

FREE

just

ISSUE 82

BEVERLEY

IT'S YOUR MAGAZINE

Salt Revive Health Centre



SALT REVIVE HEALTH CENTRE

A HAPPIER, HEALTHIER YOU, NATURALLY

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



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Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Cliff Baillie, Carfan, Jane Dale, Jack Dickerty, Richard Harries, Ed Hawkes, Rich Hayes, Pauline Kirk, Suzanne Mathers, Amanda McConnell, Navigation Wealth Management, Colin Raynor, Ian Richardson, Sam Walton, Clint Wastling 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.**

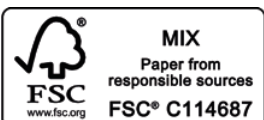
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'Community Publication Award' Shortlisted Nominee 2017 & 2018



REYTA
Remarkable East Yorkshire
Award Nominee 2016
'Best Newcomer'



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NOVEMBER LETTER FROM THE EDITORS



The nights are drawing, the festive season is near. So now is the time to plan the run up to Christmas?

As everything is almost back to normal, this year perhaps things will be a little different than we were used to in the past. Whilst the Westwood Lions will not be hosting the firework display, we may decide to have a few friends around for a small party in the garden and perhaps thrill friends and family with your own selection of fireworks or watch neighbours' displays instead. remember Ardent Fireworks are there to help.

Our family look forward to the lights going on around Beverley and enjoy fresh air as we walk around and look at the varying display. As always and perhaps more so this year, think about others as we run up towards the end of 2021, how we can help each other and put a smile on one another's faces, smile and look to cheer people up. Stay warm and safe, think of others and look forward to good times ahead.

Julian.



Happy November readers! I'm finally allowing myself to succumb to cosy nights in with a hot chocolate under a blanket and watching Christmas films. There are new films on Netflix every week so the countdown starts now!

On a personal note, it's World Diabetes Day on the 14th which means a lot to me as a type 1 diabetic. Having lived with T1D for 15 years, the accessible healthcare I receive from the NHS saves my life every single day. It's a luxury many diabetics all over the world don't have.

There's a huge stigma around diabetes so if you do anything this month, please take a moment to understand what diabetes is and help move past the stigma. The earlier the diabetes diagnosis, the earlier you can save a life so make sure to remember the 4 T's symptoms - Tired, Thirsty, Toilet, Thin. If you notice yourself or child getting thinner, more tired, becoming thirstier and going to the toilet more, go to the doctor.

With the nights getting even colder and darker now in the build up to Christmas, as always stay safe and enjoy the issue
Olivia.

GET IN TOUCH WITH US:

Website: justbeverley.co.uk

Email: info@justbeverley.co.uk

Telephone: 01482 679947

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WORLD DIABETES DAY

Internationally recognised as an official United Nations Day, World Diabetes Day takes place every year on November 14 with the aims of universal health coverage for diabetes, spreading awareness of the condition, and giving an annual platform to promote diabetes advocacy.

Diabetes is a serious, long-term (chronic) condition where a person's blood glucose level is too high because either their body doesn't produce enough insulin, the insulin it produces isn't effective, or their body can't produce any insulin at all. Everyone needs insulin to live.

November 14 is a significant date in the diabetes calendar as it marks the birthday of the man who co-discovered insulin, Frederick Banting. Along with Charles Best, Banting discovered insulin in 1922 and as one of the 20th century's greatest medical breakthroughs, insulin is still the only effective treatment for type 1 diabetes.

The two main types of diabetes are type 1 and type 2, and both are as serious as each other. With type 1 diabetes, the body's immune system attacks and destroys its cells that produce insulin, meaning the pancreas can't produce any insulin at all. Type 1 can't be prevented and the cause is still unclear.

With type 2 diabetes, the body does not produce enough insulin, or the body's cells do not react to insulin. The person's body still breaks down carbohydrate from food and drink, turns it into glucose and the pancreas responds by releasing insulin. However, because this insulin can't work properly, their blood sugar levels keep rising. Most people need medication to manage their blood sugar levels.

Type 2 diabetes is far more common than type 1, and in the UK around 90% of all adults living with diabetes have type 2, but there are other types.

These include gestational diabetes, which some women develop during pregnancy, and other rarer types including type 3c, LADA, MODY and more. World Diabetes Day was initiated to generate



conversations about diabetes, such as the fact that even a century after it was discovered, insulin and other fundamental aspects of diabetes care remain inaccessible to those who need them to live.

All over the world, people struggle to survive because they can't afford or get access to their life-saving insulin, blood glucose strips, meters or basic healthcare needed to manage the condition. This leads to complications such as diabetic ketoacidosis (DKA), rationing insulin, and sometimes death.

In the UK, the NHS provides people with diabetes structured care for every type and help at every stage, ensuring they get the support they need for life. This is different to America, where the #insulin4all campaign was launched in the lead up to World Diabetes Day in 2014 to help raise awareness of how the US healthcare system and the price of insulin puts many people with diabetes in danger.

Banting and Best sold the insulin patent to the University of Toronto for just \$1, saying "Insulin does not belong to me, it belongs to the world". With rising prices, one vial of insulin can cost American diabetics between \$175 and \$300 per vial, yet most people with diabetes need 3 or more vials per month, which leads to insulin rationing.

There is currently no permanent cure for either type 1 or type 2 diabetes, but there are ways some people with type 2 can put their diabetes into remission. World Diabetes Day promotes vital research projects to transform treatment and care, and find a cure for both type 1 and type 2 diabetes. Find out more at www.diabetes.org.uk

GB QUALIFIERS FOR JASON AND HOPE

Local businessman Jason Huby turned his hobby of dog agility into a business and now works full time teaching agility to dog owners far and wide.

Known as the 'mad Poodle man', Jason owns 4 dogs; his first dog Ruby (7), Hope (4), Khloe (2) and Tasha (5 months), his youngest dog. Jason has invested in the best equipment and is constantly upgrading and fine tuning his courses to head towards the top of the tree.



Dogs progress through the kennel club grading system by winning competitions with clear rounds in the fastest time. Depending on which grade your dog is at entitles you to enter various competitions. While Jason has seen success with his dogs at competition level and following in Ruby's footsteps, his 2nd dog Hope has now qualified for the (PSQ) GB qualifiers in February 2022 after also winning an Olympia qualifier to get through to this year's Kennel Club Stakes semi final.

Away from competition Jason continues to look to the future with aspirations of becoming a judge. Having passed his theory exam, he needs to pass the practical exam which he is taking early in 2022.

SPECIAL DAYS TO CELEBRATE IN NOVEMBER

If you've been feeling gloomy and need something to celebrate, here are some fun and educational days to celebrate this month. You can even get your family and friends involved and plan engaging activities around them.



1st-2nd November - Día de los Muertos

Also known as the Day of the Dead, Día de los Muertos is a multi-day holiday celebrated in Mexico that's filled with history. It involves family and friends gathering to pray for, remember, and welcome back deceased loved ones. Celebrated just after Halloween, it's themes feature heavily in the Disney film Coco - so if you need any excuse to rewatch it, today is the perfect day!

3rd November - Cliché Day

What you see is what you get with Cliché Day! A cliché is a phrase that us used repeatedly, over and over again, often phrases spoken to the point that people are tired of hearing them. For example; 'It is what it is', 'in the nick of time', and 'there are plenty more fish in the sea'. Now you know what a cliché is, you can use it and have fun. Get as many clichés into conversations as possible and see if anyone catches on.

5th November - Bonfire Night

Remember remember the fifth of November, gunpowder, treason and plot! While there will be no fireworks display on Beverley Westwood this year, why not spend special family time doing something new and plan your own firework display in your garden? Ardent Fireworks in Beverley offer enchanting, spectacular and entertaining fireworks that can be adapted to suit any audience, budget and location.

20th November - Universal Children's Day

Universal Children's Day offers everyone an inspirational entry-point to advocate, promote and celebrate children's rights, translating into



dialogues and actions that will build a better world for children. The COVID-19 crisis has resulted in a child rights crisis, and the costs of the pandemic for children are immediate. If unaddressed, they may last a lifetime. You can help change that today.

24th November - Unique Talent Day

Ready to release your special power and find your unique talent? Can you dance with your eyebrows? Can you smoothly spin a pen in between your fingers? Or maybe you can stack apples or play the piano upside down! Whatever your unique talent is, today is the day to do it and celebrate your skill.

BEVERLEY MINSTER CHRISTMAS TREE FESTIVAL IS BACK!

This year more trees, more days open and Carol Concerts by Candlelight.

Last year would have been the 10th year but due to Covid it did not take place. However 20 christmas trees were delivered to schools and nurseries in Beverley and the East Riding.

This year Beverley Minster are looking forward to welcoming people back. With an estimated 100 trees (the highest number!), the festival will run for 10 days, opening on Friday 3rd December and closing on Sunday 12th December, running the festival for longer to stay Covid safe and to spread the volume of visitors. Unfortunately refreshments will not be provided in the Parish Hall this year. Entry to the Christmas Tree Festival is £4 per adult with children free. Opening hours are Monday -

Saturday 10am-4pm and Sundays 12noon-4pm. Last entry is at 3.15pm. The Beverley Minster will be having 2 quiet autism friendly hours from 9am-10am on Wednesday 8th December and Saturday 11th December.

During the festival, 4 Carols by Candlelight concerts sung by the Minster Choirs will be held on Friday 10th December at 6.30pm and 8.00pm and Saturday 11th December at 5pm and 6.30pm.

Tickets are £5 for adults with children free and are available from the Beverley Minster website and Beverley Tourist Information Centre. If you are interested in decorating a tree or wish to sponsor a tree, more details can be found online and payment can be made at www.beverleyminster.org.uk/christmas-tree-festival-2021



REMEMBRANCE SUNDAY

After more than four years of continuous warfare during the First World War, on the 11th hour of the 11th day of the 11th month in 1918 all the guns on the Western Front finally fell silent.

Every year since 1918, Remembrance Sunday has been commemorated in November and is a national opportunity to honour all those who have died at war defending Britain. It is traditionally marked with



the wearing and symbolism of poppies. In its tradition, a two-minute period of silence is observed throughout the country at 11am, with church services and other ceremonial gatherings take place during the day.

Remembrance Sunday always falls on the second Sunday in November, meaning this year it will be commemorated on Sunday November 14. It comes alongside the annual events of 11 November, the anniversary of the signing of the Armistice which marked the end of the First World War in 1918.

The National Service of Remembrance, which is held at The Cenotaph in Whitehall, London, on Remembrance Sunday, provides a physical reminder of all those that have served and sacrificed, including British and Commonwealth soldiers, sailors, airmen and women all represented, together with members of the emergency services and civilians. It ensures that no one is forgotten.

The reason poppies are used to remember those who have given their lives in battle is because they are the flowers which grew on the battlefields after World War One ended.

The money raised from poppy donations is used to help servicemen and women who are still alive, whose lives have been changed by the wars they fought in.

A WHOLE WEEK OF BEVERLEY CHRISTMAS MARKETS

Visit East Yorkshire have announced a brand new Christmas market is coming to Beverley.

Taking place from Monday 13 to Friday 17 December, the Made in East Yorkshire Christmas Market will celebrate the very best produce that East Yorkshire's local businesses have to offer. The market will take place in Saturday Market area, opening at 10am and finishing at 8pm each evening with an array of festive entertainment and activities planned throughout the whole week, as well as late night shopping within the town. The Made in East Yorkshire Christmas Market will follow the iconic Beverley Festival of Christmas which will be returning to celebrate its 25th year on Sunday 12th December and these additional markets combined with the weekly Saturday Market will mark a whole week of celebration festivities for the traditional market town of Beverley. Any business interested in applying for a stall at the festival and/or market, visit www.beverleyfestivalofchristmas.co.uk



NEW BUSINESS COMING SOON

Nicola Vickers is a registered HCPC audiologist who worked in Hull for 19 years and has recently taken the leap to branch out and open her own clinic due to the increasingly high demand for ear wax removal since the NHS stopped offering it as a service.



From earwax removal to state of the art hearing aids, we're here to help
FAMILY RUN CLINIC

St. Mary's Court, North Bar Within, Beverley

FOR APPOINTMENTS CALL

07429 355038

FOR APPOINTMENTS CALL

Previously hearing tests were a lengthy process, so Nicola's clinic trained to carry out ear wax removal by micro suction themselves. After starting with 6 patients a week paying for their private service, that figure has now doubled per day following the NHS removing the service, and there is now a 2 week waiting list. The clinic now sees any patient from age 18 and above who have hearing issues due to wax blockages. It offers a free wax triage for those unsure they have wax, and for those who have a hearing loss they complete hearing tests and fit hearing aids.

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All things health and wellbeing under one roof



Salt Revive, which opened in Oct 2018 has become Beverley's no.1 go to for a variety of different health and wellbeing treatments.

From Thai massage, to Reflexology, salt therapy to non-surgical facelifts, it is the place to go if you want a wellness boost.

Owner, Clare Atkinson discovered salt therapy in 2017 after it helped her improve her lung health and eliminated the constant chest infections she was suffering from. Suitable for adults and children (with a separate family room) salt therapy could help with a variety of respiratory and skin conditions as well as helping to boost your immune system.

When they opened the salt therapy health spa, their dream was to create a centre for wellbeing and they now have 3 other amazing businesses operating from the spa who all bring their own unique treatments.

Why not take advantage of their brand new half-day spa package which includes 4 treatments for an introductory price of just £109! You could even purchase it as a gift voucher for the ultimate pamper for one of your loved ones.

However you want to try and relax and help improve your health and wellbeing, Salt Revive, the Cahaya Skin Clinic, Sirintra Thai Massage or On Cloud 9 are sure to have just the treatment for you.

The Cahaya Skin Clinic



As advanced skin practitioners, The Cahaya Skin Clinic is able to support patients in achieving their aesthetic goals. Your goal is our goal.

With a landscape of treatments on offer the clinic can help to tailor a bespoke package for all skin and body contouring concerns.

Using only the best, medical-grade machinery available all of our treatments are clinically validated and backed by science.

If a treatment does not offer tangible results it simply isn't offered.

Our needle-free, pain-free and downtime free technologies ensure you are as comfortable as you are satisfied with the visible outcomes.

Cahaya is Balinese for glow and that is the aim of the clinic, whether you leave glowing as a result of a facial, a skin tightening treatment, chemical peel, dermaplane or fat loss procedure.



I offer:

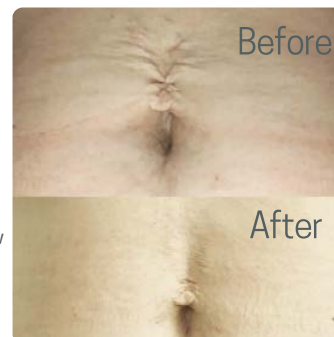
- Non-surgical face-lifts
- Non-surgical liposuction
- Cellulite removal
- Wrinkle reduction
- Radio frequency skin tightening
- Facials and many more

Get in touch for your free consultation to find out how we can help you 'glow'.

07494 721214

The Cahaya Skin Clinic Beverley

Skin clinic offering non surgical facelifts and body sculpting



On Cloud 9



Hi, I'm Janina, owner of On Cloud 9. I have been treating clients in East Yorkshire since 2014.

I offer a variety of complementary therapies and am qualified NCFE Level 3, fully insured and accredited with both The International Practitioners of Holistic Medicine and the Association of Beauty Therapists and a member of the Royal Society of Medicine.

If you have pulled muscles, sore feet, stress, anxiety, Fibromyalgia etc, then please give me a call and let me help you get back on track. Children from 10-18 must be accompanied by a parent or guardian. I treat a variety of people, regardless of their walk of life. I also offer a small range of 'not on the high street' style products.

I offer:

- Reflexology
- Hopi Ear candling
- Crystal healing
- Indian head massage
- Remedial / pain management
- Hot stones massage
- Geopathic Cleansing

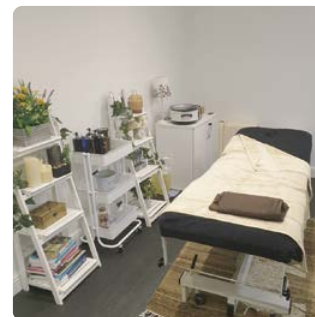
Get in touch to discuss which treatment would be best for you

07794 644279

www.oncloud9therapies.co.uk



Complementary Therapist





**1/2 day spa package -
Choose 4 treatments**

One hour Reflexology, Hopi ear candling or crystal healing session

45 mins Thai hot oil massage, Bamboo massage or hot stone massage

One hour Hydrotone facial, Jowl lift or CACI Eye Revive

Salt Therapy session
JUST £109

Available Tues-Fri, sessions can be taken all in 1 day or split over 2 days



Check out our Christmas market

Come and have a look around all our different treatment rooms and chat to our therapists to see what amazing experiences you could gift this year

Saturday 27th November
10:00 - 16:00



GIFT VOUCHERS AVAILABLE FOR ALL TREATMENTS, INCLUDING 1/2 DAY SPA PACKAGE

Salt Revive, 85 Mill Lane, Beverley, HU17 9DH
01482 679453 www.saltrevive.com

Sirinthra Thai Massage



Hello, I am Bun, welcome to Sirinthra Thai Massage, Beverley.

In Thailand, I worked with my mother as her apprentice in her beauty salon and she was a very successful entrepreneur.

I decided it was about time for me to open up my own business where I can follow in my mother's footsteps once again.

I trained with my mother in Thailand, learning the traditional Thai way and when I arrived in England I was certified here.

One of my favourite things about the work I do is making my clients feel relaxed and relieving their pain. I take great pride in this.



Authentic Thai Massage

We offer:
Traditional Thai massage
Lymphatic drainage massage
Thai hot oil massage
Cupping / stretching
Hot Bamboo massage
Sport massage
Thai Hammer massage
Wave stone massage
Deep massage

Get in touch to discuss which treatment would be best for you.



07368 891529

www.sirinthrathaimassage.com

Salt Revive



We decided to open Salt Revive after I discovered salt therapy for myself and it helped to completely turn my health around. Since we opened we have helped so many people to breathe easier naturally and just feel better. Our youngest customer is 6 months old and our oldest to date was 93, so we really can help such a variety of people. Our customers suffer from an array of different conditions, such as asthma, COPD, sinusitis, eczema and psoriasis and we have seen amazing results, even helping to improve their quality of life. If you have a particular condition you would like help for, or if you are just looking to keep your lungs in tip-top conditions, call Salt Revive now for your free consultation.



Salt therapy to help ease respiratory and skin conditions

We also run special events such as:

Salty gong baths
Salty Quantum Flow (a mix of Yoga, Tai Chi, positive affirmations and energy work)
Salty Lunar Led Healing

Our events sell out quickly so please get in touch to book

01482 679453

www.saltrevive.com





EVERY THURSDAY
(Doors open 10am)

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

Thursday 4th November -

The Last Bus (12a) - 10.45am

Starring: Phyllis Logan, Timothy Spall, Colin McCredie

Respect (12a) - 10.30am

Starring: Jennifer Hudson, Forest Whitaker, Marlon Wayans

Thursday 11th November -

Respect (12a) - 10.45am

Starring: Jennifer Hudson, Forest Whitaker, Marlon Wayans

The Courier (12a) - 10.30am

Starring: Benedict Cumberbatch, Merab Ninidze

Thursday 18th November -

The Courier (12a) - 10.45am

Starring: Benedict Cumberbatch, Merab Ninidze

The War Below (12a) - 10.30am

Starring: Sam Hazeldine, Tom Goodman-Hill

Thursday 25th November -

The War Below (12a) - 10.45am

Starring: Sam Hazeldine, Tom Goodman-Hill

From The Vine (12a) - 10.30am

Starring: Joe Pantoliano, Paula Brancati

Thursday 2nd December -

From The Vine (12a) - 10.45am

Starring: Joe Pantoliano, Paula Brancati

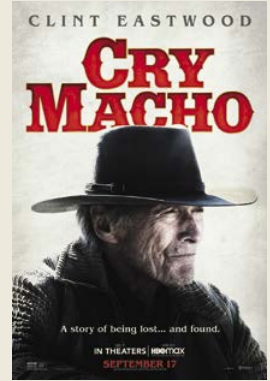
These are the films scheduled to open in November - all are subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



5th November



12th November



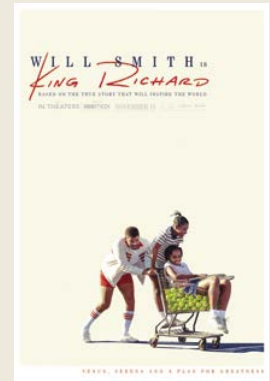
12th November



12th November



19th November



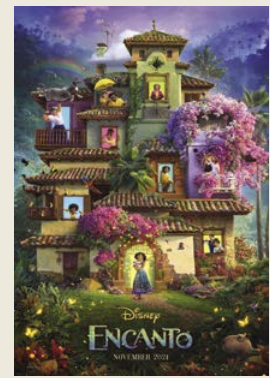
19th November



26th November



26th November



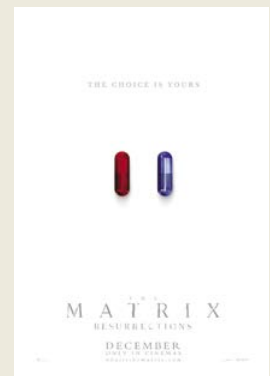
26th November



26th November



Coming Soon



Coming Soon

YOUR LOCAL INDEPENDENT CINEMA



HARRY PANTO: RETURN TO FROGWARTS

With a wave of our wand we bring you this wizard production. Our young magicians are back at Frogwarts!

Join them as they fight the new mistress of darkness in this spellbinding tale of good versus evil.

Magical illusions, pop songs and things that go bump in the night all form the essential ingredients of this bewitching plot sure to delight youngsters and adults alike.

A ghoulishly spooktacular parody production that will leave you wanting Volde-More!

Sunday 7 November, 2pm



ANYTHING GOES: THE MUSICAL

Don't miss Anything Goes 'The show of the year'.

This hilarious musical romp across the Atlantic, directed by the multi-award-winning Broadway director and choreographer Kathleen Marshall, features Cole Porter's joyful score, including I Get A Kick Out of You, You're the Top and the show stopping Anything Goes.

Sunday 28th November, 4.15pm & Wednesday 1st December, 7.15pm



ANDRE RIEU: CHRISTMAS WITH ANDRE

A unique experience for the whole family, which you will never forget!

Emerge in the spirit of the season while singing and dancing away to lovely Christmas carols, romantic waltzes and beautiful songs from all over the world like Jingle Bells, Ave Maria, Oh Holy Night, Hallelujah, Sleigh Ride and many more!

Saturday 4th December, 7.15pm & Sunday 5th December, 2.30pm



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 4th November, 7.30pm -
The Doors: Live At The Bowl 68
Special Edition**

**Sunday 7th November, 3pm -
Bolshoi Ballet: Spartacus**

**Sunday 28th November, 4.15pm &
Wednesday 1st December, 7.15pm -
Anything Goes: The Musical**

**Tuesday 30th November, 1pm & 7.30pm -
Exhibition On Screen: The Danish
Collector**

**Saturday 4th December, 7.15pm &
Sunday 5th December, 2.30pm -
Andre Rieu: Christmas with Andre**

**Sunday 9th December -
Royal Ballet: The Nutcracker**

**Sunday 15th December -
Royal Opera House: Tosca**

**Sunday 19th December, 3pm -
Bolshoi Ballet: The Nutcracker**



BROOK TAVERNER - AUTUMN ARRIVES IN BEVERLEY

As we enter November here in Beverley, things are well and truly in the swing of autumn. Pitch black commutes to the store in the morning, a more-than-noticeable dip in temperatures and people already mentioning Christmas (is it too early?) are typical of this time of year!

It felt fantastic to welcome yet another Brook Taverner store into the world late last month down in Stratford-upon-Avon! They're already off to a flying start, and we hope you can pop in and say hello when you're next visiting!

As always, getting deeper into a new season has us thinking about what we put on when we want to dress to the nines. An avalanche of formal do's, winter balls and Christmas parties will no doubt rush towards us as winter approaches, and we have just the thing for it. The Horne Muted Paisley



Dinner Jacket is subtly personified. A piece full of character, the Horne is a double-take garment with an understated pattern that introduces itself with a refined elegance. The jacket's wine hue is perfect for this time of year, allowing you to crack the dress code with something pleasingly unique.



For more casual affairs, the exclusive Torrance Harris Tweed collection ensures toasty and stylish insulation all season long. With a jacket, waistcoat, overcoat and gilet in an attractive cherry and heather check, these staples reimagine tweed into something uniquely special. Nothing beats a collection that's easy on the eye and substantial to the touch for the ultimate comfort and style!

If we've learned nothing else in our 109-year history, it's that the right legwear is crucial as the frost sets in! The Drew Canvas Trouser collection is the answer to low-maintenance jeans. While cool and casual, they're also stylish and considered, offering the best of both worlds!

A standout colour palette defies the standard shades of jeans we're all too used to seeing, embodying a lusciously autumnal motif.



A cotton-rich composition paired with a hint of elastane gives a comfortable stretch to the fabric, making them an all-through-the-week go-to this season.

We in Beverley hope that you enjoy all the autumn season has to offer, and you get the chance to come into store whether you're a first-timer or a seasoned veteran!

We can't wait to show you our collection both in store and online to refresh your cold-weather wardrobe. Stay safe, and we'll see you soon!

Many thanks, Lee and The Brook Taverner Team.

Autumn / Winter Collection Available In Store Now

OPEN

9am to 5pm Monday to Saturday

11am to 4pm Sunday

Following
Government Guidelines

www.brooktaverner.co.uk



BROOK TAVERNER

35, TOLL GAVEL, BEVERLEY. 01482 882356

INDICOLL: £49 PER MONTH WEBSITES

Are you sick of trying to build your website yourself? Have you tried using Wordpress or Wix but they don't give you the freedom you need? Or maybe you don't want to pay £1000's upfront for a new website?

At Indicoll, we believe great websites shouldn't cost the earth, and we've spent a decade helping businesses reach more customers online with websites that deliver real results. That's why we offer £49 per month websites.

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WHEN IT
MATTERS MOST**

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WHITE RABBIT CHOCOLATIERS - STAR-STUDDED AUTUMN

There is a lot going on at White Rabbit at the moment, so I thought I would use this opportunity to fill you in on all of our exciting activity as the festive season begins!

Perhaps the most important announcement is that we have just won two new Great Taste Awards! The great taste awards run every year and consist of blind-taste testing of over 10,000 products from all across the UK, with



only a handful winning a 1, 2 or 3-star awards meaning they officially taste great.

We are serial winners, and this year have gained a 2-star and 1-star for our vegan-friendly Christmas Pudding and Hot Cross Bun chocolate truffles respectively.

This is our first time entering seasonal chocolates so it's good to have something to shout about at the holidays as well as all year round.

I am also writing this having just got back from an incredible event in London celebrating the Centenary of the Royal British Legion.

We became an official patron to the official British Legion cookbook 'Cooking with Heroes' which has been created to raise money and commemorate 100 years of supporting our servicemen and women and has now sold over 100,000 copies world-wide.

We have been featured within the book as a regional food hero and got to go to the official launch event at Claridges in London. My brother is a Royal

Marine and my Grandfather served in the navy during WWII so it is a cause close to our hearts and a real honour to be involved.

It is also holiday season once again, and we are prepared for a busy Half Term serving plenty of trick-or-treats! We have finally managed to re-open on Sundays so we will be here 7 days a week up until Christmas to make sure everyone can enjoy a little something special.



We are busy preparing our chocolate delights for this, as well as our new partnership with the Hammonds of Hull project! Expected to open this month, Hammonds of Hull, located in the old Hammonds department store in the centre, promises to deliver a fresh concept for a food hall, stocking the best local and regional food and drinks in a high-retail environment. We are super excited to be part of this prestigious project and feel privileged to be chosen as the best in our craft in the region.



In a similar vein, we have just sent off our chocolates to the House of Commons as we have been chosen to supply their three shops this Advent; one for staff and one for the MPs themselves, so we look forward to Boris and family munching on our Yorkshire Chocolate this Christmas!

All this, and more, happening at your local Beverley chocolaters!
Ed Hawkes, White Rabbit Chocolaters.

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PANTO IS BACK IN BEVERLEY... OH YES IT IS!

We recently returned to Parkway in the summer with 'Goldilocks' and it was like we never were away.

The audience laughing and booing at full volume, sweets were flying through the air and we had more puns than you could shake a stick at. Panto was officially back at Parkway!

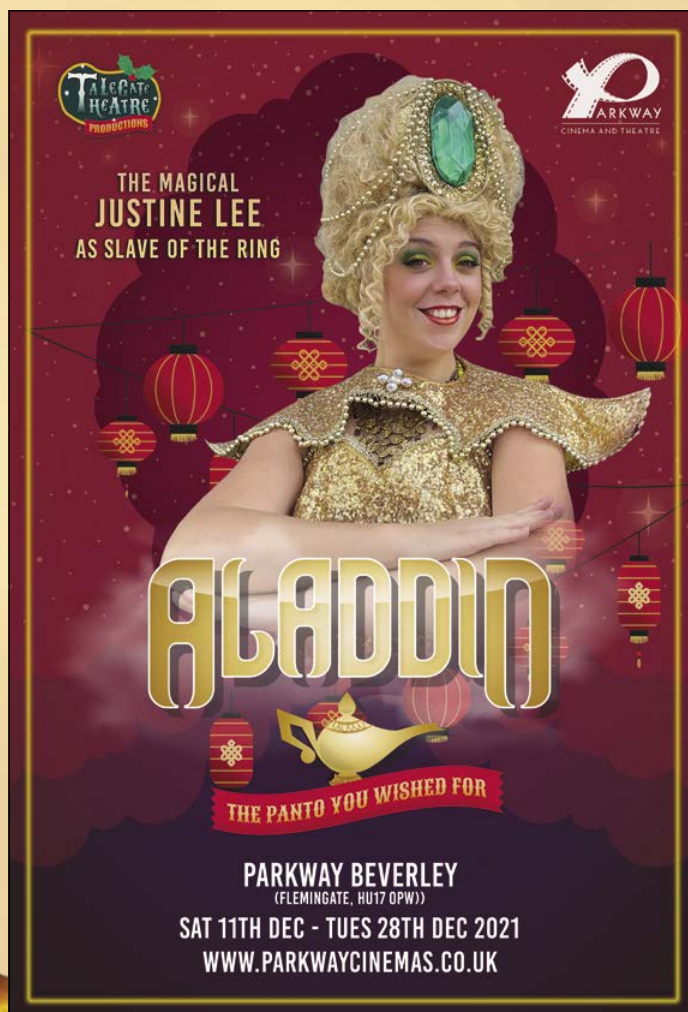
As the whole world sadly missed pantomime in 2020 we are coming back bigger (thanks lockdown) and better for Christmas 2021 with the pantomime you wished for 'Aladdin'.

Pantomime is a year round job for us at TaleGate Theatre Productions from casting to script-writing, painting scenery to the wonderful local dance chorus (who started rehearsals months ago).

We believe Beverley deserves the best professional local panto in the area and where better to watch a show than in the luxurious seating of Parkway with a massive tub of popcorn?!?

Returning favourites include Justine Lee as Spirit of the Ring and Alex Forman as Widow Twankey. Adding a local flavour is Hull based performer Emily Gray as Princess Jasmine.

For ticket details visit: www.parkwaycinemas.co.uk



PERFORMANCES

Sat 11th Dec	11am & 2pm
Sun 12th Dec	11am & 2pm
Sat 18th Dec	11am, 2pm & 7pm
Sun 19th Dec	11am & 2pm
Mon 20th Dec	2pm & 7pm
Tue 21st Dec	2pm & 7pm
Thu 23rd Dec	11am & 2pm
Fri 24th Dec	11am & 2pm
Sun 26th Dec	3pm
Mon 27th Dec	11am & 2pm
Tue 28th Dec	11am & 2pm

School performances also available.

TICKETS

Adult £13
 Conc. £12
 Family £43
 (plus booking fee)



COMPETITION TIME



Just Beverley, Parkway Cinema and TaleGate Theatre Productions have joined together to give you a fantastic VIP experience to see 'Aladdin', at Parkway Cinema's Theatre on Saturday December 18th or Sunday 19th at a showing of the winner's choice.

A family of four (at least one adult) can get into the festive spirit with the best seats in the house to see the show, meet the cast afterwards and have pictures taken with the actors in their costumes by Just Beverley!

All you have to do to be in with a chance of winning this great prize is answer the following question:

What is the name of the Theatre Company putting on the production?

Send your answer by email to competition@justbeverley.co.uk by November 17th. Put 'Aladdin' in the subject box with your name, address and daytime telephone number in the body of the email. The winner will be the first name drawn out of the hat after the closing date. Winners must be prepared for publicity for Just Beverley, Parkway Cinema and TaleGate Theatre Productions.

Photo to be taken on Friday November 19th.

There is no cash alternative.

FLEMINGATE
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Warning: The laser light show at 7.30pm contains bright and flashing lights which are not suitable for those with photosensitive epilepsy.

WIN A FAMILY DAY OUT AT JUMP INC INFLATABLE THEME PARK



Win a group ticket for 6 at Jump Inc Beverley inflatable park!

The prize includes 6 x 1 hour tickets on the inflatable park, followed by pizzas and drinks in the café. To enter, email hello@jump-inc.uk with the words 'WIN JUST BEVERLEY TICKETS' and the winner will be contacted on Monday 29th November.

Jump Inc has now taken over the unit previously occupied by Inflata Nation, on the corner of Flemingate Shopping centre.

Jump Inc Beverley is the most fun you can have in a single afternoon – we promise! A huge 14,000 square feet of inflatable playground, Jump

Inc Beverley is quite literally wall-to-wall inflatable, bouncy goodness. Get lost in their urban wonderland, packed with activities to suit all ages including; a double-decker section, ginormous wavy slides, a massive ball pool (the biggest in the UK!) and much, much more!



If you're looking for a way to keep the kids or grandkids busy one after-

noon, an exciting family activity or a child's birthday party – Jump Inc Beverley has it all.

Open Jump sessions are priced from £8 per person or just £5 for toddlers. After school offers and group deals are also available to make the park an affordable weekly activity, check out the deals in the ad or visit the website!



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LATE GIFT IDEAS TO GET YOU READY FOR CHRISTMAS 2021

It's not quite fully winter yet, but shops are now filled with Christmas decorations and gifts in the build up to the festive season. Whether you are a fan of Christmas or not, it's good to be prepared for next month and ensure you don't have a last minute scramble for gifts. Here are some gift ideas if you're stuck for inspiration.

Personalised gifts

For more creative and meaningful gifts, it's hard to go wrong with personalised and custom-made items. You can turn even the most simple item into something thoughtful that shares a memory or carries a connection between you and the recipient.

Blankets, photo books, canvases, mugs, jewellery, key rings, trainers, robes, aprons,



notebooks, games, photo frames, wall prints, and gadgets are just some of the options available for personalisation. Whoever you're buying for, you'll find something they'll love.

Experience gifts

Rather than risk getting gifts for someone that you're not confident they'll like or keep, why not ensure they remember your gift by getting them an experience day.



Experience days can be anything, and can even be tailored to the recipient. You can find gifts for thrill seekers, sports fans, those who love food and drink, spa days, days out, short breaks and more.

Local gift shops

Some people are difficult to buy for, so if you're



not sure what to get someone or if you need a gift for someone you don't know that well, why not get out and about in Beverley's town centre? While enjoying the beautiful scenery in our historic town you can do your bit to support local, independent shops and businesses that offer unique and creative gifts, such as Art & Soul.

You can also get in the Christmas spirit by having a look around at the festivals coming up in the town such as the Festival of Christmas and the new Made in Yorkshire Christmas Market.

Cameo

With the pandemic affecting thousands in the entertainment sector, many actors turned to Cameo where they deliver a special, personalised video message based on what you want them to say. You'd be paying big bucks for some actors, but others have a more reasonable fee for a video message.

If you want to gift your super fan family member with a message from their favourite actor, Cameo is the place to look.

START YOUR TRAINING WITH AFFAFIT

Ali Akkus, Personal Trainer at Affafit, is helping clients to achieve a healthy lifestyle for their bodies and healthy changes for their future after bringing his training business to Beverley.

With specialised programs including body building, cardio exercise, football education, technical and tactical exercises, and weight loss, Ali uses his own experience and equipment to transform his clients relationship with exercise.

The Affafit fitness programs are built for people of all ages who want to learn how to build a healthy lifestyle around exercise, and are personalised to each client to incorporate exercises they enjoy and ensure Ali is available to offer full support.

Bringing his fitness business to Beverley also brings Ali's specialist experience and training in weight loss and cardio, areas developed during his time at university in Turkey where he graduated as a physical education and sports teacher.



He has high hopes to develop his business even further by expanding his fitness network in Beverley, reaching out and connecting with clients who need specialist help to build a healthy lifestyle that is achievable and convenient to them.

Call **07830 387271** for more information about starting training with Ali today, or visit www.affafitltd.co.uk

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Ali Akkus
07830 387271
Instagram: Affafit

LET'S TAKE A TRIP TO - POCKLINGTON

Pocklington has been aptly described as the classic English market town. With some 9000 inhabitants and expanding suburbs, it is large enough to support a good retail and leisure mix, yet small enough to feel notably local, individual and friendly.



Favourably positioned, almost equidistant between York and Beverley and 18 miles out east along the A1079, it is also blessed with the glorious countryside of the Wolds to the north. This all makes for a fine place to spend a few hours shopping and strolling followed by

some refreshment at the many fine pubs and cafes. Free parking is usually not a problem, or you can use the regular X46 bus service for the pleasant 45 minute trip to and from Beverley.

As one might expect, the most rewarding shopping is around the large Market Place and the adjacent lanes. It is especially striking how the buildings merge with the churchyard of the fine church with its grand 120 feet high tower. Tuesdays, being market day, are a great time to visit, and galleries, gift shops and antique shops are well represented, whilst the old-fashioned sweet shop is understandably popular. Like most towns nowadays there are perhaps too many charity shops, but the ones here are very good. Laverack's butchers, bakers and deli also has a well-



deserved high reputation. The town Arts Centre has a varied and interesting programme of live theatre, music and cinema, for example, at the end of October there is a Harry Potter themed production. Given its recent growth, with many residents commuting to work in York, it is very regrettable that the town lost its rail connection over 50 years ago. The handsome station has been put to good use though, as a sports hall for the prestigious private school once attended by William Wilberforce.



The town's most notable tourist attraction is Burnby Hall Gardens, but it does require an entry charge. These are at their best during the summer when the wonderful water lilies are blooming, but there is always plenty to enjoy.

I would suggest stretching your legs with a stroll on the hills and woods behind the town where you will be rewarded by excellent views. If you walk a further mile or drive there you can enjoy for free the fabulous grounds of Kilnwick Percy Hall, one of the lesser-known gems of the East Riding. This fine classical Georgian mansion is now a Buddhist centre, and its World Peace Cafe is marvellous, as are the church, woods and lake in the rolling grounds. So maybe take a trip out soon to this lively little town with so much to offer. **Ian Richardson.**

COAST 2 COAST WITH WILSON WHEELS

Last month, Nathan beat his target time to complete his Coast to Coast cycle challenge, cycling from Morecambe to Bridlington and raising over £2800 for Brain Tumour Research.

Nathan set off at 6.30am on the day of his challenge to ride from Morecambe and arrive in Bridlington for 6pm before the sky turned dark.



The route was approximately 180 miles, which he aimed to complete in 12 hours in one day, but he smashed his target time and finished the ride in 11 hours 30 minutes. Prior to this the longest ride Nathan had cycled this year was only 60 miles, and usually cyclists aim to complete this route across two or three days.



Nathan averaged 17.7mph on the journey, had a moving time of 9 hours, and climbed 8000ft without technical or mechanical changes. Everything went to plan on the day. As the charity is very close to his family's heart, Nathan had lots of support along the ride which was crucial for such a tough challenge. He was joined on the full route by Jason Brooks, and Chris and James Robinson joined him from Patley Bridge for 10 miles.

Mark Etherton, the team rider, joined in from Stamford Bridge to Lund.

Nathan's dad, Paul Wilson, was also following on a motorbike for the full journey, along with his mum and Barry in a support vehicle carrying vital supplies...

most importantly chocolate, not for Nathan but to keep mum happy! Friends and family were waiting at the finishing spot to welcome him home.

The current amount raised is £2800 but this can go up as donations are still open. Well done to Nathan for taking up the huge challenge, and to Jason who gave full support and encouragement for the whole journey.

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JENNY WREN DRAWS REFLECTS ON BEING AWARD-WINNING ARTIST OF THE YEAR AND SELLER OF THE YEAR

As part of Art & Soul's one year birthday party to celebrate the anniversary of moving into Flemingate, Jenny Wren Draws took home not one, but two special awards on the evening, which took place at Art & Soul creative hub in Beverley.

Winning one of two Artist of the Year awards, along with Seller of the Year for a Large Space, Jenny's hard work navigating her way through the pandemic as a small business has paid off.

She said: "Being part of the fabulous creative community at Art and Soul has been such a positive focal point for me throughout the last year, especially amidst the upheaval and uncertainty of the pandemic. It's been a lot of hard work, but a real privilege to be part of. I was surprised but absolutely delighted to receive the awards, especially as there are so many talented creatives and small businesses there".



After discovering her love of drawing and creating at an early age, Jenny was bought a watercolour paint set by her supportive mum and dad when she turned 12, which is what really set her off on her artistic journey.

She quickly began teaching herself different styles and techniques, painting pictures for family gifts that were very often of birds. Jenny has always loved to draw British wildlife. As a keen wildlife watcher and photographer, she takes much inspiration from the natural world and spends as much spare time as possible out and about with her binoculars and camera. Her goal is to share her personal enjoyment of escaping into nature to observe and learn about the natural world by converting those experiences into art. There are some fantastic places for wildlife in East Yorkshire which have encouraged her love for detail.

She says: "I try to create very intimate, detailed pieces which make the viewer slow right down and draw them in to take time to look at the detail;

just like we loved to do as children, but don't seem to find time to do as busy adults. I have always loved the tiniest details that you have to actively go looking for, like a hidden treasure! You can't find a better subject for detail than the tiny intricacies of the natural world".

If you have seen Jenny's work or follow Jenny Wren Draws on social media, it's no secret she loves watercolour, which she credits to that first paint set. After a long break from creating however, in 2018 she made the switch to drawing with fine liner pens, using her own wildlife photography as a basis for some new work.

"I was drawn to the simplicity of pen and paper," she says, "trying to go back to that illustrative style I loved as a child. It was a very different way of working from watercolour painting, but it felt like a fresh start.



"My first pen drawings were of Little Owls as I had managed to take some great reference photos at a local Little Owl colony just outside Beverley. Then a few little mice crept in and they seem to have taken on a very adventurous life of their own".

She has received lots of positive comments and messages from people all over the UK and beyond who have bought her work for themselves or as a gift for loved ones.

She says: "It's very rewarding to imagine something and be able to convey that in pen on paint to the viewer, but I think I get the most pleasure when I hear how much joy my artwork brings to other people. That makes me really happy".

Jenny is keen to keep developing her unique artistic style, and is now introducing colour pieces after dusting off her 'trusty watercolours' again.

She has found it rewarding to find a way of using both the pen and paint techniques together. While she continues to enjoy creating and sharing her work, she would also love to look at writing and illustrating her own book - if only she could find the time!

Jenny's work is available at Art and Soul in Flemingate, Beverley. If you're interested in seeing more of Jenny's art you can also follow her artistic adventures on Facebook and Instagram at [@jennywrendraws](#).



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RESPONSIBLE INVESTMENT BEYOND THE CORONAVIRUS

How the investment community can help advance the environmental gains that have come out of COVID-19

The consequences of the coronavirus pandemic will clearly be profound, wide-ranging and long-lasting.

So, it's no surprise that any sources of optimism to be found as the crisis unfolds are quickly seized upon. Perhaps the most significant so far has come in the form of the immediate effects on the environment.

Greenhouse gas emissions have fallen, while data from NASA suggests that air quality has improved dramatically as countries around the world have taken steps to restrict activity and travel.

Indeed, this could be an opportunity for organisations to rethink how they do business - and question whether they need to return to a form of normality in which, for example, employees are flown to meetings that could otherwise be held using video conferencing facilities.

A more realistic rate of change

Unfortunately, however, the environmental positives are likely to be temporary. Indeed, there is now a risk of efforts to address climate change becoming a lesser priority

as governments focus on dealing with the economic implications of the crisis. This is why the investment industry has an important role to play in maintaining the momentum that has gathered in recent weeks and months.

The biggest crisis now is clearly COVID-19, but the biggest crisis of the 2020s is still climate change, and we need to ensure that once we're on the other side of the coronavirus pandemic that governments keep focusing on that.

But the environmental gains from the pandemic have clearly been made alongside painful social, economic and health consequences. In other words, the current rate of improvement is unsustainable.

If we're taking climate change seriously, we would rather see a smooth transition at a rate less dramatic than we're seeing at the moment.

We don't want to be in a position of having to bring a halt to everything, as we are now, in order to have that environmental impact.

We can invest for change

Responsible investing isn't just about the environment, of course. The crisis has also shone the spotlight on corporate behaviours

- both good and bad - and helped illustrate why businesses cannot simply be about making profits.

If they are going to be successful, they need to think about their wider stakeholders.

Companies that have put measures in place for employees, for example, will come out of this with higher employee satisfaction and community spirit - and that contributes to their long-term success.

The importance of environmental, social and corporate governance (ESG) factors in investment decisions has only become clearer as the crisis has unfolded.

Investors increasingly seek information about sustainability and responsible investing, with growing awareness of the broader long-term aspects of successful and effective investing.

Anyone who wants to explore their responsible investing options should speak with a financial adviser.

For more information from us, please contact Navigation Wealth Management Ltd on **01482 379504** or email **navigationwm@sjpp.co.uk**

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Having started the business 20 years ago, Craig McCloskey turned his hobby into a thriving business, and at Ardent Fireworks, his passion can be seen from the fireworks he sells to the displays he delivers.

Whilst his current shop is based in Pockington, he also opened a shop in Beverley 3 years ago, which can be found on **Annie Reed Road, Grovehill Industrial Estate HU17 0JT**.

Ardent Fireworks have over 100 of the best quality fireworks available, stocking lines for small gardens to display quality which include, rockets, Catherine wheels, sparklers and multi-shot cakes, along with a range of low noise effects.

If you are new to firework display planning, the team at Ardent Fireworks can help you with safety advice and help design it at no extra cost.

The click and collect service is popular, along with a free delivery service if required and subject to conditions.

The shop in Beverley will be open every day from **23th October until 6th November, 10am-6pm**, whilst the shop in Pockington is open daily from 10am-6pm with extended hours during Bonfire Week.



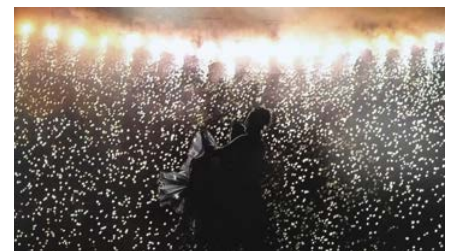
Ardent Fireworks are well known for their displays throughout the UK and fire amazing, bespoke firework displays for all occasions and events around the country. From birthday parties and weddings through to large corporate events and public displays, they have the perfect fireworks for any event.

With displays starting from only £600 all inclusive, the firework team work with budgets that are affordable to most, and with

Ardent's displays you get to make your show more personal. You choose the colour schemes, colours and effects to go with your theme.

If you're concerned about the effects of fireworks on nearby animals, Ardent has the answer with a range of low noise fireworks effects for those of a nervous disposition. If you wish to have them to music, of course Ardent can deliver and fire displays to music regularly.

Ardent can also make your fireworks display a surprise for someone, as they can turn up to your event to set up the display without them knowing as they can use unmarked vehicles or wear discrete uniforms and have a great set of excuses for being on land. They also offer special additional features such as a waterfall effect, and a heart with your initials for that extra romance. Wondering what happens if it rains? Well the team will get wet... but everything is waterproofed so you will still get your display, but you and your guests might need to bring an umbrella.



Call **01759 307849** for more information and to discuss your fireworks arrangements or take a look at Ardent Fireworks' website to help you choose your fireworks: **www.ardentfireworks.co.uk**

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You must be over 18 to purchase fireworks



SHORT STORY BY PAULINE KIRK - REVEILLE



Luke opened the battered box. The words 'Morton School' on the side were fading but a painful reminder. Sighing, he laid the trumpet on his bed. He longed for his own so badly it was like toothache.

When he'd heard Old Joe's shop had some second-hand instruments he'd cycled over urgently, but it was only a couple of clarinets. It would take years of paper rounds to afford even those.

Setting up his music stand he began to play the homework Mr Styles had set. It was easy and soon he was trying pieces later in the book - for fun.

The doorbell rang below him. "That'll be Mrs Smithers complaining again," his mother called crossly.

"I'm sorry," she began as she opened the door. "Oh - John. Hello. I hope Luke hasn't disturbed you."

"It's your lad I've come to see," the old man replied. Seeing Luke on the landing he smiled encouragingly. "Come down. I've got something for you."

Mystified, Luke followed him into the lounge. Placing a case on the table, Mr Blakemore took out a shining old trumpet. "I'd like to lend you this," he said.

"That school one's ok to start with, but you need a better instrument now." He nodded towards Luke's mother. "Yes I can hear him. It cheers me up. I can't play myself now. My fingers are too stiff."

"But..." Luke's mother interrupted.

"Hush," Mr Blakemore said. "There's one condition: that he plays 'The Last Post' next Sunday so I can hear him. Nobody bothers about Remembrance Sunday round here, but I do. I want to remember my old mates in Korea, and I can't get to the Cenotaph."

"Will you really lend it me?" Luke asked breathlessly.

"Look after it."

All that evening Luke played Mr Blakemore's trumpet. Fortunately, the Smithers were out. In the morning before school, he downloaded copies of 'The Last Post' and 'Reveille'. For the rest of the week he practised both again and again with a pair of old socks as a mute.

By Friday he could play both well and had watched services on YouTube to get the timing right. But when Sunday came Mr Smithers was putting up shelves, his drill whining shrilly. No one would hear Luke's trumpet above it

Furiously Luke ran into the garden and clambered onto the rockery. Facing towards Mr Blakemore's windows, he played 'The Last Post' just in time. The old soldier's radio was tuned to a service and when the two minutes silence were up, Luke joined in with 'Reveille'.

Then, feeling foolish, he scrambled off the rockery. To his surprise he heard someone clap at the end of the Close.

They were eating lunch when there was a rattle at the letterbox. Luke's mother went to investigate. She returned with a handwritten note.

"The trumpet's Yours, lad," she read aloud.

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

POEM BY CLINT WASTLING - REMEMBER, REMEMBER



*Kit Wright, Yorkshireman, you've heard of my crime?
A Gunpowder Plotter, my life will be brief
and forgotten if my bones are crushed for lime.
I was forbidden my beliefs
on transubstantiation, God, Primacy of Pope.
Catholics can be arrested, thrown in jail,
called traitor, refused trial and hope.
Given a cross but denied a nail.
Treason with Catesby ensures my fate.
We failed, so a pistol lies across my knee;
a bullet will kill me, not execution. I wait,
taking comfort from my rosary.
My love I give to wife and daughter, my soul to God,
my hopes abandoned on this Staffordshire sod.*

Clint is running a poetry workshop at Burton Constable Hall on Saturday 27th November from 11-4pm. Booking via Burton Constable's website.



His collection Layers is available in Tourist Information and The Beverley Bookshop.



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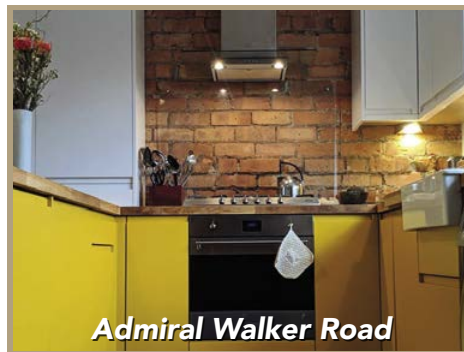
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I'VE BEEN THINKING... SAYS COLIN RAYNOR

I recently read a quote by John Humphreys (who after 18 years has just passed on the chair of 'Mastermind' to Clive Myrie) which stuck in my mind. It went like this: 'writers should not aim at being possible to understand but at always being impossible to misunderstand'.

So my hope is that you clearly understand the connection between the two events I am going to put before you now.

November 22nd 1963. This was the day that Lee Harvey Oswald assassinated the American President John F Kennedy in Dallas, Texas.

One of those moments in life when you always remember where you were. The shooting took place at midday but it wasn't until 6.30pm that the news was made public in this country (how different from today).



I was 25 and working in a textile mill in Huddersfield and I was at the mill's annual dinner. It was the mill owner who told us, in the middle of our meal, about the shooting of the President. Why do I remember it so clearly? It was the first assassination I knew about in my lifetime, others I had only read about in history books.

Secondly, although I was never very politically minded, and still aren't, I shared the hope that many people had at that time, that this young President and his wife were going to usher in a new generation for a brave new world, but now he was dead. Would he have risen to the challenges before him in his time in office? We will never know but I do know I felt sadness at the death of a person I had never met.

November 22nd 1984. By this time I was Senior Fostering officer for Dudley Social Services in the Midlands.

June Bowers was a 'mature student' and had been on placement with my team for the last 8 weeks. She was due to leave us on that day but had gone on a visit with one of the team to meet a foster carer. I took a telephone call in the afternoon from a neighbour of June's informing me that June's husband had collapsed and died. We did know that June's husband was not a healthy man but this was totally unexpected.

I drove to the foster home and took June to the hospital. I'm not sure to this day what words I used to convey the tragic news of her husband's death. I do know she told me she had been expecting something of this kind for some time.



Did she say that for my peace of mind as well as her own? I'm not sure.

I left her with friends and relatives and although we talked on the telephone later, we never met again. We had intended to have a party in the office to say farewell to someone we had all come to like but that didn't happen of course.

A few years later I heard of a social worker named Bowers holding an important position in social work and I tried to convince myself it would be June.

Two very different events linked by the same date and by the same outcome, loss of life. As the writer I assure you I gained in my understanding of life from both sad events. I hope as the reader you can take this understanding for yourself.



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CARFAN - THE MERCEDES MCLAREN SLR

Sometimes when two companies get together it works, sometimes it doesn't. In the case of the subject of this month's column, the Mercedes McLaren SLR, it was by all accounts the latter sadly.

However, the end result is undoubtedly a beautiful beast and a testament to the workmanship of both companies.

The model featured is one step above the "normal" versions as it has had the attention of the McLaren Special Operations Department. The original owner certainly ticked a lot of boxes as it benefits from a custom colour that really needs to be seen in daylight, together with a new bodykit, lighter wheels, reworked intercooler, a lighter ceramic coated exhaust system and updated springs and dampers.



Just over 2000 SLRs were made in various forms, with coupe, convertible, 722s and even a roofless and windscreen-less version named after our very own Stirling Moss available, but the latter is only for the very brave and hardy souls among us. With 617 bhp in the 'basic' version and a top speed of 208 mph from its 5.4 litre V8 engine, most would think that was sufficient but MSO would and still will upgrade the engine if required, as per the featured example.

Owners tend to hang on to these cars, putting little mileage on the odometer and keep them in heated dehumidified garages or museums, which is a shame, but on the rare occasion when one does come up for sale, be prepared to pay anywhere between £225,000 and up to even twice as much, depending on which one you fancy.

Carfan can't help but wonder what amazing machines we could have had if the two companies had got on, but let's be grateful we have what we have and don't forget - should you see one, probably at a Concours d'Elegance, don't forget that cheery Carfan wave!

BEVERLEY MOTOR WORKS HYDROGEN VEHICLES: THOUGHTS, BENEFITS, AND NEWLY RELEASED PRODUCTS



Hailed by some as the future of motoring, Hydrogen vehicles are seen by some experts as a great solution to having more environmentally friendly methods of transport.

Hydrogen vehicles are electric vehicles, with their power being generated by a series of chemical reactions between hydrogen and oxygen rather than being stored on board in a battery topped up through a plug. Hydrogen vehicles all have the same goal in combining hydrogen and oxygen in a fuel cell stack to produce water and electrical energy, so what benefits do they offer? Not only does refuelling hydrogen tanks from a pump takes less than five minutes, but once drivers are on the roads they will enjoy smooth zero emission journeys. There continues to be developments in hydrogen technology as it offers other benefits, such as being a uniquely clean energy source that can produce heat, and whose only by-products are water. There are several advantages over other power sources, including the basis that it is renewable and readily available, it is more powerful and energy efficient than fossil fuels, no noise pollution, and reductions in carbon footprints. Hydrogen's vast range of use also provides great flexibility in design for leaders in hydrogen fuel cell technology like Toyota.

More and more products are being released, and Toyota's fuel cell technology has already made a difference on land and sea. From next year it will power an entire community; Toyota's Woven City, a prototype city at the base of Mount Fuji, will offer a fully connected ecosystem powered solely by hydrogen fuel cells. The Government has revealed the UK's new and first-ever hydrogen strategy that aims to help the UK use the green fuel to power everything from homes to cars. As an energy source it could play a crucial role in helping the UK cut emissions.



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Name a Bathroom musical instrument?

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WHAT IS IT?

Can you work out what the numbers and letters represent?
 Answer on Page 32.

49

50

XZ

YC

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

QUOTE OF THE MONTH

"It is what it is."

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TOP TIPS FOR NEW FREELANCE PERSONAL TRAINERS

Being a personal trainer requires more than knowledge about fitness. To work in the fitness industry, you also need to be business savvy as 80% of personal trainers are freelance after all. Here are some top tips for those at the start of their freelance personal trainer journey.

Build your network

It's a cliché but people do buy from people. Your entire role involves talking to and encouraging your clients in one to one or group training sessions, so people need to trust you. Ultimately, networking is how you'll get a lot of your work.



Have a good online presence

Having an active social media presence and website that provide people with important information is essential. Mix up pics of clients performing exercises with tips, tricks, interviews with your clients, and even posts about your other interests.



Don't undersell yourself

Charging cheap rates isn't sustainable for a long-term healthy business. It's a good idea to charge more than you're comfortable with and stick to it. If someone is not willing to pay your rates, they may prove to be a difficult client down the line and not worth your time.

Keep learning

Learn how to be a better people person, learn how to best run your business, and learn more about your specialist topic. These skills will allow you to improve your training and increase your earning potential.

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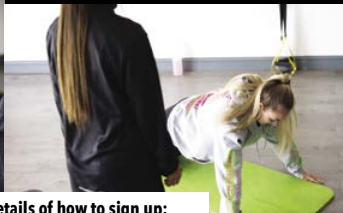
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COUNTRYSIDE MATTERS WITH SAM WALTON

I have no idea how many countries there are in this weird and wonderful world, and I do wonder if they all have a different method of farming or producing food.



I have mentioned parts of Africa and Denmark so far, which proved quite a contrast, so thought I would have a look at what happens in Thailand next.



Thailand is the same size as France but totally different as you would expect. There is a massive family farming businesses around in the local villages where most houses have maybe a cow for milking or half a dozen pigs, plus hens running around. With the climate always being warm, there is no need for

fancy buildings, which you would mostly see on small family farms growing a few veg and selling eggs in a local market, where they take their produce there on the back of a motorcycle as well as carrying the wife and kids at the same time.

That they are quite clever there is no doubt. I have seen many a farm where they had maybe six or seven sows in very basic wooden pens, or a dozen weaner pigs being fattened for either the family or to feed another family who



don't have pigs. The dung and the urine from these pens dribble down into a pond which is full of fish. Topping the pond up is not a problem as they have a rainy season there and when it rains it pours, believe me. The lagoon is then used for watering some of their crops, so I suppose the dung from the pigs helps those too, but I was never very sure how that made the fish taste.



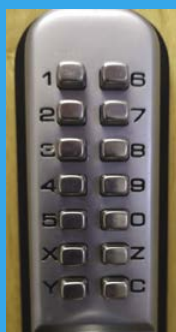
Thai people are so natural; they live day by day, have no burning

ambition to travel the world, live a very simple life and are probably closer to nature than we are here. They work hard in their fields and never seem to have a day off, but they all make time to go and pray in front of a statue of a Buddha every day.

Away from the villages there are different farms where village people go to work and there is quite a bit of machinery around, including a combine for rice and I have seen several excellent piggeries, but more of that next time. Thailand produces thousands of tons of rice, and you can always see the barges coming down the river in Bangkok on the way to the docks further south. There are also specialist prawn farms, which I think Thailand is number two in the world for. One thing they do have is a million sows, which is more than twice as many as we have, and they have some cracking pig units too. It is not all backyard and peasant type farming, they have both wealthy and poor.

WHAT IS IT?

A door combination lock



IN THE GARDEN... NOVEMBER

November is a quiet month activity wise in the garden - although the weather often has other ideas, we move from the bright hues of autumn colour that may still be lingering at the beginning of the month and then tumble into winter at its close. Colour from flowers will be scarce, but replaced by berries, variegated evergreen foliage, and decorative bark on trees, seed heads and grasses.

Tasks and Tips for November...

- Continue to clear up leaves and compost if applicable. Don't allow them to stay on the lawn as this will lead to bare patches and clear them from nooks and crannies, slugs and snails will overwinter in them especially if they are dry!!
- Tidy up roses and any other shrubs by clearing old stems and dead foliage - don't overdo this as grasses and seed heads can look very attractive in the depths of winter (especially with a frost on them) and they will provide food and shelter for the smaller creatures in the garden.
- Aerate (spike) the lawn, give it a light cut and apply an autumn feed. Autumn feed differs from the spring/summer feeds, containing a different ratio of nutrients which enhance root development, helping your lawn get off to a flying start next spring. Don't apply any feed if frost is forecast.
- Protect tender plants using horticultural fleece.
- November is your last chance to plant spring flowering bulbs - plant bulbs at 2 to 3 times their own depth for best results.
- November is a good month to plant a hedge; bundles of bare root hedging plants will become available in nurseries and garden centres. It is also a good time to transplant any shrubs or trees that maybe not 'quite where you want them' in the garden.
- Dig over bare soil in the vegetable garden when weather permits. If done early in the month the rain and frost over winter will help to break up the soil and digging will be easier in the spring. However, don't trample on the soil if it is wet enough to stick to your boots as you will end up compacting it, which will do more harm than good.

Well, I think that's about it for this month - just a couple of things to add; if you are having a bonfire (for the 5th November or just tidying up) take care and check that no small creatures i.e. hedgehogs, have decided to make a home at the base and please don't leave your carved out pumpkins where hedgehogs can eat them (it makes them very poorly, dehydrating them and then they sadly perish).

Thanks for reading, so until December enjoy what time you can in your gardens...

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A COOL DESTINATION TO VISIT

Having just returned this month from the incredible destination of Iceland, I thought I would share some of the amazing experiences you can enjoy. We stayed for a short three night break, however we would definitely return and explore more of the island at a different time of year.

We enjoyed three iconic experiences: a cruise in search of the Northern Lights, a relaxing and unique experience at the Blue Lagoon (a favourite bucket list entry), and an exciting day exploring the Golden Circle by super jeep, which included an adventurous two hours on snowmobiles on the glacier. It is breathtakingly beautiful and honestly no amount of words could describe it - you just need to do it!

One experience we had booked was a whale watching trip, however this was unfortunately cancelled due to a storm. For those with an interest in nature, this is a fabulous opportunity

to see Minke whales, white-beaked dolphins, harbour porpoises, sometimes humpback whales, and killer whales in their natural environment.

The northern part of the country has some of the best attractions the country has to offer including volcanic pseudo craters, natural hot springs, waterfalls, and get this: beer baths! Some Icelander figured out that the herbs in beer provide excellent remedies to the skin. While soaking in wonderful, warm beer, fill up your beer glass with your private draft located right next to your tub. The bathing beer is non-alcoholic but the draft is not!

Another favourite is to enjoy the popular SUP, or stand up paddleboard in one of Iceland's hidden fjords. If you are worried your balance would not allow you to enjoy the experience I have it on good authority that you can sit, stay on your knees, or stand - whatever makes you most comfortable while floating in the water surrounded by breathtaking Icelandic nature.

The ultimate hidden gem of Iceland is without a doubt the Westfjords. If you want to see some of Iceland's most breathtaking scenery while feeling alone in the world, this is the place to explore.

The Westfjords, as the name suggests, allows you to explore magnificent fjord landscapes and



places like nowhere else in the world such as the awe-inspiring Dynjandi waterfall, Latrabjarg bird cliffs where you can get up real close to the puffins, or Hornstrandir dramatic nature reserve which is every hikers' paradise.

A land of fire and ice with so much to offer; if you wish to know more about bespoke packages to include the experiences that you would most like to do, please do get in touch.

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