to prove it – which is why the current owners, Hazel and Beverley are so proud that so many of their regulars think of The New Inn almost as a second home. It is a hive of activity, selling John Smith's Cask, Theakston's Mild and selected guest ales, which change every week, along with a selection of wines, spirits and soft drinks and providing home-cooked, well-made food which is sourced locally.



Hazel and Beverley know their friendly, welcoming pub is down to the values they aspire to, which is why they have recently rebranded. Whilst painting the building, they found the old pub signs along with a copy of the old logo in a 1989 copy of the village newsletter, The Tickton Diary. They had already decided to concentrate on a menu that delivers delicious food so that it could be served in the restaurant as well as in the bar, to give their visitors a choice of formal or informal settings. They also wanted to 'warm' the décor up to give a more comfortable feel. So they revamped the old signs and logo to further reflect the changes, recognising that going back is the key to going forward!

New Inn 'regulars' come not only from Tickton but also from Beverley, Routh, Leven and beyond. The reason is the energy, enthusiasm and level of engagement between Hazel and Beverley and their customers. There are themed menus and themed nights, where even the music complements the menu, the pub is decorated and fancy-dress is encouraged. But the priority is great food, friendly atmosphere and a warm welcome. Which is why the New Inn deserves its success!



The New Inn opening hours are:-  
Bar – 12pm - 3pm Wednesday - Sunday and 6pm-11pm Monday – Sunday  
Food – 12pm – 2pm Wednesday to Sunday and 6pm – 9pm Tuesday to Saturday

**The New Inn, Main Street, Tickton, Beverley, HU17 9SH Telephone 01964 542371**



## Repertory scores on the Yorkshire Coast

The Spa Bridlington launched its third Musical Repertory Season in the middle of July; consisting of three weekly shows taking place in three East Riding based venues over an eight week period.

There was a time when every theatre in the country had repertory; with resident performers entertaining audiences with different performances every week. It was how many British film actors and actresses learned their trade and grew their reputation.

Repertory is just one of great things from the past being pioneered for the future by The Spa Bridlington. Previous audience members have been staggered by the quality and originality produced.

Andrew Aldis, general manager and producer of the season said "It's a far cry from the cheesy, seaside variety shows of the past and sets Bridlington apart from other resorts in producing high quality theatre experiences with bespoke-arrangements, live band and London-sourced performers.

*"Add to this the use of local couture talent in costume design and production, local band members and a theme running throughout, it makes for a night out at the theatre more akin with a visit to a major city than a coastal town in Yorkshire."*

This year's lead production is Fables and Fairy Tales. Set in a derelict, stately home library, the show takes the audience to both dark and comedic worlds in musical theatre style. From Pinocchio telling fibs and the three pigs as maids to the newly commissioned tale of the Giant Lobster of Bridlington; the show is a mix suitable for all ages and is, without doubt, the team's most epic creation so far.

The cast includes Andrea Miller; a mature actress approaching 70 years old, whose credits include the classic BBC post-apocalyptic drama Day of the Triffids. Accompanying her is Sarah Francis; who appeared in the BBCs Festival of Remembrance in 2013 and Cameron Leigh, a west-end stalwart who has appeared in many productions in the west end including Chicago, Charlotte's Web, Cats and Joseph.

Alan Richardson and Dale Page return with their incredible counter-tenor voices and comedy timing. Previous audience members will recall Alan as a lobster and a meringue-frocked bride! The show's band consists of five talented musicians playing a range of different instruments including piano, string, woodwind, brass and percussion. There will even be a xylophone and glockenspiel.

In addition, there will be a performance in promenade of a Cole Porter-themed show called Pass the Porter, being performed on Tuesday and Friday early evenings at Sewerby Hall and Gardens and on Saturday early evenings at Burton Constable Hall.

Andrew Aldis added, "If you want to experience the most professional new theatre production in the East Riding then pop a visit to The Spa Bridlington into your summer diary."

**The Spa Bridlington repertory season runs until Saturday 5 September. More info at [www.TheSpaBridlington.com](http://www.TheSpaBridlington.com)**



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# Cycle Race



# Raft Race



# Yorkshire Day



# Ladies Day at The Kings Head



# Autumn fashion trends that matter

The autumn 2015 fashion season is almost upon us, and of course, we don't really want to think about next winter yet either. But with a rainbow of power coats, tons of Victoriana lace and more seventies hippie, chic style revival to get our heads around, there are plenty of hot new trends to start getting excited about now. These are the Autumn / Winter 15 fashion trends that matter.

## Fluff Love

From curly sheep gilets in glorious, bold colours to abominable snow jackets, a warm and fuzzy coat is your first essential buy of AW15. Statement shearling ruled at Lanvin and Roksanda, while Louis Vuitton and Stella McCartney made maxi faux furs thick enough to fight off that next polar vortex. Fascino Boutique, Beverley has a wide selection of faux furs and vintage real furs to compliment your winter wardrobe.

## Boho's Back (Again!)

Yes, that Seventies show swings on for a second season. The vibe has gone more folksy than glam rock this time, with Burberry Prorsum, Valentino and Lanvin piling on the prints and fringing in a total texture overload. Houses like Chloe were in their element once more, building on the hit dresses from their spring collections with new layers of suede and patchwork knits. Key piece? The poncho or cape. This key piece will be everywhere this season and will be a great versatile item to team with knitwear for a layered look.

## Code Red

Scarlet, traffic light, crimson or ketchup - whatever you want to call it, there's no denying AW15's stand-out colour trend. From Dior to Marni, Fendi to Ferragamo, every designer has been influenced by this bold stand out colour that is guaranteed to get you noticed on dull winter days.

## The Debutante

She's the lady who does lunch. Chanel, Balenciaga, Stella McCartney and more are urging us to get elegant in tulip skirts and décolletage-baring dresses. This trend can be taken from daytime to night-time by adding a killer pair of heels and a piece of statement jewellery.

## Gothic Romance

Moody lace and high ruffle necklines cut beautiful, costume-worthy silhouettes at Alexander McQueen, Alberta Ferretti and Rodarte. The 19th century vibes ruled over the beauty world too, as deep berry lips and period drama hair vamped-up the dark glam look even further.

If you love couture designers pieces but don't want to break the bank to achieve the look, check out **Fascino Boutique, 1 School Lane, Beverley** a designer selling agency, providing customers with new and nearly new designer pieces that are more individual than high street collections, yet still have a high street price tag, so you don't have to break the budget to achieve a straight of the catwalk look.



Fascino Boutique, 1 School Lane, Beverley  
 Opening times: Wednesday - Saturday 10.30am - 5pm  
 Contact Shelley - 07940 243375  
 Facebook [www.facebook.com/fascinodesignerboutique](http://www.facebook.com/fascinodesignerboutique)  
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# Back to School

Almost as soon as they arrived we're preparing for the end of the summer holidays, and there's no better way to get ready for a new school term than with a fresh attitude, welcoming the academic year ahead. We've put together a list of the best ways to prepare for September.



## 1) Routine

The holidays will probably have brought late nights and even later mornings, with your young ones and teenagers opting to stay up late and sleeping well past the normal school start time. Getting back into a routine is much easier if it's started ahead of the first day back, so use the last week of the holidays to start getting up early again. You'll get to make the most of the last days off that way too.

## 2) Diet

Like your children's sleeping habits, their normal meal times are likely to have been thrown off a bit in the last month, seeing them snack throughout the day and rarely having lunch at the same time two days in a row. Try eating meals as a family at the same time as you would during term time. Getting into this habit now will get the brain into action early, avoiding any sluggish mornings back at school and ensuring that learning isn't compromised.

## 3) Exercise

Chances are your children will have spent the last few weeks being full of energy and running around with their friends on days out. If you have teenagers at home that seem to prefer movement at a snail's pace however, a bit of light exercise can help energise them ahead of a new term. Some moderate exercise can actually improve energy levels, so getting into the habit of a bit of sport each day, or a gentle walk or jog in the evening could see their concentration levels being much higher when they return to the classroom.

## 4) Revision

Have a child starting their GCSEs or sitting their SATS this year? Hold off on buying their revision guides until they've been back at school long enough to have seen all of their subject teachers. The cost of revision guides can easily pile up, and it's best to find out which guides their teachers recommend. There are a variety published, and which ones are best suited



to your child will depend on the type of exam they will be sitting, which exam board the subject uses and what at what level they will be entered.

## 5) Uniform

It's tempting to leave the task of buying a new school uniform as late as possible to allow for any last minute growth spurts your child has over the summer, but plan ahead and consider how many other parents have the same idea! Buy the smaller items now: socks, PE kits, shirts and t-shirts, and get around to the trousers and shoes last. If it's going to be a rush to get everything bought on time, it's a good idea to have some of the staple items already.

Similar to this, even if you think your child hasn't grown much over the summer, it's worth having them try on their shoes and uniform now, just to make sure. There's nothing like shoes that feel too tight to make the first day back more stressful than it needs to be!

## 6) Online storage

This is a particularly good organisation tip if your child is making the move to secondary school this year. There'll be a lot of changes in routine and expectations, particularly regarding homework. Getting them set up with some online storage space is a great idea for avoiding any excuses of 'I left it at home' when it comes to handing work in.

Their school is likely to provide them with some computer storage space for any work they do, but backing it up to the

cloud means they'll always be able to easily access it at home too, without the worry of leaving anything behind. You can get free online storage space from Google Drive and Microsoft, plus many others. Getting into this habit early will also set some great organisation skills.

## 7) Getting there

Have you planned your route to school yet? Maybe your child is starting a new school this year, or perhaps you've moved house since last term. Are you confident that they know the way, should they need to get themselves home by themselves one day? Do they know how long it takes in a morning?

Work out with them whether they'll be getting to school on foot, bike, by car or bus, and how long each way takes. If they are planning on walking with a friend, have they planned where they will meet, and do they know how good their friend is at being on time? Always have a back-up plan for this option. Saying something like 'We'll meet at my house at 8.15, and if you're not there by 8.20 I'll know to start walking up by myself' can avoid any stress or confrontation on the day.

## 8) Confidence

Lastly, a child can be as physically prepared as possible, but if they do not feel confident about the new term, the first day back might still feel like a struggle. Give yourselves ample time to sit down and chat about any worries they have. Even if they've never experienced any problems at school, returning to the classroom can feel a bit daunting after a long summer away.

Try taking each worry in turn and ask them how they would advise someone else on the issue, talking through different options and settling on what feels most comfortable for them.



# Rumi's Restaurant opens in historic building

There has been a real buzz in Beverley as the old NFU building, Agricultural House, on New Walkergate has been renovated. The building has been an eyesore for many years and posed several challenges for the designers and builders. But with the addition of windows and a canopy, it has been sympathetically brought into the 21st century whilst still maintaining that special 'Beverley' feel.



The man behind this is Sham Alom. Not one for shying away from a project, Sham saw the potential in the building when looking for somewhere to open a new Indian and Bengali Restaurant. Sham already runs The Garden of India restaurant in York and was originally thinking of expanding further within York, but a friend suggested Beverley. Sham looked at several buildings, but kept coming back to Walkergate. The space available meant he could incorporate accessible features such as a lift and power-assisted doors and modify the space to create the ambience which makes his restaurant, Rumi's, special – homely, welcoming and friendly. Sham wants to ensure this feel extends to the service levels enjoyed by his customers by welcoming them as friends and neighbours, treating them with warmth and respect so that every individual feels like the most important person in the room.

Along with a revamp of the premises, Sham has re-vamped the menu. He has

incorporated more dishes from his home country and introduced more fish and vegetarian options. Dietary requirements are taken into account, including gluten-free options. Sham wants to encourage customers to ask about dishes and the spices used to create them as his staff are there to give help and guidance. He has included his own favourite dish in the menu – Shatkori gai ka gosht, which is a Bengali dish of beef with wild oranges, so that is a personal recommendation! Rumi's also uniquely offers Indian-themed cocktails.

Sham is already becoming part of the Beverley community by his interactions with the builders, learning about the history of Agricultural House;

running competitions and growing 'friends' and 'likes' on Facebook and supporting Molescroft Primary School with a fund-raising raffle and one lucky child cutting the ribbon on Rumi's opening night, August 27th. He already feels a sense of responsibility to the town and has been moved by the messages of support he has received. Rumi's aims to stay ahead of the competition by innovation. Initially the restaurant will open evenings and Saturday lunchtimes but Sham is keen to develop a special lunch-time menu. More detail, though, Sham is keeping firmly under his hat!

Located in Beverley's central circuit, with parking outside the door, Rumi's is sure to rapidly become a Beverley destination venue.

Agriculture House, New Walkergate, Beverley, HU17 9EP.



# Cornucopia Festival

Cornucopia Festival is East Yorkshire's own music and arts festival held over three days at Burton Constable Hall. In its 4th year, this year's Cornucopia promises to be more inspiring, magical and vibrant than ever! There are over 50 musical acts from near and far on three stages, covering almost every musical genre you can think of. There will be crafts, a full children's programme, a wellness section, art exhibition, talks, walks and demonstrations, lighting, star gazing, games, worship, beer, including specially-brewed Cornucopia Ale, and food.

The festival begins at 5pm on Friday 25 September, Saturday celebrates World Music in the Big Top and Sunday is dedicated to Family Fun.

Individual day tickets and full weekend tickets including free camping and parking are available at [www.cornucopiafestival.co.uk](http://www.cornucopiafestival.co.uk)

Children under 17 go free and multi-buy offers are available online.



**Cornucopia**  
Inspiring Magical Vibrant



## Competition

This month we're giving away two adult tickets worth £60 for the Family Fun Day at Cornucopia on Sunday 27 September (remember, under 17's go free).

To win, answer the following question:

**Where is Cornucopia being held?**

Answers should be emailed to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) by Thursday 10 September.

*Judges' decision is final. No cash alternative is offered. Details may be used for marketing purposes by Cornucopia Festival, and for data collection and website analytics by Just Beverley. The winner will be notified within one week of the closing date and must be prepared to participate in publicity within the magazine and website.*

For people who cannot easily use other forms of transport e.g. elderly, disabled or those who are rurally isolated.



Attend 

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**Full Training Given**

# Evans Halshaw in Beverley unveils a new brand look

Local Vauxhall retailer, Evans Halshaw in Beverley, is excited to announce it has undergone an extensive refurbishment of its car showroom and reception area to enhance customers' experiences.

The new look comes complete with fresh furniture, bright tiles, new fixtures and fittings, and new lighting features, as well as signage to showcase Vauxhall's new corporate identity. There is also a revamped customer area where shoppers can relax in comfort.

New digital technology and screens have also been installed, which allow material from websites and digital media to come through electronic points of sale to provide a seamless consumer journey.

Additionally, the brand new car showroom on Swinemoor Lane now offers motorists in the area the chance to view the entire Vauxhall range under one roof, including the brand new Vauxhall Viva.



Aron Brown, Dealer Principal at Evans Halshaw in Beverley, comments: "We are very excited about our new-look. Although many upgrades have taken place over the years in line with the latest Vauxhall specification, we feel this is the best one yet and we can't wait to see what our local community and customers think of it."



*"If you are looking for a new vehicle or service, we are available for all your motoring needs, so make sure you come and visit us to see what we can offer you."*

**To find out more about the vehicles and servicing offers available at Evans Halshaw, please visit the retailer at Swinemoor Lane, Beverley HU17 0LJ.**

**Alternatively, call 01254 235234 or go online to [www.evanshalshaw.com/brands/vauxhall/](http://www.evanshalshaw.com/brands/vauxhall/)**



**VAUXHALL**

# Goats cheese and beetroot salad

BBQ season might be coming to a close, but while the last burgers of the summer are cooking, take a look at these delicious recipes for dishes perfect for entertaining. They work as side portions, but equally are great as a larger meal (just in case you burn the sausages!). There isn't a salad in the world that's too difficult for even the most culinary challenged chef to create. Sometimes it's simply knowing what to use that proves tricky. Here's a late-summer favourite, bursting with flavour.



## What you will need:

- **Rocket**
- **Cress**
- **Cucumber**
- **Plum tomatoes**
- **Green olives**
- **Beetroot**
- **Goats cheese**
- **Pumpkin seeds**
- **Mustard seed dressing**

**1)** When you're preparing a salad, you want it to look great. The key to achieving this is good layering, starting with the lightest ingredients. Always bed a salad on your leaves first, starting here with the rocket.

**2)** Next, add the chopped beetroot, tomatoes and cucumber, followed by the goats cheese.

**3)** To finish, add the olives, then sprinkle the cress and pumpkin seeds over the top for a decorative finish before pouring on the mustard seed dressing.

## Feeling adventurous?

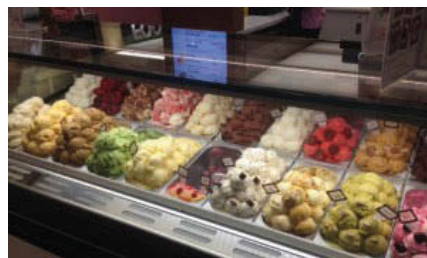
Try deep frying the goats cheese in batter. The batter holds in the cheese as it melts and adds a delicious warm texture that goes beautifully with chopped beetroot.

## Sweet treats and a warm welcome for all

Eleanor Wilson is a woman with a vision. She wants to ensure everyone can enjoy a sweet treat whether they are vegan or vegetarian, Coeliac, sensitive to dairy or to artificial ingredients by selling ranges which meet with this ideal.

Eleanor has sourced Joe DeLucci's Gelato products from Italy. Gelato means 'frozen', which is the word the Italians use for ice-cream – however, they don't use cream (which makes them lower in saturated fats) and many of their flavours are made with water rather than milk. But the end-products taste thick and creamy because there is little air pumped in – at Cocoa Rose you pay for the product, not fresh air! Eleanor stocks 7 flavours of dairy-free gelati and 10 flavours made with milk – pure heaven for people with a dairy intolerance who are usually unable to eat ice-cream at all!

But it's not only ice-cream which is



dairy-free! All the dark chocolate and fondant creams which she sells are safe for dairy sensitivities, too. Additionally, all the chocolate is gluten-free – it does not contain additives often found in commercially-produced chocolate. There are also gluten-free cakes.

Eleanor is passionate about ensuring her treats are made of the finest, natural ingredients which is why her smoothies are made from frozen fruit and fruit juice. As an extra healthy twist, some of the smoothies contain vegetables – carrot, goji berry, papaya and pineapple are



the contents of just one of Cocoa Rose's ultimate Veggie Smoothies! The chilled soft drinks from Feel Good are also 100% natural with no added sugar.

To complete the sweet treats offering, Cocoa Rose have ice lollies for children and adults and milk shakes – which can be made with non-dairy milk upon request.

Looking forward to the cooler weather, Cocoa Rose will be selling real hot chocolate drinks made from melted chocolate and flavoured syrups with non-dairy as well as dairy milks. Delicious!

# AJ Racing

AJ Racing is a local racing team who compete in the UK Time Attack Championship where man and machine are as one racing against the clock to record the fastest lap time. The UK Time Attack Championship is divided into six main categories, Pocket Rocket, Clubman, Club Challenge, Club Pro, Pro and Pro Extreme.



AJ Racing competes in the UK Time Attack Championship using a 2002 Ford Focus ST170, in the Club Class Naturally Aspirated Front Wheel Drive group.

The team have been invited to attend a number of prestigious shows this year such as TRAX - The Ultimate Performance Car Event held at Silverstone and, a little closer to home, The Yorkshire Modified Show which was held at Pickering Showground. This gave team driver Jonathan Morris the opportunity to let the general public know about the team and the series in which it competes.

AJ Racing also offers opportunities to up-and-coming college students of the motor vehicle trade the chance to learn on the job.

With thanks to John Stewart for kindly giving us permission to use the beautiful picture.

To find out more please take a look at <http://www.timeattack.co.uk/about-time-attack/>

## MINSTER CYCLES

With a 3000sq/ft flagship showroom based on Norwood in Beverley, Minster Cycles offers a huge range of high quality bikes, components and accessories, in addition to servicing, repairs and fitting.

We now offer 0% Finance, available on bikes from £500 with only a 10% deposit, with the brand new 2016 range just around the corner it couldn't have come at a better time!

Along side the new models for the upcoming year, we have selected 2015 bikes on sale.

Come to Minster Cycles, and you'll get expert, personal service from a dedicated team of staff members, alongside competitive prices and excellent aftersales support designed to help you get more from the booming sport that is cycling.

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



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## Just Beverley editor to cycle coast to coast for charity



At the end of August, Just Beverley's editor, Julian Minshall will be completing a charity cycle race of 140 miles.

Over the bank holiday weekend, Julian will ride the coast to coast route from Whitehaven to Sunderland to raise money for Beverley Community Lift. Seven cyclists will form the group that completes the ride, all attending to support Julian in his efforts.

On choosing Beverley Community Lift, Julian said: "They do an awful lot for the local area. While I'm still physically capable of riding a bike, I thought I'd help others less able than myself. It's my way of putting a bit back into the community."

"We don't always appreciate how fortunate we are to be able to get ourselves out and about, both for enjoyment and to take care of ourselves. Just Beverley is all about the community spirit, so it made sense to team up with this local charity and support the work that they do."

"Whether it's £1, £10 or more, all contributions will be gratefully received."

Julian is completing the ride as a personal challenge with a view to help local causes. He has been training locally in preparation for the ride, which will see the cyclists ride approximately 80 miles on the first day and 60 miles on the second.

You can follow Julian's progress on the Just Beverley Facebook page and make a donation at <http://uk.virginmoneygiving.com/JulianMinshall>

## Lions clubs work with Chamber of Trade to secure Christmas celebrations



The Beverley Westwood Lions and The Beverley Lions have received a cheque for £300 to support their annual Christmas activities.

The cheque, presented by Jason Huby, treasurer of the Beverley and District Chamber of Trade, was awarded to the clubs on 5 August at a short presentation at Market Cross.

Les Ford, president of The Beverley Westwood Lions, and Peter Frankland, vice president of The Beverley Lions, were both delighted to receive the kind donation which will ensure this year's festivities.

Beverley's Christmas light celebrations depend on the clubs receiving enough in public donations each year to go ahead.

Both groups are looking for new volunteers to join them.

You can get in touch with the clubs by emailing [info@beverleylions.org.uk](mailto:info@beverleylions.org.uk) or calling Les Ford on 01482 866696.

## Beverley Joint Sixth A-Level Results 2015



We are pleased to have another set of very good A Level results. Both girls and boys have performed very well. The pass rate is 99% with half of grades awarded being at A\*-B. In addition students who have pursued vocational qualifications have achieved highly.

We would like to congratulate all our students; their hard work has certainly paid off. Their results reflect the determined and sustained effort they have invested.

There have been some superb individual results with Oliver Hulme achieving 4 A\* grades and Alex Borthwick and Sam Burton achieving 4 A grades. A further 4 students, Callum Blake, Toby Brown, Sam Dyson and Hannah Waters achieved 3 A or A\* grades.

We again have a successful Oxbridge entrant with Oliver Hulme reading Natural Sciences at Cambridge University. A number of students will also be studying medicine or dentistry at their chosen universities.

Sharon Japp & Gillian Todd  
Beverley Joint Sixth Form



## Live your life in a positive frame of mind and be free

Life brings us all sorts of challenges – challenges which we can choose to view as problems (i.e. negatively) or as barriers to overcome (positively). Whichever way we view them, they are learning experiences from which we increase our knowledge bank of the world in which we live and how we can deal with it. Think about a challenge in a positive way and the journey to conquering it becomes a learning opportunity in itself, with cause for celebration when it has been beaten. Think about a challenge negatively and the way forward is stressful, the terrain is tough and every step causes fear and doubt. If you have doubts about your own decisions and ability, then others will also doubt you – and exploit you for it.

September is a stressful time for many young people – new schools, new colleges and universities; new classmates, new teachers, new lecturers and new friends. The situation is the same for everyone, but it's the relationship with the situation which enables some people to take this challenge in their stride and others to dissolve into floods of tears. Showing fear demonstrates innate insecurities which have not been overcome through appropriate learning

experiences, telling others that we are not as independent, experience and strong as we could be – and that could lead to manipulation and bullying.

Recognising fear in itself is a good thing as it send us a warning message to look out for our own wellbeing. But fear (which stands for Future Events Appearing Real) is not a reality. So facing the fear and going beyond it is the most positive way to keep those fears in check and to appear confident and capable.

Acknowledging that sometimes things aren't perfect because we are not infallible also reduces the stress we put on ourselves. But that's how we grow and that's how we become more resilient to stress. It's like a spiral – the more positive we are, the tougher we become; and the more secure we appear, the more respected we are. Changing our mindset to 'can-do' instead of 'cannot' frees us to live the life we can have today.

Until next time, Be happy!

Linda

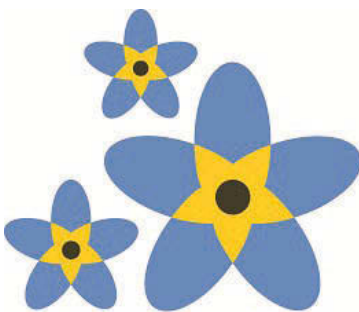
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**The East Riding Dementia Action Alliance (DAA) aims to support communities and businesses within the East Riding to take low/no cost actions that enable people with dementia to be active and involved.**

## Working to become Dementia Friendly

The East Riding DAA will be 7 months old during World Alzheimer's Month. Join us on World Alzheimer's Day Monday 21 September 10am – 12pm at St Mary's Hall, Beverley, where MP Graham Stuart will be presenting recognition certificates to

members. Non-members are invited to attend to find out how the DAA can help your organisation to become Dementia Friendly.

1/3 of people with dementia say that they do not feel part of their community. Joining the DAA is free and allows your business to become dementia aware, benefiting both your business and the community, and allows you display the 'working to become Dementia Friendly' logo.

**To book your free place visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) or contact Emma Williams 01482211255 [emma.williams@alzheimers.org.uk](mailto:emma.williams@alzheimers.org.uk)**

# The rise of women's cycling

Last month saw the Elite Circuit Series come to Beverley, showing off the town as an ever increasingly popular destination for cycling.

With cyclists travelling from all over the country to compete in Beverley's races, there is a growing focus on the competitors themselves, and Team Jadan is East Yorkshire's first women's road cycling team.

From a traditionally male-focussed sport is a growing number of female competitors, all keen to demonstrate their ability and commitment on two wheels.

Team leader, Victoria Hood, claims the 2012 Olympics changed people's perceptions of women's cycling. Watching



Lizzie Armistead win the silver medal in the ladies' road race in London spurred her on to take the sport more seriously. Knowing help would be needed, she began to ask around for suggestions of sponsors. A friend told her to visit Pam Wainman, director of Jadan Press and daughter of Barbara Wainman, a keen cyclist in the 1950s with the East Yorkshire Cycling Club.

Back then, women's cycling wasn't a fully established idea, and saw women take part in heavy woollen jumpers rather than the sleek jerseys sported today.

Jadan Press has a history of sponsoring sporting events, but none have made as much sense for the Hull-based printing company as much as supporting the first women's road cycling team in the area.

For Pam, supporting the team was undoubtedly the right move. As someone whose parents met in a cycling club, two wheel races have always been in the family, and she is now proud to see her business's name on the Victoria's jersey,

as well as the additional six women that make up Team Jadan.

There's more to just having a brand name on a jersey when it comes to sponsoring the girls though. Pam said, "The team have a really great approach to the sport, and aim to provide a stepping stone for women in cycling as they progress.

*"Starting out in a sport can be a daunting experience, but the girls in Team Jadan make sure an introduction to women's cycling is friendly and inviting."*

The team began with the aim of making road racing accessible to women and non-elite riders, opening up opportunities beyond charity rides and small events.

Now, three years on, the team have tucked the Elite Circuit Series under their belts and are looking forward to their next challenge.



# A new season for U18's sport

With a new school year comes new opportunities in sport. The start of a new football season might be the first time some of Beverley's younger residents have ever joined a team, and now is a great time to consider taking up the hobby.

Take a look at our listings to find the right club for your child:

## Football Under 7s

Beverley Whitestar Beavers  
Beverley Whitestar Lions  
AFC Tickton Eagles

## Football Under 8s

Beverley Whitestar Panthers  
Beverley Whitestar Pumas  
AFC Tickton Pirates  
AFC Tickton Buccaneers  
AFC Tickton Rovers  
Beverley Whitestar Wolves

## Football Under 9s

AFC Tickton Vipers  
Beverley Whitestar Jaguars  
AFC Tickton Cobras

## Football Under 10s

Beverley Whitestar Dragons  
AFC Tickton Chieftains  
Beverley Whitestar Cobras

## Football Under 11s

Beverley Town  
AFC Tickton Terriers  
AFC Tickton Bulldogs  
Beverley Town Wanderers  
Beverley Whitestar Scorpions  
AFC Tickton Tigers

## Football Under 12s

Beverley Town  
AFC Tickton Tigers  
AFC Tickton Warriors  
Beverley Whitestar Warriors  
AFC Tickton Sharks  
Beverley Town  
Beverley Whitestar Dynamos

## Football Under 13s

AFC Tickton Thunder

## Football Under 14s

Beverley Whitestar Sharks  
Beverley Town

## Football Under 15s

AFC Tickton Wolves  
AFC Tickton Foxes  
Beverley Whitestar Wanderers

## Football Under 16s

Beverley Town

## Football Under 18s

Beverley Whitestar Tigers  
Beverley Whitestar Athletic

You can find the details of all clubs and how to join by visiting [www.hbsfl.com](http://www.hbsfl.com)



If you prefer your sport with a bit more mud and contact, Beverley has several rugby clubs for youngsters too.

Beverley RUFC has been bringing rugby to the community since 1959, and with 11 groups for juniors and minis, there are enough teams to cater for your child, from under 6s to under 19s. All youth squads play matches on Sunday mornings with training sessions on weekday evenings.

Please visit [www.beverlyruffc.co.uk](http://www.beverlyruffc.co.uk) for all club listings and contact details.



# Offers



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Usual price for 8-week course, plus 6-month follow-up £395. Just Beverley readers get a 25% discount until 30th September 2015 by quoting JBRYPO2.

## Lempicka Café and Bistro

Mention Just Beverley in Lempicka Café and Bistro to get a hot chocolate sachet to take home. For enquiries, call 01482 866960

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## Beverley Motor Works

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Air conditioning recharges for £20 when you book any other service.

## Inches Body Studio

Skin Deep Personalised Facial (includes eyebrow shape) - £25 (was £30).

Aromatherapy Back & Shoulder Massage (45 minutes) - £15 (was £20). Call 01482 865229 and quote 'Just Beverley'.

## Minster Cycles


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# PUZZLE PAGE

LAST MONTH'S ANSWERS ON [justbeverley.co.uk](http://justbeverley.co.uk)

## Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

			6				2	
3	9		4	1			6	
			8			3		4
		9				2		5
	3						8	
4		2				9		
8		6			4			
	2			8	1		9	6
	1				6			

## Wordsearch

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

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Have you tried our artisan hot chocolates and coffees? All of our drinks are served with a sample of our delicious chocolate. Sit in our cosy seating area, or carry-out.

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#### GEORGIAN STYLE HOT CHOCOLATE

King George I kick-started his day with a cup of hand-brewed hot chocolate, made by his personal chocolatier, Thomas Tossier. Try our version of this luxurious, aromatic drink.

#### BELGIAN STYLE HOT CHOCOLATE

Your choice of real chocolate (45g of dark, milk, white, strawberry, orange or caramel!), melted down and topped up with creamy hot milk

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Our milk is a velvety microfoam, either dairy or non-dairy. Decaffeinated drinks are also available.

# WHAT'S ON IN BEVERLEY

## AUGUST & SEPTEMBER

### Tuesday 25 August

Mixed - Communication, East Riding College, 5.30pm  
First World War Street Shrines Lecture, Treasure House  
6:30pm

### Wednesday 26 August

Sports summer school, Longcroft School, 10am

### Saturday 29 August



Beverley Bullet Raceday, Beverley Racecourse,  
2.20pm  
Just Beverley charity cycle race in aid of Beverley  
Community Lift, coast to coast

### Sunday 30 August

A Sunday Hop, Beverley Racecourse, 1.55pm

### Monday 31 August

Family Fun at Armstrongs, Armstrong Social Club, 12pm

### Monday 7 September

Norwood Nites - Community Cinema, Norwood  
Methodist Church, 7pm

### Saturday 12 September

River Hull and Driffield Navigation, Beverley Boat Hire,  
9am – 4.30pm



Heritage Open Day – Around the world in 80  
documents, Treasure House, 9am



Modern art on the table, Beverley Art Gallery, 10am  
Meet the curator, Beverley Art Gallery, 1pm

### Wednesday 16 September

Local produce monthly market, Wednesday Market,  
10am  
Afternoon racing, Beverley Racecourse, 2pm

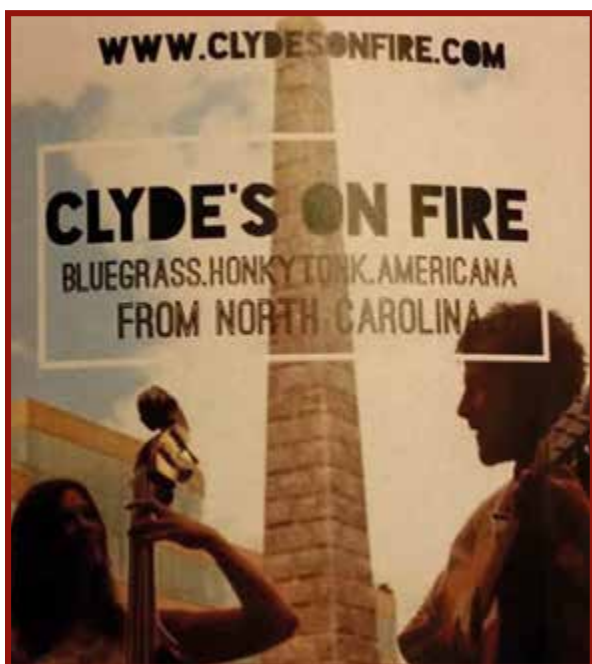
For more information visit [justbeverley.co.uk/events](http://justbeverley.co.uk/events).  
To submit an event email [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) or call 01482 679947.



## SEPTEMBER & OCTOBER

### Thursday 17 September

Family history in the archives, Treasure House, 6pm  
Clyde's On Fire, Grosvenor Club Beverley, 7:30pm



### Friday 18 September

Norwood Fellowship, Norwood Methodist Church, 2:15pm

### Tuesday 22 September

Season closer, Beverley Racecourse, 2.10pm

### Wednesday 23 - Sunday 27 September

Beverley Chamber Music Festival, various times and venues

### Friday 25 September

Coffee Mornings, Norwood Methodist Church, 10am

### Friday 25 - Sunday 27 September

Cornucopia Festival, Burton Constable Hall

### Saturday 26 September

Charity Concert in aid of Parkinson's with The Nick Rooke Band, Walkington Village Hall, 8pm



### Sunday 27 September

Beverley Day, Market area

### Tuesday 29 September

Mixed – presentation skills, East Riding College, 5.30pm

### Friday 2 - Sunday 4 October

Beverley Real-Ale Festival, Memorial Hall, 1pm  
Creating Space For God, Norwood Methodist Church, 6:30pm

### Sunday 4 October

Beverley Food Festival, Saturday Market, 10am



# Competition Winner



Last month we offered readers the chance to win **two tickets to see the East Riding Theatre production, The Three Kingdoms.**

We asked you: **Which children's fiction story is celebrating its 150th anniversary this year?**

The answer was **Alice in Wonderland.** Well done to everyone who answered correctly.

The winner was **Helen Britt**, pictured here with the cast from the show collecting her tickets.

**This month you can win two tickets to the Cornucopia Festival at Burton Constable Hall. Turn to page 26 to find out how to enter.**



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## DECKING BALUSTRADES

► Choose from traditional, classic or contemporary options

Don't forget! Matching decking screws available

## TREX COMPOSITE DECKING

- 25 year fade & stain guarantee
- Extremely low maintenance
- Secret fix for screwless finish
- Made from 95% recyclable materials
- Available in 8 different colours

Traditional Panels & Trellis

NEW

Kyoto Panel Range

from £36.99 +VAT £44.39 inc vat

Decorative Prague Panels

Various styles & sizes available

## OFFERS EXTENDED



**Fence Care**  
Cuprinol Less Mess 6L  
Choose from 5 colours



**Jointing Compound**  
Stonemarket Fast Point  
Choose from 3 colours

## POP INTO BRANCH FOR A FREE BROCHURE & CHECK OUT OUR LANDSCAPING DISPLAYS

Full Collections Online at [mkmbss.co.uk](http://mkmbss.co.uk)

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