

just

ISSUE 72

# BEVERLEY

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**TURNING THE PAGE ON 2020**  
**LOOK TO THE FUTURE WITH BEVERLEY TOWN**

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

# Wishing you a Healthy and Prosperous 2021



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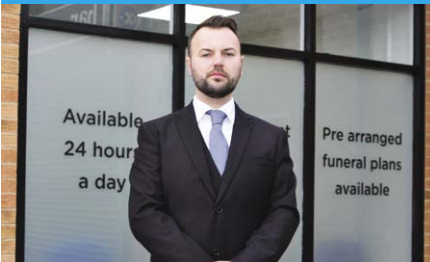
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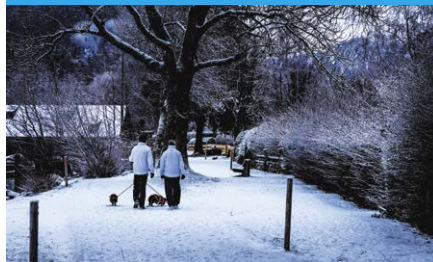
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### Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Tony Barker, Cllr Richard Burton, Jonathan Lee Calkwell, Carfan, Jane Dale, Fiona Garth, John Gilham, Jackie Hardman, Rich Hayes, Colin Raynor, Ian Richardson, Mark Smith, 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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## LETTER FROM THE EDITORS



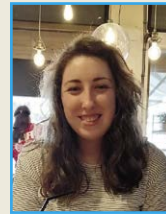
Happy New Year to everyone, hopefully 2021 will be the year when everything comes back together and we can get on with our new normal lives.

I mentioned last year that 2020 would be a year of change, not quite the change

we all expected. So learning from last year how important health, wellbeing and the impact of loneliness had on society, we must now look how we can help each other to achieve our goals and maintain a healthy lifestyle (that will be different for everyone), to look out for those less fortunate than ourselves.

Continuing with the **Just Beverley** mantra "Small change - BIG impact" keep your stories coming in, we like to know what you have been up to.

Have a great year.  
**Julian.**



"You can't turn back the clock, but you can wind it up again!" Happy New Year readers! We've only gone and made it to 2021!

This month I'm feeling reflective. I recently came across Joan MacDonald, a

74 year old American, who has inspired me to embrace a willingness to learn and make room for the things that grow us. While her journey is fitness based (I mean that alone is worth checking out!), I find her mentality is adaptable to any situation - including many experiences I've had throughout this pandemic.

We have suffered many losses thanks to Covid-19, and yet here we all are, still making the best of it. So I'll be bringing Joan's energy into the New Year - remember, it is never too late for anything.

Stay safe this January, and enjoy the issue.  
**Olivia.**



'Community Publication Award' Shortlisted Nominee 2017 & 2018



REYTA Remarkable East Yorkshire Award Nominee 2016 'Best Newcomer'

## GET IN TOUCH WITH US:

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# A LOCAL SOLICITOR IN BEVERLEY IS CELEBRATING HIS 55TH YEAR AS A PRACTISING SOLICITOR

**Leon Lurie, born in Edgbaston, Birmingham, in June 1940 when the evacuation of the British Army from Dunkirk had just been completed, first qualified as a solicitor on 1 December 1965. He has been helping local people with a whole variety of issues ever since.**

Leon worked in general practice, turning his hand to debt collection, Magistrates Court appearances, divorce, paternity, property work, and wills & probate.

He has lifetime experience in property transactions, wills & probate, and has had countless experiences of human behaviour over the past 55 years.

After gaining a Law Degree from Hull University in 1962, Leon began his legal career with his 'Articles', which is now known as a Training Contract, with a local Hull firm between 1962 and 1965. During his Articles, he was paid £1 per week during the first year, and £1.50 per week during the second year.

Decades later in the 1980s, Leon became involved with a local software company who created the first ever conveyancing software package. As a result of this, he had two trips to America to gather information on legal services.

This led to fascinating experiences in Silicon Valley where discussions were taking place about computer networks and the possibilities that these would create.

Having left Beverley after working there in a supervisory role in the early 1980s, Leon was drawn back and returned to live in Beverley, on the site of the former Beverley Westwood Maternity Hospital, in 2019.

He said: "I have been very fortunate to work in the practice of James Legal in both Hull and Beverley offices. Part of my work is mentoring younger members of staff which is extremely rewarding".

Leon tries to source everything he can from Beverley shops and tradespeople, and he also supports the Beverley Cherry Tree Community Centre by providing free legal advice.

Now facing the next challenges and opportunities in the New Year, Leon remains "enthusiastic to continue as a solicitor helping local people with a whole variety of issues for many years to come".

As for the future of legal services, he remains optimistic: "The impact of Covid-19 has brought about immense changes with home working, virtual offices and client communication, and the



ability to use online meeting forums across the world has brought an exciting, new era for the development of legal services".

## NEW INDEPENDENT FUNERAL DIRECTORS

**A well-known Beverley funeral director has launched his own independent locally based company.**

Based on Lincoln Way in Beverley, Lewis Northen Funeral Directors is an independent family business giving the personal touch to funeral services in Beverley and the surrounding areas.

Lewis Northen, who has developed an unrivalled reputation over many years in the town as a well-established Beverley funeral director, has 10 years' experience looking after families in Beverley and the surrounding areas.



Born and raised in Beverley, he has experience in supporting families and delivering a funeral service that will meet each family's individual needs.

Lewis prides the company on creating a warm, calming atmosphere in the new funeral home, as caring for loved ones is at the heart of what they do. Being Beverley's only born and raised independent Funeral director means a lot to Lewis as he feels strongly about looking after his Local community.

Available 24 hours a day 365 days a year, the company offers a comprehensive range of services including advice, guidance and support for families and their loved ones. Pre-arranged funeral plans are also available.

Contact Lewis Northen Funeral Directors on **01482 888658**.



## NEW BOOK FROM MARION GAMBLE

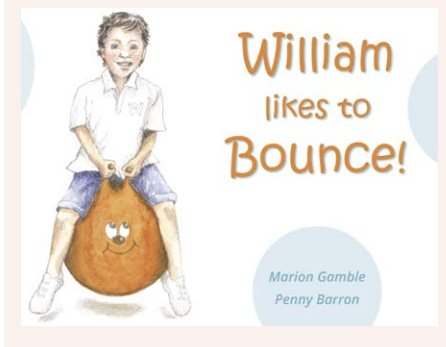
**Local author Marion Gamble has had her sixth children's book published.**

"William likes to Bounce" is a fun story for pre-school children and early readers, with rhyming text to encourage language development.

Featuring beautiful colour illustrations, the story can be used to promote physical activities and create imaginative games.

Marion is passionate about children having access to good books and stories from an early age, her other books have proved popular with children and parents alike.

The book is available from Amazon and other online websites and can be ordered from any good bookshop.

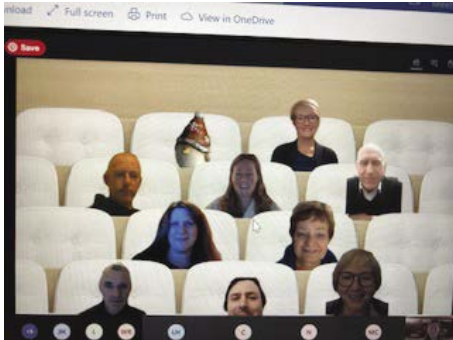


# LOOKING BACK ON 2020 FROM BEVERLEY ATHLETICS CLUB

**Beverley Athletic Club's year 2020 was not quite as expected! Celebrating a year virtually, but one nonetheless that has seen members keep active, involved, motivated, and challenged in what has been a quite different year!**

Despite the difficulties facing the Club, membership of the Club has flourished with several new members joining during the year.

The Junior section has particularly flourished and now has a waiting list, since all Club activity has to adhere to Government and England Athletics Guidance, meaning that there is a limit to the number of athletes and coaching staff that can meet at any given session.



The first virtual Club event launched back in March was the Pass the Baton relay. Members ran a leg covering whatever distance they wanted, and

then submitted a photo of them handing over their "baton" to the next runner. Some members were particularly creative with their "batons", ranging from wooden spoons and wine bottles to bananas and pet dogs! We look forward to the virtual Awards Night to see who has received the Most Creative Baton Award!

To date, 121 members have passed the baton, running a total of 743 miles.

The Couch 2 5kms was launched in July and was successfully delivered virtually during the year, and participants will be graduating in the New Year. Following this, it is hoped to be able to deliver another programme and further information will be available in the New Year.

Beverley AC are particularly grateful to those members who have organized virtual challenges. The last races of the year were the virtual South Dalton 10 kms and the virtual Gilberdyke 10 mile.

Groups of up to 6 took on the challenge of the Beaver Trail on Sunday 20th December. This popular local running trail is popular with walkers and runners alike and is a Club favourite at this time of year. Groups started at 5 minutes intervals, covering the 3 different routes covering distances of 5, 10 or 13 miles.

All the Club's activities have been overseen by its hard-working Committee. Virtual Committee



meetings have enabled the Committee to keep the Club operating during the year, ensuring that the Club is following health and safety practices and Government and England Athletics guidelines.

With new guidelines introduced recently, when Lockdown is complete then the club will look to resume weekly training sessions: Club runs, Speed training sessions and the Introduction to Speed/Improve your Running sessions.

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

On behalf of the Club's Committee and its members, we wish you all a happy and healthy New Year!

## SSAFA BRANCH SECRETARY IN 2021 NEW YEAR HONOURS LIST

**Mrs Sandra Staples, East Yorkshire Branch Secretary of SSAFA, the Armed Forces Charity, has been included in Yorkshire's New Year's Honours 2021 for voluntary service to Ex-Service Personnel.**

She is one of the medallists of the Order of the British Empire (BEM).

The East Yorkshire Branch of SSAFA, the Armed Forces Charity, serves all Service Personnel, Reservists, Veterans and all their families in times of need as a thanks for serving the UK.

The military charity prides itself on being able to have no paid staff and be supported by an amazing team of volunteers.

Mrs Sandra Staples has provided SSAFA with an impressive excess of 30 years of service.

In the 2021 New Years Honours list, she was honoured by Her Majesty with the British Empire Medal BEM, which is one of the highest awards that can be bestowed for services.

Sandra served with her husband Richard in the

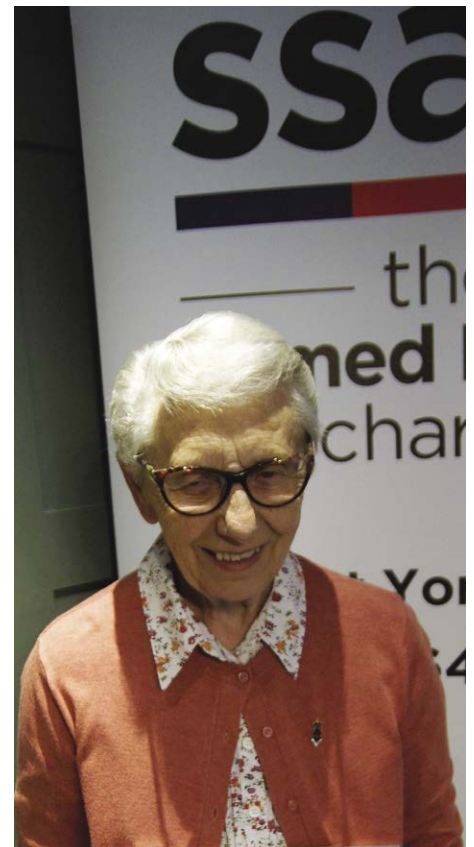
RAF until he retired, and she has worked tirelessly with SSAFA from then onwards providing support to each and every community she has resided.

Sandra said she is extremely honoured to receive the award and thanks everyone for providing their volunteer support to SSAFA and the East Yorkshire branch particularly.

The branch chair, Michael Menzies-Baird, said: "Sandra is an inspiration to us all. Her role in the branch is a thankless task which she carries out with enthusiasm, dedication.

"She gives so much, which helps us all to pass the necessary assistance to those in need in the Armed Forces Community throughout East Yorkshire.

"Sandra Staples was the force which held the Flower Festival of Remembrance in Beverley's St Mary's Church in August 2018, which helped to raise much needed funds for the church and SSAFA - so a huge thank you Sandra Staples BEM, and congratulations".



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# LOOKING TO THE FUTURE AT BEVERLEY TOWN FOOTBALL CLUB



**Following a tough year for everyone, Beverley Town Football Club is looking forward to an exciting future of development and success.**

Already looking ahead, Beverley Town Football Club's Junior Academy currently has 30 children who are looking to form the next new Junior Teams. The club currently has 17 junior teams playing within Beverley.

The Club can offer football coaching from Under 8's all the way through to the open age group, the merger of Beverley Whitestar and Beverley Town a few years ago demonstrates the vision of the committee.

The club follows the sport for all initiatives and ensures the expanding Town has a local club to support the growth in population locally, health and wellbeing is at the heart of every decision.

The Academy is being managed and run by the previous first team manager Rich Jagger. Rich is keen to ensure that the Club develops and nurtures the youngest to get the most out of the game and encourage friendship and team spirit, playing the games as it should be played, provides a natural feed upwards through the club to older teams, with the right standards set in place.



Beverley Town is an all inclusive Club and have developed a strong ladies section under the guidance of Arthur Jessop. The ladies team also has links with the local business community being sponsored by The Tiger Inn.

Beverley Town Ladies FC were formed in 2018 to give girls an opportunity to improve fitness, have a social get-together and enjoy the sport they love. The club continues to support the development of grassroots football within the ladies game.

Other positive developments for the club include success in the club's disability team, which has been running for many years, and the men's first team, which is hoping to go to Northern counties to compete. Mike Thompson joined the club as Manager of the first team.

Mike was approached by the previous manager Rich Jagger, Mike was know to Rich through is involvement with the first team, Mike was a natural choice to take over from the good work that Rich and achieved, Mike has a great knowledge and enthusiasm for the game, following a lengthy

*Rich Jagger and Stu Akester*



Back Row - L-R: Mark Smith, Stu Akester, Mike Thompson, Rich Jagger.  
Front - L-R: Olly Grantham, Gary Proud.



interview process it was clear that Mike would be the ideal candidate to take them forward.

Going into 2021, the club is excited about the development of Norwood, Olly Grantham and Rich Jagger are the driving force towards taking the team forward. Having spent a substantial sum on the pitch with the Ivan Usher stand opening and planning permission also being sought for floodlights at the ground to fit the last piece of the jigsaw. It is all credit to both Olly and Rich how they have managed the projects and the responses have been very positive the future does look bright.

While new sponsors are continuously joining the club and contributing to the local community, which includes ex player Leon Dawson of Minster Carco who sponsors the 1st Team. Beverley Town are looking for even more sponsors to support the team's development in the future. At only £300 per year, local businesses could advertise at the side of the First team pitch to help support the club and raise their own profile as well. Known as a Win Win situation.

Mark Smith, Chairman of the club, said: "The club has a wonderful feel about it at the moment with some real momentum and desire to move forward. The possible development further of Norwood as a sporting hub in Beverley will only attract further sponsors".

Despite a tough year all round, there are plenty of achievements to celebrate; Gary Proud has been the club secretary for 25 years, they now have a first team coach helping them play at the level they want to compete in, and thanks to the council, Deer Park Way has been marked out with pitches as the Leisure Centre is being developed.

The infrastructure largely built on the determination from Gary behind the scenes and his continued love

for the club to see it through the good and bad times has ensured that Beverley Town have the foundations to build on.

Mark said: "There is so much good going on at the club, it is a real success story, a story that the residents of Beverley should be proud of and get behind."

As the country comes out of lockdown and looks towards a brighter future, Beverley Town looks to support and promote Sport to encourage health, wellbeing and social interaction, engaging people to get involved. If you are interested in getting involved, to be a part of the Community Club and push it's continued success then get in touch with the club, look to a healthy and brighter future for all.

Contact Mark Smith, Chairman at [shefved99@gmail.com](mailto:shefved99@gmail.com) or tel **07879 520902**.

Beverley Town FC is run by volunteers and without their help, the club could not exist. Special thanks also goes to Steve Graham who keeps everyone Covid Safe and Claire Willey who is the Covid Safe and welfare Officer looking after the junior section of the club.



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# A MESSAGE FROM CLLR RICHARD BURTON, LEADER OF EAST RIDING OF YORKSHIRE COUNCIL

**With the Prime Minister's announcement, 2021 has started as 2020 finished, with COVID-19 again affecting our lives and work in wide-reaching ways as we move into a third national lockdown.**

The nation was asked to follow the new guidance immediately and the restrictions will become law, subject to Parliamentary approval.

I thought it might be helpful to highlight some of the key aspects of the new restrictions, which will affect some council services which we provide to residents and businesses, and of course I appreciate that the rules will also affect you in other ways too.

Everyone must stay at home wherever and whenever possible, except for a small number of permitted reasons, such as work which cannot be undertaken from home, going out for essential medical needs, food shopping and exercise.

Support and childcare bubbles will continue and people can meet one person from another household for outdoor exercise.

The advice to people who are clinically extremely vulnerable is not to leave home to attend work, school, college or university and to limit the time they spend outside their home. They should only go out for medical appointments, exercise or if it is essential.

Schools and colleges have closed to most pupils, except vulnerable children and the children of critical workers, and they will provide remote learning for other students until at least the half-term in February. End-of-year exams will not take place in the summer.

Early years settings such as nurseries will stay open however.

Restaurants can continue to offer food deliveries but takeaway alcohol will be banned.

Outdoor sports venues, such as golf courses, tennis courts and outside gyms, must close but outdoor playgrounds will remain open.

Amateur team sports are not allowed but elite sport such as Premier League football can continue.

Communal worship and events like funerals and weddings can continue, subject to limits on attendance. More details about the national lockdown are available at [www.gov.uk/guidance/national-lockdown-stay-at-home](http://www.gov.uk/guidance/national-lockdown-stay-at-home)

The House of Commons has been recalled to allow MPs to vote on England's new restrictions and the lockdown is due to last until

at least mid-February. I know many of you will be frustrated and disappointed by these restrictions, particularly the owners, managers and employees of businesses which continue to be affected by the Government's measures to deal with the virus.

I share your concerns and you have my deepest sympathy if this latest phase of the pandemic threatens your business, employment and livelihoods.

We will continue to do our utmost to support businesses and residents as we deal with the ongoing effects of the pandemic and the latest restrictions and we have already been responding to the announcement to implement necessary changes to our services. You can see how the restrictions are affecting services at <https://covid19.eastriding.gov.uk/>

The Prime Minister's announcement explained how the spread of COVID-19 this winter has outpaced the attempts to suppress it because of the new variant of the virus, which made it inevitable that tougher restrictions would be introduced.

It means many impacts on people's work, children's education, business livelihoods and families' financial welfare and health and wellbeing but, as ever, the council will do everything it can to support our local communities through this latest challenge. Please do visit the council's website at <https://covid19.eastriding.gov.uk/support/> to find out about the full range of support available for businesses, organisations and residents. It includes information about the financial aid available to businesses and residents, guidance about safety and COVID-19 prevention, advice and resources to support your mental and physical health and wellbeing and much more besides.

In the East Riding, we have done a fantastic job of keeping infection rates relatively low for much of the pandemic. We should all be proud that the



responsible behaviour and sacrifices of people across the East Riding have resulted in our current COVID-19 infection levels being some of the lowest in England and Wales.

Despite this fantastic effort, our infection rates would still have inevitably grown and our local NHS hospitals and staff would have faced an impossible and unfair task over the coming weeks if tougher restrictions had not been introduced.

However, there are reasons to be optimistic for a better 2021. The rollout of the COVID-19 vaccine programme is continuing to gather pace and the Prime Minister said that all care home residents and their carers, everyone aged 70 and over, all frontline health and social care workers, and the clinically extremely vulnerable will be offered one dose of a vaccine by mid-February.

Please continue to be patient. You don't need to contact the NHS, you will be contacted when it is your turn to have the vaccine. The vaccine roll-out will help life return to something closer to normal but it will take time.

So, for the next few weeks, we need to keep pulling together, to do what we can to stop the virus spreading further. We need to keep doing the basics and to keep encouraging our families, friends, colleagues and our communities across the East Riding to play their part to minimise infection rates over the coming months.

That means continuing to follow the public health guidance - including our 3 Steps to Safety: Prevent. Notice. Act. If people keep doing the right things we will get through this and we can look forward to a better spring and a great summer, enjoying all the things we love to do with our family and friends.

Thank you for your continued support.

#TogetherEastRiding





# BEVERLEY MUTUAL AID CONTINUE TO HELP

**Earlier this month the country entered into another Lockdown. We are fortunate in our area to have Beverley Mutual Aid to hand.**

It is almost 12 months since Beverley Mutual Aid was formed in response to the situation surrounding the virus COVID-19.

Jackie Heffer and Annie Kirkman of She Productions at ERT, both continue to be heavily involved in the community, joined forces to create 'Beverley COVID-19 Mutual Aid.'

The group is a not-for-profit organisation run by volunteers based in Beverley and supports surrounding villages. They help those who are self isolating and those who are vulnerable and unable to get out.

They are able to assist with shopping, collecting prescriptions, posting parcels, dog walking, and any other way they are available to help out.

If you need assistance contact the group by giving them your telephone number or email address and telling them what assistance you need, whether it's something as simple as putting the bins out to walking the dog or food shopping.

As the cold starts to bite during these winter months, Beverley Mutual Aid are looking for more volunteers within the East Riding area to help more beneficiaries.

If you are in a position to help, to give back to the community and make a difference then they would like to hear from you.

For more information regarding their services or becoming a volunteer please call the helpline or email **beverley.COVID19.mutualaid@gmail.com**.

Find them on **Facebook** at '**Beverley Mutual Aid**'.

Or contact Jackie Heffer on **07715 962108**.



**Hello!** **COVID-19 MUTUAL AID BEVERLEY**

**DO YOU NEED ANY HELP?**

If you are self isolating due to COVID-19 we can help with:

Picking up shopping     Posting mail

A friendly phone call     Urgent supplies

Just call or text us and we'll do our best to help you (for free!)

**My Phone number is 07715 962108**  
or email [beverley.COVID19.mutualaid@gmail.com](mailto:beverley.COVID19.mutualaid@gmail.com)

Helper: Coronavirus is contagious please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on doorstep. #Viralkindness

## Make a fresh start in 2021

**If you're struggling with alcohol or drug problems, Forward at The Bridges is here for you.**

We're a residential rehabilitation centre based in Hull, providing full-time specialist drug and alcohol addiction services for men. Established in 2004, we're experts in helping men recover from addiction. With room for up to 16 clients, we provide a safe, intimate, comfortable environment in which to turn your life around.

### Our services include:

- Support and accommodation for up to 23 weeks
- A treatment programme based on the proven and effective 12 step approach
- A range of individual and group activities including therapy, counselling, meditation, and outdoor and social activities
- A comfortable, private room for every client
- Friendly, non-judgemental, professional support from people who understand addiction and recovery

### Get in touch to start your recovery journey today:

- Call 01482 588 454
- Email [thebridges@forwardtrust.org.uk](mailto:thebridges@forwardtrust.org.uk)
- Visit [www.thebridges.org.uk](http://www.thebridges.org.uk)

**"My life has completely turned around: that's what The Bridges has to offer."**

Lee — former client

Forward at



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

*We heard them before we saw them and then they were a sight to behold. Now I am not an ornithologist but I do believe that a flock of geese are known as a 'conversation' and this group were certainly living up to their name.*

As we watched one group pass overhead and fly quickly out of our view another group came along in their traditional v formation. Hundreds of them and who am I to say they were not having a conversation as they set off on their journey to a warmer climate.

Have you ever wondered why migrating geese fly in a V formation? As each bird flaps its wings, it creates uplift for the bird following it and in a V formation the whole flock adds at least 71% more flying range than if each bird flew alone.

Whenever a goose falls out of formation it suddenly feels the drag resistance of trying to fly alone and quickly gets back into formation.

Like geese, people who share a common direction and sense of community can get where they are

going quicker, and achieve more, than those who try to go it alone. If people had as much sense as geese they would realise their success depends on working as a team, taking turns doing the hard tasks, and sharing leadership.

When an old goose gets sick or weary, or a young one can't keep up the pace, the other geese sense it and drop out of formation, fly alongside giving help and protection. I hope I don't stretch the imagination too far but I do feel that we humans have much to learn from the geese we see flying above us.

Putting aside the obvious one that we, who have had to cancel our holidays and have had no real break for the last nine months would love to be flying off to a sunnier climate if only for a short time, here are a couple of thoughts to be going on with.

The first similarity is the art of conversation. So many folks have not had the opportunity to talk, sometimes for days or weeks, to another human being. So when we can all meet, stop and talk,



without any restrictions, make sure you do it. 'Don't be backward in coming forward' was one of the old sayings I was brought up with. Develop the habit of saying hallo to someone you pass in the street. You never know what might develop from such a chance acquaintance.

Secondly that opportunity you were given to help another, did you enjoy it? The tired geese, or the younger geese, know they can rely on their friends to support them.

I have written before in this column about the 'kindness of strangers' over these difficult months. Maybe, whatever your age, what you did to help another, may just have opened a door for you to a type of activity, voluntary or paid work, you didn't think you could do.

Go on, try it again, and make sure that, for you, that old year wasn't just a waste of time after all. Happy New Year.



THE TIGER INN

*Wishing everyone a Happy, Healthy and safe 2021*

DOG FRIENDLY

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# The pandemic and the impact of lockdown on funerals

Funeral Manager, David Wilson, has served bereaved families in Beverley for over 40 years. Here, he discusses how the past year has affected our community and the impact Covid-19 has had on funerals.



From our premises in Minster Moorgate, funerals have continued to go ahead throughout the pandemic and lockdown periods. However, in the 148 years that Frank Stephenson & Son has existed I don't think the firm has experienced quite so many challenges to ensure our clients have a respectful and dignified funeral.

Unsurprisingly, research shows that only one in ten people (12%) are confident they know exactly what the current restrictions mean for organising a funeral. Our dedicated team can take care of all aspects of the service and I continue to work my fellow funeral directors, Paul and Kevin, who are supported by Kim, Vanessa, Colin, John, Peter and Nick. As local people we understand our client's needs and the importance of our shared traditions.

## How funerals have changed

During 2020 we have been continually adapting the service we offer. We have a responsibility to comply with changing government guidance but as a funeral business we also want to give our clients the service they want where possible.

The biggest change has been in the number of people who can attend. At the start of the pandemic funerals were restricted to just 10 attendees. However, more and more crematoria and other funeral venues have adapted their spaces so now 30 people can attend while maintaining social distancing.

An initiative that has been welcomed by many families is the use of specialist technology to live webcast or record the funeral. Sadly, it isn't possible for everyone that may want to attend the funeral to physically be there on the day, but this means they can watch the service and pay their respects even if they are 'shielding', unable to travel or living in another part of the world.

At Frank Stephenson & Son we will be able to advise you on what your options are and we're still able to provide many of the most important elements of a funeral. Your loved one can be buried or cremated. We are able to arrange flowers and a hearse for your loved one, and you can still have readings and music during the service. Bereaved families can now register the death by telephone rather than visit the Registry Office and we continue to work closely with GP's, Celebrants, religious leaders and others.

## Getting to the funeral

We are really happy to say that we can continue to provide a limousine service. To protect both our colleagues and our clients we have installed a Perspex partition between the chauffeur and passengers to provide a safe environment. Each limousine is available for family members from the same household with a maximum of six people per vehicle.

## Making arrangements

We can see people face to face at our premises or converse using Skype or Face Time but sadly we cannot make arrangements at someone's home. However, we still encourage people to do as much as they can over the phone or by email.

## David Wilson – a true 'Beverlonian'

David is a true 'Beverlonian' being born and raised in Beverley as were generations of his family before him. He was a pupil at the Spencer Council School and then attended Longcroft School and Sixth Form College. David was a member of the Beverley Minster Choir from the age of 7 and became Head Virger of the Minster in 1980.

## Taking the greatest care

Frank Stephenson & Son is part of Dignity, a network of some of the UK's finest funeral directors. If you have questions you want to ask out of hours you can visit the Dignity website where we have a number of Frequently Asked Questions or you can call our 24-hour client service centre: 0800 456 1047. If you have been affected by Covid-19 or are self-isolating we have procedures that will allow us to arrange a funeral with you, but please call or email to contact us.

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For further information please visit:

[www.dignityfunerals.co.uk/frank-stephenson-and-son/beverley](http://www.dignityfunerals.co.uk/frank-stephenson-and-son/beverley)



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# ART & SOUL ONLINE

**Creative hub Art & Soul based in Flemingate have responded to the current Lockdown situation by encouraging people to view and buy online.**

Whilst the shop window will be used to showcase as many products as possible that are available online, (many people take their daily exercise past the shop), Art & Soul will update the window displays as part of the continued shop maintenance and administration.

The creative hub is continuing to showcase

the work of local and regional talent in an online capacity. Artists are already benefiting by selling their creations online.

Art & Soul is emphasising the need for the community to stick together and shop local.

Its product collection is ambitious in wanting to offer something unique and different to high street and online shoppers, and includes homeware ceramics, prints and artworks, handmade gifts, framed art, jewellery, woodwork, glassware, embroidery, postage stamp art and much more.



The store operating in an online capacity is a great move for the business to keep up with the demand for its unique art, and will allow customers to purchase from the comfort of their home, office or phone.

Art & Soul Open Online display, there is something perfect for everyone.

**www.artandsoulhub.co.uk**  
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# GETTING THE MOST FROM YOUR SURROUNDINGS DURING LOCKDOWN

*As we all come to terms with another lockdown, we need to stay calm, stay positive and look at what we have and not what we have lost.*

We are fortunate enough to live in a beautiful area surrounded by a perfect combination of countryside and history to explore, so while we are allowed to exercise keeping within Government Guidelines, it is worth remembering the following and embracing the next lockdown.

The key to everything is staying safe, staying well and keeping a positive attitude, so control what you can, get into a routine, be creative and enjoy the environment and finding ways to exercise. Our bodies were made to move, so let's do just that!

**Stay safe** - Follow the guidelines to ensure you do not pass the virus on, and equally you do not get the virus.

**Stay positive** - Try not to focus on what you can't do and instead look at what you can. There are so many things you are in control of, so take a moment to work out what those are and get into a routine quickly.

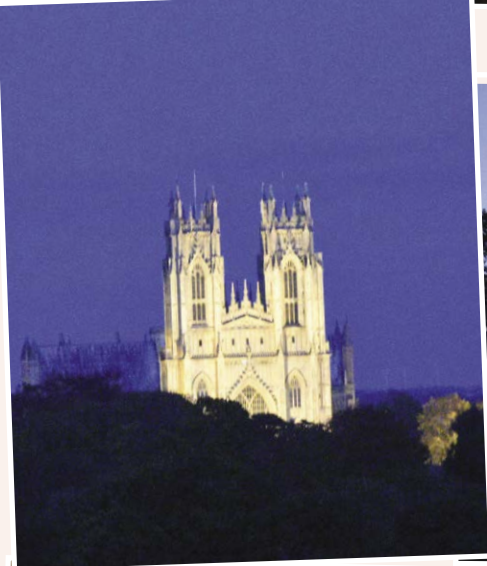
**Be creative** - Why not use some of the spare time that you have to learn a new skill? Lockdown may have given you more time than you had previously, so you could start planning ahead for better times and make that your goal for 2021.

Enjoy your environment, and exercise - during lockdown you can still go out and get fresh air. You can walk and be free to enjoy the Westwood and surrounding countryside walks.

The excitement here is that the colours and textures of nature on these walks will be changing constantly as we move towards spring in the coming months. Log and enjoy the changes while you look to appreciate what we have around us.

Small change, BIG impact is our motto.

Send your pictures in and tell us what you have been up to, keep in touch with **Just Beverley** this lockdown. If you need help, do not forget about **Beverley Mutual Aid**.



# WHERE DID NEW YEAR'S RESOLUTIONS COME FROM?

*When the clock turns midnight on December 31 and a new year begins, people all over the world celebrate and ring in the new year by setting a goal.*

While the customary tradition of making New Year's resolutions has been around for thousands of years, it hasn't always taken the same form it does today.

The first people to have made New Year's resolutions are believed to have been the ancient Babylonians, some 4,000 years ago.

Babylon is one of the most famous cities from the ancient world, and served for nearly two millennia as a centre of Mesopotamian civilisation.

Babylonians are said to have started the New Year tradition during Akitu, a 12-day religious festival that involved the Babylonians crowning a new king or reaffirming their loyalty to the reigning king.

For them, the new year did not begin in January but in mid-March when the crops were planted, so during Akitu, Babylonians would also plant crops and make promises to the gods that they would pay their debts and return any borrowed items.

It was believed that if they kept their word,

the gods would look favourably on them for the year ahead, but if they broke their promises to the gods they would fall on the gods' bad side. This was not desired and believed to have a mixture of consequences.



Fast-forward through history and the tradition of making of New Year's resolutions continued in ancient Rome, when Emperor Julius Caesar introduced the new calendar in 46 B.C., declaring January 1 as the start of the new year.

The new month was named after and honoured Janus, the two-faced god of beginnings and transitions who presided over passages, doors, gates and endings.

Symbolically to the Romans, he looked back into the previous year and forwards into the new year.

To celebrate the turn of January, the Romans would offer sacrifices to Janus and make promises of good behaviour for the year ahead.

The meaning behind modern day New Year's resolutions has changed since the times of Babylonia and Ancient Rome, and rather than make promises to gods, most people make promises to themselves.

It has now become a time to reflect and focus on self-improvement for personal reasons.

Some of the most common New Year's resolutions are to eat healthier, exercise more, lose weight, quit smoking, learn a new skill or hobby, watch less tv and read more.

Are any of these on your list or are you aiming for something different?



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# WALK THROUGH 2021



Burton Bushes

*It has been my great pleasure and privilege over the past 4 years to share with you my walks across our wonderful county, and these can all be read at [www.justbeverley.co.uk](http://www.justbeverley.co.uk)*

As we head out of this most challenging of years, I want to raise **4 W's**, each directed at why more walking for health and pleasure should be a big part of 2021 for most of us who are fortunate enough to be able to do so.

Using examples from countryside, coast, village and town strolls around the East Riding, let us consider:

**Why** - we should walk more.

**Where** - we might best go.

**When** - we should go.

**What** - clothing and equipment we need.

**Why should we walk more?**

*'I think if I could not walk far, I should just explode'*  
(Charles Dickens)

One cold, yet dazzling January morning along Beverley Beck illustrates well why walking more is so beneficial. When time is scarce, I much enjoy the walk from the beck head, past the moored keels out to the River Hull, returning on the northern bank.

On this occasion, the pastures of Figham were sodden, the low sun reflected on the water and lit up the glorious Minster in a familiar way, then, the totally unexpected thrill, a flash of electric blue. It's hard to believe the exotic rush of speed and

colour - a kingfisher perched just 5 metres away from me, well within camera range.

Only on foot are you likely to experience such encounters, as I did during 2020 with soaring red kites over Millington Dale, a bobbing deer near Thearne, a startled hare at Huggate, and three graceful cormorants drying their wings at Danes Dyke. These moments enrich in ways which are hard to fully understand, yet almost certainly link to our being part of, not, apart from, nature.



Danes Dyke

When you move naturally, as all other sentient beings must, you experience more, and I know of no better way to process the demands placed on us by the pandemic.

Of course walking more is great for our physical health too. I find if I do not regularly do at least 10,000 steps a day, the weight piles on; post-Christmas I will probably be best doubling that!

**Where should we go?**

*'Ask any East Riding man (sic) where to find the real Yorkshire and he will take you straight to the Wolds.'* (Alfred J Brown)

Most lovers of the English countryside know and love the two fantastic Yorkshire National Parks. Neither takes too long to reach from our area for a grand day walk. I have rambled all over them, from the rugged peaks of our north west to the soaring cliffs of our north east.

Here though, let's focus on short walks that fall within the boundaries of the East Riding. After all, days spent here leave more time for walking and less wasted getting there. Let me suggest brief details on 4 local walks that encapsulate what is on offer:

- . Wauldby circular
- . Danes Dyke/South Landing return
- . Londesborough Discovery
- . Driffield explorer

**Wauldby**

Just north of the lovely village of Welton, is a fascinating place; a much shrunken hamlet with farm, chapel, pond and little else, but it is surrounded by glorious Wolds scenery.

A walk down the dry valley towards Riplingham and back along the ridge path is a joy at any time of the year. One frosty February day was

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especially wonderful, with the added thrill of a hunting kestrel hovering on the thermals. No wonder old country folk often call it the wind f... ornicator!

### Danes Dyke

Danes Dyke is one of the many wonderful beaches that grace the magnificent landscape at Flamborough Head. It is easy to walk the cliff-top path the mile to South Landing and return on the same route, with the bonus of differing views on each leg.

Much better though, having checked tide times - always go on a falling tide - to walk one way along the wild, often rocky, beach below. This is probably my favourite place in the entire region, and when we went last month, my wife and I surprised 3 perched cormorants. The sight of the hasty departure of these most handsome seabirds will live long in the memory. Here, you will also discover a most precariously placed WW2 pillbox.

### Londesborough

Some 2 miles north west of Market Weighton is a joy to discover. A beautiful estate village on two levels of a valley side with a lovely old church. Best of all are the fascinating architectural remains and gardens of the grand mansion that stood here. You can access these through a wrought iron gate (observe the instructions) near the church - they are utterly beguiling.

### Driffield Town Stroll

I have no wish to upset anyone, but in my view Driffield does not make the best of its fine setting by the sparkling waters of two becks and a tranquil canal; footpath access could, and should, be much better.

If you start behind the rail station at River Head, however, you can enjoy a fine stroll along the canal and by the infant rushing waters of the River Hull. You must return on the same route, but you could perhaps head into town to enjoy a great



Driffield River Head

range of retail and hospitality outlets, of a variety fast disappearing elsewhere.

### When should we go?

*'Walk the mead in bud, or blade or bloom.'*  
(Tennyson)

If we leave aside the heaviest rain, darkest nights, or the strongest winds, almost any day or time is a good time to walk. Being recently retired, I have the luxury usually of waiting for sunshine before setting out on walks. This is usually the best for taking photographs, which for me are a key part of a good walk.

Temperature is not that important; after a few minutes even the coldest days are comfortable for the vigorous walker. Spring days are exhilarating

as everything bursts into life, and a stroll through the vibrant bluebells in May at Burton Bushes is magnificent. However, the golden light of autumn can take some beating, such as walking at Millington Wood, and the hottest weather over the summer makes long walks difficult. I completed 45 miles of the Wolds Way over 2 days in roasting August heat last summer, and bottled water at a Sherburn shop was a veritable oasis.

### What should we take?

*'There is no unsuitable weather, just unsuitable clothing... give me a map... and I am content'*  
(Alfred Wainwright)

This most loved quote of all English ramblers, gives two pieces of splendid advice for the walker. Waterproofs are nearly always advisable, and maps, be they paper or digital, are absolutely essential for serious walks and help you discover so much more. For me, the 3 OS paper maps that cover our county are a constant source of pleasure and revelation, even after almost 40 years of local wanderings. Layers of clothing that can easily be added to or discarded work well, and a small day pack to carry water and food is important to bring too.

I have also increasingly taken to using one trek stick, which gives me extra traction on slippery ground and over rocky beaches. Your editor, Julian, has a tale to tell about the importance of wearing appropriate footwear! I suggest using decent quality walking boots, shoes or wellies, depending on the weather and terrain.

So in 2021, when we can hope the pandemic is put firmly behind us, get out on foot and explore our wonderful area... you might just meet me there!

Ian Richardson, December 2020.



Londesborough

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# DEMENTIA FRIENDLY EAST RIDING

***Dementia Friendly East Riding continues to support people living with dementia, their families and carers across the area. Things have changed during the pandemic to the extent that the charity has had to adapt to these most challenging times.***

Like everyone has experienced, it has been a very difficult period and particularly for this small charity. For different reasons several trustees have stepped down from the charity to concentrate on their various business and personal priorities.

Volunteers have been really supportive throughout and enabled some of the community projects to continue, though on a much smaller scale.

It has been very evident, and something we have all seen reported in the national media, that people living with dementia whether at home or in a care home environment have been particularly affected by lockdown.

We have also witnessed the phenomenal efforts that have been made by care home staff and family carers to maintain the general health and well - being of residents and their families.

Physical activity, stimulating the senses and reliving happy memories are an important part of their daily routine. In the early period of the first wave of the pandemic the charity was able to support residential care homes across the East Riding.

Supplying a variety of plants, seeds and gardening equipment, which were all put to good use, getting residents and staff outdoors to enjoy their gardens during the lovely weather.

The charity is indebted to several local garden centres who provided everything free for the project.

Later on, we delivered at home movie experience to residents in some of the care homes in the area who normally attend the dementia friendly screenings at Beverley Parkway.

We have also launched a new competition to



make fiddle muffs, fiddle aprons and fiddle benches - details are below.

Trustee Fiona Garth commented, "We are looking forward to 2021 with fresh hope and some brilliant new projects. One project which is well down the planning route and has support from many of the businesses around the town is the "Beverley Memory Walk".

"Kindly sponsored by Tesco it aims to raise awareness and understanding of dementia and will encourage families to get involved. Everyone taking part will follow a map of a treasure - trail around the town, answering a question at each stop off point.

"Completed questionnaires will be assessed and there are some great prizes to be won. All being well the trail will be launched in the late Spring".

Unfortunately, the popular Dementia Friendly film screenings, which have been hosted by the Parkway Cinema and Theatre in Flemingate for the last four years, have had to be suspended indefinitely.

This is simply to counter any possible risk to the health of people who are among the most vulnerable at this unprecedented time.

Fiona continued "The charity is pleased to welcome our latest trustee, Elizabeth Godber. Elizabeth is in her twenties and has a passion for supporting people living with dementia.

"She has expertise and experience in drama production, having written and produced a play about dementia which was performed to schools and colleges in East Yorkshire.

"We are very keen to recruit additional trustees and volunteers at this time including a chair and treasure.

"Please do make



Elizabeth Godber

contact for an informal chat if you may be interested".

Donations to support our charity can be made via our website.

For further information about the charity please visit our website.

Email: [Fiona.garth@dementiafriendlyeastriding.org.uk](mailto:Fiona.garth@dementiafriendlyeastriding.org.uk)

**Competition**  
Closing Date 31st March 2021

**Dementia Friendly East Riding**  
[www.dementiafriendlyeastriding.org.uk](http://www.dementiafriendlyeastriding.org.uk)

East Riding Dementia Friendly needs your help.  
We need Fiddle Muffs, Fiddle Aprons, & Dementia Fiddle Bench Tops.

**The competition is FREE to enter and you can enter as many times as you like. To enter make at least one of the following and send to the address below.**

**Fiddle Muffs** - These can be knitted, crocheted or made of fabric. There are patterns on our website or you can use your own. There should be at least six interesting items outside and at least four inside. Please remember to secure the interesting fiddly bits well & that they are washable.

**Fiddle Apron** - this is like a small quilt (three layers - backing, wadding and top) and quilted together and has two apron strings to tie round the waist to prevent it slipping off knees and onto the floor. Ideal size from 15 x 15 inches to 30 x 30 inches (38cm to 77cm). There should be at least eight fiddly items. Again please secure the fiddle bits well and that they are washable.

**Fiddle Bench** - Interesting fiddly items attached to a board or thin piece of wood. Please ensure all bits are attached, ie no bit that can escape or drop on the floor and all edges are smooth to prevent splinters. Item to be no bigger than 20 inches (50cm) on any side.

Shortlisted entries will be displayed on our website and the best entry in each category will be awarded a prize. No items will be returned. They will be distributed to those in need and some may be used to raise much needed funds for the Charity.

Completed entries are to be labelled with Name, address, postcode, contact number and email address and attached to the item and sent to -

Visit our website  
[www.dementiafriendlyeastriding.org.uk](http://www.dementiafriendlyeastriding.org.uk)  
for more details, pattern and full terms and conditions.

Local entries can be dropped off into collection box in porch during March.

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# HOME INSTEAD CELEBRATING GROWTH AND SUCCESS

**Beverly based Home Instead Senior Care have taken on a new Care Manager following a successful first year supporting local people to live safe and well at home.**

Mandy Aitken has spent a number of months looking to recruit a manager to support the growth of Home Instead, and has found just the right fit in Jennie.

Jennie has spent over 30 years working within the care industry.

Prior to joining Home Instead, she managed another home care business based in Beverley. She has also run a 135 apartment retirement care village, and was a registered manager for a charitable trust.

She has gained an NVQ Level 4 Registered Managers award and is a qualified OTAGO programme instructor, which is a programme that facilitates strength and balance exercise for older people, helping to prevent falls at home.

Jennie said: "I was drawn to Home Instead because of our shared view

of care and support for people in their own home. It's clear that Home Instead provides a quality service and I want to build upon the already amazing team to deliver an efficient, reliable caring service for our clients".

Home Instead has a team of dedicated caregivers who are passionate about caring for people and providing personalised care that enables their clients remain as independent as possible.

Providing high quality, flexible care is key to ensuring people can remain safe and happy in the comfort of their own home.

Last month Home Instead celebrated its first year in business in Beverley, having originally operated from its offices in Cottingham. It soon became evident that new offices needed to be on the agenda and 10 months later the big move to Beverley happened, with Home Instead having moved to the offices on Molescroft Farm.

Jennie originally moved to Beverley 5 years ago to be closer to her son and his



family. She said: "I absolutely love East Yorkshire, and I am now proud to call Beverley my home".

To find out more about the services Home Instead offer, or to join our CAREGiver team, please get in touch on **01482 231145** or visit [www.homeinstead.co.uk/beverly-hull](http://www.homeinstead.co.uk/beverly-hull).



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Kingsize 5' Was ~~£549~~ **Now £349**  
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Kingsize 5' Was ~~£899~~ **Now £499**  
Superking 6' Was ~~£1149~~ **Now £649**

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# THE SCIENCE OF SLEEP

*It's a well-known statistic that we spend about one third of our lives asleep. Yet these days, with TV and mobiles 'a given' in the bedroom, and work life balance under pressure, many of us wake in the morning not exactly bright eyed and bushy tailed!*

The environment of the bedroom, and the bed itself, are crucial to the quality of sleep. With many bed and mattress manufacturers implementing the latest engineering and materials technology, choosing the right bed is a worthwhile investment.

But these advances can be confusing to the customer.

Steve Domney, Leightons' buyer of beds and mattresses explains: "There are now so many options that consumers can feel overwhelmed. We find that more and more people are coming to us asking for advice about what would be right for their needs.

"For instance, we can advise whether memory foam would be suitable for them, whether pocket springs would be a better option than open coil, and so on.

"We are always happy to talk through the choices, explain the differences, and ensure the customer gets the best bed for their budget. People are amazed at the improvement in sleep comfort and that's got to be a good thing."



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f i t

## JONATHAN ANTOINE CHRISTMASLAND ALBUM WINNERS



Congratulations to our competition winners - who have each won a copy of Jonathan Antoine's new album - ChristmasLand.

They are:  
Judy Matson, from Woodmansey, East Yorkshire;  
Mrs Kath Ward, from Cottingham, East Yorkshire;  
Jan Smith, from Andover, Hampshire.

## SHORT STORY - RALPHIE'S NEW YEAR BY CLINT WASTLING



*Welcome to 2021! Well it must be, the Minster bells have rung out midnight and it's been a long time since the last champagne cork popped outside. Surely you haven't forgotten the grotesque you met in the summer? I'm Ralphie.*

Gosh, that was careless, I'd forgotten about the verger locking up. I'm sure she's very nice but it would be a bit awkward having to explain my flying around!

I know humans have to keep two metres apart but I don't. We - I mean the Minster carvings: musicians, animals and monsters who grace corbels, misericords and remote recesses don't have the same rules. We're all a bit stuck in the past, like some of our leaders, but with some New Year's magic it is our turn to party. First of all I need enchanted water from a shrine. Fortunately there's one by the right of the altar. They call it Saint John's well. The problem is I can't lift the lid because it's too heavy. A lever would work. Ah! The verger's left the hook out that opens it leaning against one of the saint's statues. As I'm so small, I'll need something to act as the fulcrum. Hymns Ancient and Modern should do. With a bit of effort... the lid lifts catching on the edge. There's just enough room for me to get my paw in and collect the water in a vial. I fly around the Minster wetting the head of every musician and chorister. It's joyous, more voices than I've heard in a long while.

The musician's shop steward puts down his symphonium. "We want union rates. Henry the Eight gave us a sovereign a day!"

"Remember what happened to all the Thomas's who crossed Henry?" I retort. The shop steward looks around his musicians and mumbled.

"Ok! Let's party as last year was so difficult. However, we must have a glass of wine before we start!"

Fortunately the bagpipe player manages to find some plastic cups and the hurdy-gurdy player spirits a few bottles of communion wine from the vestry - a nice Merlot.

That's the women singing Gaudete Christus et Natus in the Lady Chapel. I ask the choir sing Be Merry, Be Merry. Sitting in the choir stalls, I notice the carved griffin and place a few dabs of water on its head. The carving yawns and stretches as it comes to life. "It's really nice to find another creature who can fly after all these years."

The griffin, growls and sniffs a bit. "Seen any mice?"

I point the creature to the best place and he returns a few minutes later, satisfied. The Dancing Jester is organising Terpsichore. Bopping - the griffin calls it. What a strange new-fangled word.

"Would you like to have a dance?" Asks the griffin.

"That's very kind of you. I know all the steps for the pavan and galliard."

"The old ones are the best," he says a little stiffly. After several dances, I'm out of breath and I relax with a glass of wine!

"Here's to 2021. It's going to be an excellent year, so long as we all keep our heads!"

*Clint has a poetry collection Layers published by Maytree Press still available from The Treasure House. You have to ask for the collection directly as no books are out.*

*His Fantasy novel, Tyrants Rex is available from Stairwell Books online.*



## POEM - NEW YEAR'S EVE BY JOHN GILHAM



*New Year's Eve sleet chills  
the feet of revelling children,  
our teenagers, who wear no hats,  
and but for our parental fuss  
would have bare midriffs,  
no coats, only bravado  
and a misplaced sense of fashion  
against the north-east blizzard.*

*We stay at home, cosily sipping  
a decorous glass of wine as Big Ben  
heralds the New Year, its familiar headlines.  
We ready towels and blankets,  
stoke the fire.*

*Our rôle is to offer hot chocolate,  
bring in for them another year of hope  
and conceal for now our own ambivalence:  
our gloves of caution that won't be shed,  
our coats of cynicism, scarves of doubt,  
our chain-mail links to all the years gone by.*

John Gilham has been published in numerous magazines including Acumen, The North and Rialto. He was Editor of Dream Catcher from 2014 to 2019.

His collections, Fosdyke and Me and Other Poems and most recently Where the Hares Are, both published by Stairwell Books.



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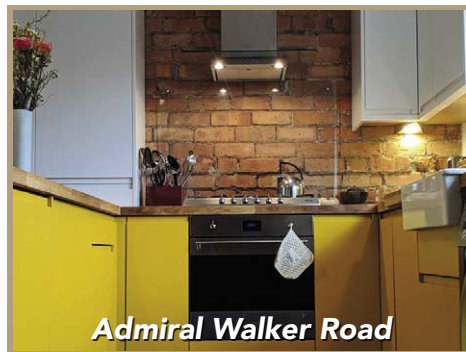
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# MY FIRST CAR WITH CARFAN - THE MINI CLUBMAN

We are starting a new year with a new format for the Carfan column - one that centres around "firsts", be they first car owned, first car to reach 100 m.p.h. (or even 200 m.p.h.), first car to include seat belts for example.

To this effect, our Editor has called first dibs to regale us about his first car which was a Mini Clubman.

Originally manufactured in 1973, the colour was known as Teal blue and it must have looked quite striking as this particular shade is still available - providing you purchase an Aston Martin DB11 and very attractive it is too.



Editor Julian followed in the footsteps of Carfan by passing his driving test first time after only a handful of lessons and as two close family members had previously owned Minis, he felt confident enough to make it three but wanted something a little different and the Clubman fitted the bill with its rectangular front end, being a facelift of the original, ground-breaking Mini.

First cars usually evoke fond memories and this example is no exception, so with a few hundred pounds and a teenager's desire for independence the Clubman became a much-loved part of the family, seeing him through Polytechnic and providing reliable transport around the country in fair weather and fowl and never letting him down.

Personalisation came in the shape of seat covers and floor mats and one stand out memory was getting used to the correct use of the "choke". Younger readers may have to look this up for clarity as it is seldom seen in a car today due to motoring advances.

Despite water ingress through the door freezing in the footwell, this vehicle retains a special place in Julian's heart and if he ever sees one he needs to remember the Carfan wave!



## PRACTICAL MOTORING WITH RICH HAYES - KEEPING YOUR CAR IN GOOD SHAPE THIS YEAR



We want to wish all our customers a very Happy New Year! Here's to a great year ahead full of safe motoring. While everyone's spirits are up and making resolutions for 2021, the last thing you need to start the year with is unnecessary and unexpected car repairs. Here are some tips on how to keep your car in good shape this year.

### Get your free winter vehicle check with Beverley Motor Works

Ensure your vehicle is in top shape and won't let you down this winter by taking advantage of Beverley Motor Works' free winter vehicle checks. Both new and existing customers can take advantage of our free seasonal vehicle checks, and there's no catch - we just want to give you the opportunity to experience our outstanding customer service and expert technicians in Beverley.

### Routine servicing

Check whether your vehicle is due an upcoming service. Many problems with vehicles are enhanced by the cold weather of the winter, and yet around half of the problems reported during repairs and services can be avoided by scheduling in general servicing, regular checks and good maintenance checks.

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# PUZZLE PAGE

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JANUARY  
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## WHERE IN BEVERLEY?

Where in Beverley would you find this landmark?  
 Answer on Page 27.



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Each row adds up to the total on the right.

Each column adds up to the total at the bottom.

The diagonals add up to the totals top and bottom.

|    |    |   |    |    |
|----|----|---|----|----|
| X  | X  | X | X  | ?  |
| 8  | 1  | ? | 6  | 24 |
| ?  | ?  | 7 | 3  | ?  |
| 5  | 4  | 2 | ?  | 18 |
| 4  | ?  | 5 | 1  | 13 |
| 19 | 14 | ? | 17 | ?  |

Answers on Page 27.

Do you have any amusing stories, quotes or pictures? Send them to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

## THOUGHT FOR 2021

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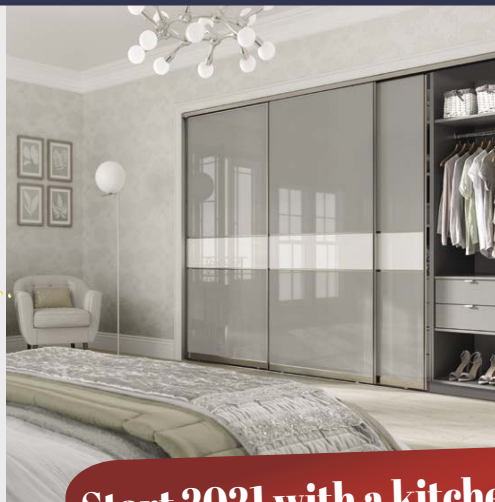
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# STAYING POSITIVE IN THE NEW YEAR

*Having had a Christmas and festive season, which has perhaps been like no other, we can reflect back on 2020 as it is time to now focus on the positives and move forward in to the New Year with high spirits.*

With announcements that come spring time we may have some kind of normal life returning, we can use this as a positive strength to prepare us for the good times ahead.

Listening to the news, health programmes and medical experts have set out simple goals that allow us to achieve great results both mentally and physically, such as:

- Get up and get moving
- Keep things simple
- Set achievable targets and goals
- It's good to talk



## Get up and get moving

Getting out and about during the winter can be difficult, but let's focus on the positives. Spring is on its way and the shortest day is behind us, which means we can utilise the time we have and keep increasing our activities as it gets lighter. The fresh cold air is a great stimulus. Get up and get moving.

## Keep things simple

Exercising can be difficult with snow and ice around, so adopt exercises you can do safely and plan around the weather conditions. Suitable clothing will make it more enjoyable.

Do not over think what you do - keep it simple, do your research and make sure it suits you and your lifestyle. Start by adopting new habits, such as wrapping up and have a walk at lunch time, or before tea. Start slow and build up or perhaps get up 30 minutes earlier in the morning and enjoy a brisk walk, or even walk to work if that fits with your lifestyle. Keep it simple.

## Set achievable targets and goals

Remember this does not work for everyone, you have to think what works for you. Set an achievable target or goal and work towards reaching it by giving yourself time to build up to the goal. Ensure to always allow rest time in your activity.

It may not be a physical activity, it may be a new hobby or learning new things, but still set yourself a suitable time to do it. Monitor how you are going on and adjust if necessary. Start small and build up, and you will unlock the keys to increasing your self worth.

## It's good to talk

These days everyone seems to be glued to mobile phones or similar gadgets to communicate or entertain themselves. Whether you are always sending emails or text messages, remember the old expression 'It's good to talk' and maybe you can change the primary ways you engage with people.

Let people know about your challenge, and encourage them to get involved. Working or training with a buddy helps to ensure motivation doesn't go away. Report back to family and friends about your achievements; it will keep you accountable and make you feel good as their support will go along way to keep you going.

Whatever it is you decide to do, whether it is more exercise, drawing, painting, cooking, or baking, start simple and build it up over the weeks. Rome was not built in a day, so take your time to get where you want to go. Encourage others, and they will in turn encourage you.

Stay positive and look forward to a great spring and summer.

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# NEW YEAR MESSAGE FROM BEVERLEY COMMUNITY LIFT

**What a year for the community sector! As a transport charity providing invaluable services through terrific volunteers, Beverley Community Lift was hoping to be able to mark its 50th anniversary in 2020 with a celebration of the acts of kindness which have led to a half-century of serving the people of East Yorkshire.**

When BCL began in 1970 we started out as a general neighbourhood help scheme, under the name Beverley Community Care Service. Churches and community groups came together to create a service to help residents in every street in the town. The move into community transport came after we were given our very first minibus back in 1974.

It is other similar acts of generosity that have seen us expand our services into Holme upon Spalding Moor, Market Weighton and Pocklington over the course of the last 10 to 15 years. We now have our minibus shoppers and volunteer-run car services in each of these areas.

Those last 50 years have seen a lot of highs, some lows and we have faced every challenge that has come our way.



New transport co-ordinator Steve Dawson (left) with predecessor Nick Wright

I think it's fair to say that 2020 has to top the list of those challenges and we wouldn't be able to continue to operate without the support of all our volunteers across the area.

I'd like to take this opportunity to thank them all for their time, care and commitment. Our volunteers not only do the physical driving, but we have a team who also book the journeys and organise the administration.

This year some of those volunteers also took on the task of running shopping errands too, for those of our service users who needed the extra support. One volunteer even went to the supermarket for seven clients and another was nominated for a special honour by their family on the BBC's The One Show!

As a charity, BCL was proud to be shortlisted in 2020 for an East Riding of Yorkshire Council Chairman's Award for social wellbeing. Given that the competition was so tough, it really showed how much good work we are all doing.

We started the year really well acquiring a new minibus after three years of fundraising, but not a charity to rest on its laurels, the appeal for a next replacement one began straight away!

It has also been the year of the grant and we thank the many funders for supporting us with the finance needed to keep services going - from paying for personal protective equipment to general running costs when our income was hit so hard.

Thank you for using our services and supporting our work in 2020. Our shopping trips resumed with limited capacity, owing to the Covid-19 guidelines, in August, and are as popular as ever.

Society may have become more digital now but nothing takes away from the fact that 2020 was the year of community support, especially for those who felt isolated, as was the way we were started back in 1970 by a group of like-minded residents.

Beverley Community Lift is looking forward to celebrating its achievements and belated Golden Jubilee in 2021, when, hopefully, social distancing will be a distant memory and normal service has been resumed.

Find out more about us at [www.bclift.org.uk](http://www.bclift.org.uk) or follow us on **Facebook/ Twitter**.

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### 'KNOW YOUR NUMBERS' ANSWER

Missing numbers in yellow

|    |    |    |    |    |
|----|----|----|----|----|
| X  | X  | X  | X  | 21 |
| 8  | 1  | 9  | 6  | 24 |
| 2  | 6  | 7  | 3  | 18 |
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Thanks to all customers, neighbours, friends and musicians who supported us over all the hurdles of 2020.

*Meanwhile... Stay Safe!*

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## COUNTRYSIDE MATTERS WITH SAM WALTON: FARMING 2021 - LOOKING AHEAD



*Where does time go? Seems no time at all since the last New Year, who would have anticipated the year 2020 and all it held for us.*

These are strange times and with people having to self isolate for a large period of time, it will have been a demanding year for all the wrong reasons.

Looking back at the year, I suppose that is one advantage of being a farmer, at least we can get out and about round the fields and keep an experienced eye on what is going on, or not as the case may be. At the moment the fields are not looking at their best.



As I write this early December, and having spent the morning with a spade, digging channels into ditches to try and alleviate the water standing, it goes to show how we have to keep an eye on everything and forecast for the following year and prepare for what is around the corner.

It was announced on TV that the weather pattern as we used to know it, sunny summers and snow every winter will change drastically by the end of the century unless we change our carbon footprint and snow will likely disappear. It is quite difficult farming in today's climate, trying to predict the various weather patterns and what is the best crop to go with for the following season, I cannot imagine what it will be like if or when the conditions change and the crops we plant change to suit the climate. As I look forward I do feel for the youngsters in our industry starting out on a farming career now.



Many years ago we used to have proper weather patterns and seasons you could rely on, rain when you needed it, and sunshine when we needed that. Now hardly two days are the same unless of course you mean rain. I have NEVER in my life

seen land so wet and that is one reason why in these parts, last harvest was the worst on record. With the changes that are going to be imposed prompts me to look back and say how farming has always been a pleasure, yes, it has its moments as we have seen in the last few years with the weather, but with changes afoot there is going to be even more red tape in the future.

Decisions being made about what we can and cannot do and how we should be concentrating on planting lots of trees and flowers and producing everything without any nasty fertiliser or those terrible sprays which poison everything and so on.

So, unless people alter the way they eat or behave generally, life is going to be more than interesting. Perhaps in the future, I wonder if we will have vast underground caves producing lettuce and other salads, perhaps a reduction in the amount of meat that we eat. I think we all know that to lead a healthy life, we need a balanced diet that comes from farming products and even some fish is farmed to-day to meet demands. Maintaining a healthy diet, ensuring good quality crops and reducing waste will benefit everyone, but it's working together to achieve these objectives which is key. On that note, HAPPY NEW YEAR and do think about where your food comes from and the country yokels who produce it!

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Now is the time to put one of those resolutions in place, combat those dark mornings and evenings with the up down lighting at the front of the house, perhaps security lights at the back and pretty fairy lights to give the Garden the warm feeling, even if it snows, it can enhance the wintery glow, make you feel warm inside.

Any outdoor lighting should be protected by an RCD unit. If you are using outdoor sockets then housing them in a weather-proof box is a must.

So start thinking about brightening up your home to give it that cheerful glow, protect your home this winter and keep the January blues at bay.

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## IN THE GARDEN... JANUARY

*As I write this I am reflecting on 2020, which at best has been a very different year for all of us and for some difficult and challenging. However, I am glad that there was one constant throughout all of this - my garden.*

January is midwinter in the gardening calendar and I suspect that we will have very few good gardening days; therefore the list of essential tasks is limited.

### *Gardening tasks for January...*

- Continue to protect tender plants against frosts and icy winds.
- Plant new fruit trees, bare-root roses, hedging, trees and shrubs when weather allows.
- Mulch around new plantings.
- Prune fruit trees.
- Start digging over vegetable beds when weather allows - not if the soil is frozen or 'sticky'.
- Clean out your greenhouse, tidy the shed and service the lawn mower.

### *Other tasks to do (and help the wildlife in your garden)...*

- Keep a small area of ponds ice-free - float a plastic ball on the surface or if it becomes frozen place a metal dish/pan on the surface and fill it with boiling water until a hole melts.
- Make sure the birds have food and clean water.
- Clean out bird boxes and maybe add to your collection - even our feathered friends like a clean house to move into and raise a family or take shelter in during periods of inclement weather.
- If you are feeling creative make a 'bug hotel' or 'hedgehog house'.
- Are you going to replace a rickety fence? Then consider replacing it with a hedge - this will provide refuge and shelter for birds.
- Plant flowers and trees that provide nectar/pollen for insects and seeds for birds late into the season. Berried plants and trees are a wonderful source of nutrition for many birds when other food is scarce.

### *And finally for you...*

Take a look around your garden - does it seem dull at this time of year? There is no need for it to be, many plants provide winter colour or interest, and some even have fragrant flowers.

On a positive note I intend spending more time in my garden during 2021, marvelling at the changing seasons, the joy that each season brings and completing the projects that I had time to consider and plan during the last year.

Welcome 2021, and until next month when hopefully we will start to see the first signs of spring,

*J. x.*

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



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