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FREE

ISSUE 10

FEATURE

BEVERLEY'S CONNECTION TO
GUNPOWDER, TREASON AND PLOT

NEWS

FLEMINGATE OPENS!

NEWS

JUST BEVERLEY WELCOMES
8 NEW BUSINESSES

COMPETITION

WIN STUDIO TIME AT BEVERLEY
AND EAST RIDING GOLF CLUB

INTRODUCING LA LUMIÈRE

PHOTOSHOOT OFFER p13

POP! PROMOTIONAL OFFERS p39

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

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Letter from the editors



The clocks have gone back, the heating is on and winter is upon us, the build-up to Christmas starts now. What an exciting place Beverley is! The East Riding College is settling in at its new Flemingate campus while the Flemingate shops welcome their first customers; there are new businesses opening and refurbishments and rebrands happening all over the place, all adding to Beverley's rich tapestry. See pages 6-7 which

highlight some of these new businesses. I am especially delighted to welcome Aaron Gilpin from La Lumière whose work is gracing our front cover; the picture makes us think of all those parties coming up!

There's other good news, too! Dare I mention the Tour de Yorkshire which will further showcase our town to the world? On December 9th we will know whether we will host a start or finish. Fingers crossed for a finish!

Please keep your good news coming in and we will keep the Beverley flag flying here at Just Beverley. So from Halloween to the Switch-on, here's to a great month ahead!

Julian Minshall



Autumn is my favourite time of year! The fading beauty of flowers in the garden, colours of the remaining leaves on deciduous trees and on the ground and the greenness of the grass after misty mornings make the earth's pallet seem richer than the jewel colours of summer. There's plenty to do in the garden in November – have a look at Jane's column on p30.

Firework night is full of tradition – the history, the Guy, the food – see page 32 for some great ideas. But did you know about Beverley's connection to the Gunpowder Plot? Our article on p11 could surprise you.

That nip in the air heralding the coming of winter means planning for Christmas – getting those puddings made for example - and even thinking about Christmas presents. Have a look at our Feature on p27 to get you started on your Christmas preparations!

The Christmas run-up in Beverley is always an exciting time with the Beverley Lights Switch-on on the first Sunday in Advent celebrated as a mini-festival with music, activities, food and drink as well as that very important person, Father Christmas. I love seeing the children's faces when the trees are lit up and this year, Flemingate will have its own Christmas tree. Put the date in your diary – there are more details on p15.

Happy November!

Linda Johnson

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You can pick up the magazine from:

Beverley Tourist Information Centre, Beverley Library/Treasure House, Browns café, Beverley News, Boyes, Asda, Tesco café, Morrisons, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Leconfield Post Office, East Riding Community Hospital, health centres, cafés, hairdressers and more!

Beverley's excitement at major role in Tour de Yorkshire 2016

It was announced on October 9th that Beverley would be the only East Yorkshire town to host a start or a finish in next year's Tour de Yorkshire! There were 14 towns throughout Yorkshire which expressed an interest in hosting such a key role and Beverley got the nod to represent East Yorkshire! Last year, Beverley and its surrounding villages took the Tour de Yorkshire to heart, decorating the streets and buildings with yellow and blue

bunting and hanging yellow and blue bikes from trees, lamp-posts, railings – in fact, anywhere they could be positioned! People came in droves to line the route as it passed through Walkington and Beverley, increasing hotel occupancy and local trade significantly. This year's route will be announced in December when Beverley's profile will be raised even higher than last year. Dig out that bunting ready for the weekend of April 29th!



Beverley Folk Festival announces more acts!



Yorkshire's own Kate Rusby will be appearing at Beverley Folk Festival this year. Four-time winner at the BBC Folk Awards, including Folk Singer of the Year and Best Live Act, Kate has been acclaimed as one of the Top Ten Folk Voices of the Century! She has also been nominated for The Mercury prize – almost unheard of for a folk singer. Many unfamiliar to the folk world will know her from her hit single recorded with Ronan Keating, 'All over Again', which saw her appearing on 'Top of the Pops', and the theme tune to 'Jam and Jerusalem' which was a version of The Kinks' 'The Village Green Preservation Society'.

Other acts already confirmed for next year's festival include Steeleye Span, The Young'uns, Maia. Watch out for many more names to be announced over the coming weeks!

Meanwhile, Beverley Folk Festival has again been nominated in multiple categories in the UK Festival Awards. You can vote for them via their website www.beverleyfestival.com

Go Kids Go celebrate 25th Anniversary



Many people will recognise the charismatic Ade Adepitan from his Gold medal-winning wheelchair basketball playing at the Athens Paralympics in 2004 and the inaugural Paralympic World Cup; others will know him from the famous Playstation double life advert and his TV work as an actor, presenter and guest. His cheeky grin and flowing dreadlocks, along with his achievements, make him one of the most recognisable people around. He is also patron of Go Kids Go!, a Beverley-based charity which works across the UK and Ireland delivering workshops to teach kids how to use their wheelchairs.

Ade contracted poliomyelitis at 15 months of age, which left him disabled. He was taught to walk in iron callipers and was pushed round by his friends in a shopping trolley, until spotted by two physiotherapists who trained him to use a wheelchair and introduced him to

independence through wheelchair basketball. The Physiotherapists were from the charity now known as Go Kids Go! Ade is now a patron of Go Kids Go! along with Beverley-born actress, Eleanor Tomlinson.

Go Kids Go! workshops are fully inclusive and teach parents and siblings how difficult life as a wheelchair-user can be, but also what fun can be had playing wheelchair games and even learning to dance! The charity depends on donations. You can find out more about Go Kids Go! and how you can help on their website www.go-kids-go.org.uk Facebook and twitter pages or phone **01482 887163**.

Want to tread the boards?

Northern Lights Drama is holding classes for aspiring actors and actresses at St Nicholas Community Centre in Beverley. On Saturdays, children from 3-7 years can attend Junior Musical Theatre classes from 10am-11am for £6/session, whilst 8+ years are welcome to Senior Musical Theatre Class from 11am – 12.30pm for £8/session.

For more details, call **01482 641690 / 07815 794 331**, email info@heynd.co.uk or visit the website - www.heynd.co.uk

STOP PRESS!



Rumi's is now offering takeaways!

Order from the website www.rumisrestaurant.co.uk or telephone **01482 428642**.



November 8th - Remembrance Sunday in Beverley

Beverley remembers with gratitude all those who have fought and died to protect the freedom of the British people and their allies. It is the nearest Sunday to Armistice Day which marks the ending of World War One at 11am on the 11th day of the 11th month in 1918. The civic Service of Remembrance will be held at Beverley Minster with the laying of wreaths in the Memorial Gardens, Hengate, Beverley. Worshippers are asked to be seated by 10.30am.

There will be a Parade of ex-servicemen and civilians under the guidance of representatives from the Defence School

of Transport to The Minster leaving from School Lane Car Park at 10.25, marching along New Walkergate, Railway Street and Eastgate into Minster Yard North arriving in time for the service at 10.50am.

After the service, the Parade will reassemble and proceed to the Market Cross where the salute will be taken.

It will then proceed to the Memorial Gardens for a Memorial Service and Laying of Wreaths by Civic Dignitaries and parade members co-ordinated by Royal British Legion representatives.



Beverley Independent Traders 12 Days of Christmas Puppet Trail launch!

Beverley's innovative independent traders aim to generate more trade for their businesses by producing a trail of Christmas-themed puppets which shoppers and visitors can follow. The aim is to increase awareness of the locations and offerings of Beverley Independents, enhance their reputations and generate business.

This idea echoes the Puppet Trail which was put in place at the run up to Beverley's bi-annual Puppet Festival. The next Beverley Puppet Festival is scheduled for 2016, but the Trail was so popular that Beverley Independent Traders have welcomed the opportunity to do a Christmas-themed trail. Traders taking part will place a puppet in their

window which can be seen even when the shop is closed – all trail-followers have to do is find and record the puppet on an entry form. Completed entry forms can then be submitted into a prize draw, with prizes submitted by the Traders taking part.

Leaflets of the Puppet Trail, which begins on Friday, November 13th, will be printed with a map highlighting all the businesses where puppets can be found. The leaflets will be available at any of the Beverley Independent Traders and Tourist Information and will double as an entry form. The form can be handed in at any of the shops involved. The deadline for entries will be 12noon on Christmas Eve. The prize draw will take place at Sugar 'n'

Spice on January 4th at 3.30pm and the winners invited to a party to pick up their prize.

Co-ordinator Pru Todd of Judy's Attic Makers Cooperative told Just Beverley 'The Beverley Puppet Festival is the largest Festival of Puppetry anywhere in the world, attracting visitors to the expertise available in Beverley so the Christmas Puppet Trail builds on that home grown talent. The limitation is that only 12 traders can take part in the trail as it is based on the 12 Days of Christmas so there is competition for places. But everyone knows The 12 Days of Christmas so everyone is getting really excited about it.'

King's Head sensational makeover!

The King's Head Hotel, located in Beverley's historic Saturday Market, has had somewhat of a makeover this year! £300,000 has already been spent on the bar and restaurant area, which now boasts a wood fired pizza oven and a new selection of freshly made meals prepared by their team of talented chefs. But the improvements don't stop there; there is a further £50,000 being spent on the kitchen and with the addition of a new and exciting 'Josper' oven, so the Yorkshire-procured steaks (from local farmers John Penny and Sons) will taste all the juicier. Not to mention the addition of a full cocktail menu, selection of premium spirits and liqueurs, world wines and a range of hand-pulled ales and continental lagers!

The second phase of the £600,000 refurbishment is now underway with the transformation of the hotel rooms into beautiful boutique rooms and suites, with luxuries that are truly worth writing home about. So whether you've been visiting the King's Head for years or fancy something new, the award-winning team are there to make your visit special.

General Manager Matt Clapison said 'We hope that you'll come down and see us here at The King's Head Hotel to sample our delights and newly launched steak menu. We would love to see you!'

Beverley Camera Centre celebrates 35 years in business!

Situated in Swabys Yard is an Aladdin's cave of cameras, lenses, binoculars, telescopes and accessories to suit all pockets and fulfil the requirements of every user. Whether you are an avid bird-watcher or motor-sport enthusiast, Beverley Camera Centre has the ideal camera or binoculars for you. Want to study the heavens? Then there will be a telescope to fulfil your requirements. With 35 years of experience, Beverley born-and-bred owner, Phil Stebbens, has built an enviable reputation in providing a reliable, knowledgeable service to customers throughout the world. Phil says 'Beverley is a beautiful place to live and work in and Swabys Yard, which is only 50 yards from the Market Place, is an amazing location. Here's to the next 35 years! Just Beverley is more than happy to echo that sentiment!



Burton's Corner will become Carluccio's Corner on November 22nd

Adding to the already vibrant food offering in Beverley is Carluccio's, which is scheduled to open on November 22nd. With its inimitable blend of modern Italian all-day dining, Carluccio's is a food-lover's paradise. Ingredients are sourced from expert suppliers to create delicious dishes which are modern takes on traditional, Italian fare – minimum fuss but maximum taste. There's also a food shop filled with artisan products imported directly from Italy and a deli featuring fresh produce such as cheeses, hams and olives and 'grab and go' meals of ciabatta sandwiches, freshly-made pasta and salads as well as indulgent tarts and cakes.

Casual and vibrant, Carluccio's will be open for delicious breakfasts, lunches, dinners and everything in between.

There will be a Christmas menu featuring Antonio Carluccio's famous Panettone for pudding and the shop will sell essential festive products. Carluccio's invites you to pop in when you want, for whatever you want and stay as long as you like!

Carluccio's will be at 1-7 Toll Gavel, Beverley, HU17 9AA. You can find them at www.carluccios.com
Twitter @carluccios,
FB: carluccioscaffe,
Instagram: Carluccioscaffe



Ovenglitz

Having had plenty of experience of cleaning ovens and kitchen equipment from within the industry and domestically, Angie Duncan of Leconfield has now opened her own oven-cleaning business.

She knows how challenging it can sometimes be to keep an oven in



showroom condition, but the products she uses and the old-fashioned hard graft she puts in to achieving that shine mean she has never been beaten!

What's more, the products she uses are non-caustic with no dangerous fumes or chemicals, so employing Oven Glitz to clean your equipment can be kinder for your appliances than using some other cleaning products which are on the market.

Angie valets all makes of oven, hob, microwave, extractor fan and range, including Aga. She operates within a 30 mile radius of Beverley, covering East Yorkshire and West Hull.

Oven Glitz can be contacted on **01482 968008** or **0800 5404389** or enquiries@ovenglitz.uk

North Bar Tea Rooms

There is a new haven of tranquillity with a twist of quirkiness in Beverley's Georgian Quarter. North Bar Tea Rooms offers relaxing indulgence with its signature home-made cakes and exclusive blended teas along with delicious sandwiches and savouries. For Elevenses or Afternoon Tea, North Bar Tea Rooms is the perfect venue.



An optional glass of prosecco or champagne with your Afternoon Tea further adds to the luxury. With smooth jazz and swing playing in the background, North Bar Tea Rooms provides a unique ambience.

Situated opposite St Mary's Church, the décor is inspired by Alice in Wonderland and the Church's White Rabbit.

If you have no time to stay and rest awhile, North Bar Tea Rooms can package up their delicious wares for you to take them away and enjoy.



North bar Tea Rooms is a very welcome addition to the destination Georgian Quarter.

Open 8am-4.30pm Monday to Friday, 9am-5.30pm Saturday and 12noon to 4.30pm on Sunday.



Caveman Barber

Nico Jamal has been looking for the right premises in Beverley for over 2 years.

He wanted to create a classic 1920's-style salon offering traditional barbering for boys and men with quality products and a friendly atmosphere. He has achieved this and more at 13 Butcher Row, Beverley.

Nico believes Beverley needed a new barber and his success to date sees him actively recruiting for new staff.

He is actively looking for 2 new barbers with at least 3 years' experience to join



him, as well as looking for an apprentice to train in this most worthy career.

Caveman Barber uses Edwin Jagger luxury wet-shaving products, Taylor of Old Bond Street shaving creams and aftershaves and American Crew hair products.

Appointments are not always necessary but Caveman Barber can be contacted on **01482 872172** or messaged on their Facebook page www.facebook.com/cavemanbeverley.

Logsforsale.co.uk

Logsforsale.co.uk must be one of the most innovative businesses ever launched in Beverley. Owner Peter Owen has identified a huge gap in the market entirely due to his own experience of trying to heat his family home in a cost-effective way.

Peter and his family moved into a house which could only be heated using electricity or bottled propane gas; this was very expensive, especially for a young family on a limited income. There was an open fire but Peter found it impossible to source dry wood locally – wet or even slightly damp wood smokes (the water is turned into steam) and does not heat as there is not enough oxygen for proper combustion. So Peter set himself the challenge of sourcing dry wood suitable for burning. Additionally, it had to be from sustainable forests and ideally FSC (Forest Stewardship Council) certified.

Situated at 2A Tokenspire Business Park, Peter's business now sources kiln-dried ash logs from Lithuania, which are guaranteed to have less than 15% moisture content. The logs are shipped in, sorted and packed and sold in nets, crates, barrow bags and bulk bags with kindling and natural firelighters with prices depending on volume. Orders can be collected or delivered.

Most of the orders for logsforsale.co.uk come through the website www.logsforsale.co.uk but Peter can also be contacted on **01482 865744** or visited Monday-Saturday 9am - 5pm. Peter has an offer especially for Beverley customers. Please have a look at our POP! Page 39 for more details.

Scamps and Champs Dog Walking and Pet Care

After struggling to find available quality pet care in the Beverley area for her own dog, Lego, Carol Donovan has launched Scamps and Champs to fill the gap in the market to provide a service to today's busy pet owners.

Scamps and Champs offers help walking and looking after dogs, building a relationship with the dog and the owner. Carol also provides dog home boarding, overnight house/pet sitting and cat and small pet home visits. She is fully insured and police checked.

As the service is growing quickly, there is an opportunity for other dog and pet-lovers to get involved with dog-walking, boarding and house-sitting.

Scamps and Champs can be contacted **01482 409659** or email beverley@scampsandchamps.co.uk

SCAMPS & CHAMPS



Travellers Rest Coffee Shop and Deli



Initially a pub, then a garage/filling station, a bike shop and more recently a shop selling stoves, the building now housing this new café and deli has an interesting history. Owner, Lizzy Chapman, has incorporated this quirkiness into the coffee shop by maintaining the original layout and keeping some of the old artefacts. This has given her rooms which provide a different ambience for her customers. There is a separate dining room with tables, a reading room/snug and the main coffee shop area with comfy sofas all with lovely open fires. Outside is a 'secret garden' courtyard, which could be perfect for summer barbecues. All of this is separate to the deli, which also has a couple of tables (with Just Beverley magazines) if you fancy a quick coffee or snack and don't want to get too comfortable.

The Travellers Rest is open every day for breakfasts, light lunches and specials as well as tea, coffee and cake. Lizzy will also provide take-outs. It is dog-friendly and in the perfect location for walkers visiting the Beck. Have a look at the photographs of the official opening of the Travellers Rest in our centre pages!

It is located at 36a Becksides. Telephone **01482 866344** or email info@travellersrestbeverley.co.uk



FLEMINGATE BEVERLEY

OPEN 3 NOVEMBER



Get set for Flemingate Beverley, East Yorkshire's newest retail and leisure destination.

Debenhams leads a host of big name brands on your doorstep from 3 November, including H&M, Wilko, The Entertainer, Guest & Philips and Bolo. Parkway Cinema adds to the action, bringing six screens of box office magic to you early December.

Park with ease in the new multi-storey 500 space car park, or make a night of it by checking in at the new Premier Inn.

Visit flemingate.co.uk for info and the latest on shop, restaurant and cinema openings.



COMING SOON: OUTFIT open early 2016.

Flemingate Is Here!



A mere hop, skip and a shop from the town's historic heart sits East Yorkshire's newest landmark – Flemingate, Beverley.

The new centre is just five minutes from the town centre and has excellent transport links, located just opposite Beverley's train station.

Here, you're just a short stroll from all Beverley has to offer, including weekly markets and regular family-friendly festivals. If you're doing a big shop or coming from an adjacent town, the new multi-storey car park has 520 spaces for you to use on your trips to and from the centre.

A family of big-name brands line the walk at the centre of the development, leading to Debenhams at the head of it

all. A dazzling two floors of shopping paradise, the new store features women's fashion, accessories, lingerie and health and beauty, as well as men's fashion, kids and home.

The fun continues with H&M, The Entertainer, Trespass, Wilko, and local jewellers Guest & Philips, whose impressive offering includes Links, of London. East Yorkshire boutique Bolo brings its striking range of brands such as Boss, Replay, Armani and Barbour.

Hungry? Plating up your favourites are Costa, Subway, Patisserie Valerie at Debenhams and independent operator, Deli No.1.


Stay tuned for more stores and exciting new restaurants opening throughout next year, too.

Not to do anything by halves, Flemingate also offers fantastic leisure options.

Joining the action is the six-screen, 1,000-seat digital Parkway Cinema, opening in December. Showing the latest box office releases, Parkway will see your weekends sorted.

Visitors to Beverley can check in at the soon-to-be-open Premier Inn. After a hard day's work, relax in the new-generation bedrooms, boasting flat-screen TVs and king-size Hypnos beds. Sleek services and a great night's sleep guaranteed.

Stay on top of the latest Flemingate news, including opening information, via Facebook, Twitter and at www.flemingate.co.uk



THE
KING'S
HEAD
BEVERLEY

THE
PERFECT PLACE
TO UNWIND

- New Jospur Steak Menu with Steaks from Yorkshire Farmer John Penny & Sons
- £300,000 Hotel refurbishment with luxury rooms and a private suite
- Restaurant areas with full table service
 - Pizza kitchen
 - Meals served 9am - 9pm
 - 3 course Festive menu available throughout December
- Christmas Day Menu, spaces limited



37-38 Saturday Market | Beverley | HU17 9AH
Tel: 01482 868103

Beverley's Connection to Gunpowder, Treason and Plot

Everyone knows that Guy Fawkes was the man behind the Gunpowder Plot – it's his effigy which is burnt on bonfires every November 5th. But Guy didn't do his plotting alone – there were several other protagonists who were involved. One of them, Thomas Percy, was the son of Edward Percy of Beverley!

Thomas Percy was a distant relative of the Earls of Northumberland, Cambridge-educated and Constable of Alnwick Castle. He was also a Catholic who was very unhappy about the way he and fellow Catholics were treated by James I (who was also James VI of Scotland). Catholics were forced to attend Protestant Services or be labelled 'recusants' and many Catholic priests were forced into hiding.

Yet when James I came to the throne in 1603, succeeding Elizabeth I, Catholics were hopeful that religious tolerance might improve as James' wife and mother were both Catholics. However, the very opposite happened and James increased sanctions on those who practiced the Catholic religion.

There had been two attempts on James I's life before 5 men met in The Duck and Drake Inn, near The Strand in London in 1605 to plot a third attempt. The brains behind the plan was Robert Catesby from

Warwickshire, a radicalised Catholic, who along with gun-powder expert Guy Fawkes, John Wright, Thomas Wintour (or Winter) and Thomas Percy plotted to blow up the King and the House of Lords at the State Opening of Parliament.

They plotted to kidnap the King's daughter, Elizabeth and capture her brother, Henry, once the King was dead and put the Princess on the throne so she could return the country to Catholicism.

The plotters recruited more supporters, including Francis Tresham. Thomas Percy rented a cellar under the House of Lords and Guy Fawkes packed it with 36 barrels of gunpowder, kindling and fuse-wire.

Then, Lord Monteagle, the brother-in-law of Francis Tresham, received an anonymous letter which suggested he should give the State Opening a miss; the author of the letter is not known as Tresham denied he wrote it. Monteagle passed the letter to Robert Cecil, the King's Chief Minister.

On November 4th, Cecil and the Privy Council ordered searches of the Houses of Parliament. A tall young man who identified himself as John Johnson, servant to Thomas Percy, was arrested and the gunpowder discovered. That man was really Guy Fawkes, who endured 2

days of torture in the Tower of London before confessing all; the first arrest warrant was for Thomas Percy.

By this time, the plotters had escaped, but Thomas Percy had been spotted leaving London.

Percy was tracked to Holbeche House near the Staffordshire border where he and Catesby died, supposedly with the same musket ball; they were decapitated and their heads displayed on spikes next to the Houses of Parliament.

The remaining plotters, including Guy Fawkes, were hung, drawn and quartered. James I was so incensed that any sympathies he had towards Catholics were immediately rescinded.

It was another 200 years before George III started to lift some of the restrictions on Catholics.

So when you are watching the bonfire being lit by The Mayor of Beverley at 7:15pm on Beverley Westwood on November 5th, remember that it could have been Thomas Percy from Beverley who is enshrined in national memory, rather than Guy Fawkes!



What's in a Sneeze? Bless You!

It is customary when anyone sneezes nowadays to say "Bless You"; but in the 17th century it was the practice of a gentleman in England to remove one's hat and bow.

The custom dates back to an old belief that to sneeze was dangerous. During an outbreak of the plague in Rome, which caused unfortunate victims to sneeze, Pope Gregory the Great ordered special prayers to be said. It is Pope Gregory who is therefore credited with originating the saying "God bless you" which is uttered when someone sneezes. Sneezing since ancient times as been regarded as a signal from the gods, foretelling good or bad luck, dependant on the circumstances. So "God bless you", came into being as a protection against any evil spirits which might be lurking wanting to create bad luck, allowing good luck to prosper.

The expression "Not to be sneezed at" has an interesting history, too. It's an early 19th century saying which means that an issue or an object is not to be disregarded or treated with contempt. It comes from the fact that people tend to turn up or crinkle their nose when sneezing in the same way as they do when they doubt or query something. Did you know that when people sneeze, it is estimated that particles travel at a speed close to 100mph! Hence the reason why people are requested to sneeze into a handkerchief as in 'Coughs and Sneezes spread diseases, catch your germs in handkerchieves! That's advice not to be sneezed at!



Beverley Westwood Lions Club

At our meeting on 13th October, the Club, the newest in the District was presented with the President's collar by Lion President Tony Moore of York Lions Club, which is one of the oldest Clubs in the District.

Beverley Westwood Lions meet regularly at the Beverley Arms Hotel, on the 2nd Tuesday of the month. At the moment its members are busy preparing for the Christmas season. They are building a sleigh for Santa which will be used at the Minster Festival of Food and the Christmas Lights Switch-on in Saturday Market. It will also be visiting local supermarkets and touring some of the streets. Details of dates will be published later. If you would like to help Santa on his journeys contact:-

Judy Sagar – tel: **01482 868179** e-mail ijsagar@yahoo.co.uk or
Alan Porter – tel:- **01482 882514** e-mail atra@atra.karoo.co.uk



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Just Beverley Welcomes La Lumière!

The front cover image this month is courtesy of Aaron Gilpin of La Lumière Photography; we are delighted to announce that Aaron will, from this issue, be contributing regularly to Just Beverley.

We think Aaron's photography really conjures up the essence of Just Beverley and Beverley itself – fun, inspirational and unique.

Aaron has been bringing his exceptional talents to the world of photography for the past 6 years but saw an opportunity in Beverley to open a dedicated studio. The location of La Lumière is perfect – opposite the station, close to Flemingate and the two market places – and the premises are absolutely ideal!

Aaron has a reputation as a fine wedding photographer but the studio now gives him the prospect of photographing families, producing portraits which encapsulate the special characteristics of families and the way their members interact. He encourages fun, laughter, joking around, even dancing, anything but the staid portraiture usually associated with family 'sittings'. As Aaron says, "Fun is a priority at La Lumière.

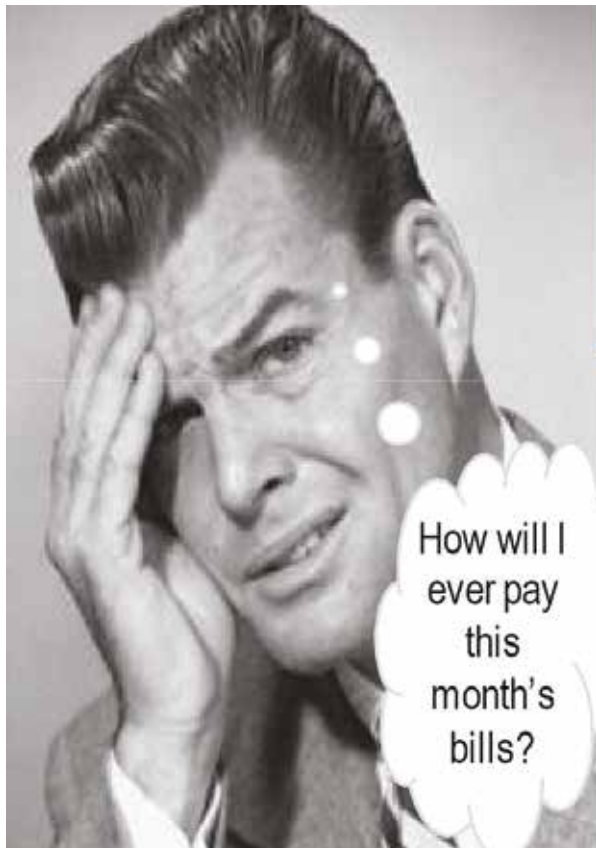


We have gone to great lengths to make our new studio as comfortable and welcoming as possible. To document the unique spirit of every client and their family, we ensure that our shoots are relaxed and fun. This allows us to capture those moments of joy in our creative style.

From vibrant contemporary images, to timeless black and white portraits, we produce artwork that our clients are proud to display in their homes."

Just Beverley readers can look forward to seeing more of La Lumière's images on the front cover of the magazine in the future.

Readers of Just Beverley can also take advantage of La Lumière Photography's limited opening offer by contacting the studio on **01482 867455** or **enquiries@la-lumiere.co.uk**. The offer includes a complimentary photoshoot and 7x5" framed print (worth £170). Book now to avoid disappointment.



"I Think I Need Help With My Numbers!"

Best Call The Experts
hemingway
bailey

On 01482 679333
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Beverley set to Sparkle as the Christmas Lights Switch-On

Beverley lights up on the last Sunday in November when the town greets Santa Claus, applauds the switching on of the Christmas tree lights and heralds the coming of Christmas. The first Sunday in Advent is the perfect time to celebrate Christmas in Beverley.

From mid-day to tea-time, Beverley Town Council, Beverley Chamber of Trade and The Christmas Lights Appeal Group will be ensuring Beverley celebrates the coming of Christmas in style with a day of festivities guaranteed to put a smile on everyone's face!

Traditionally centred on the Market Square and Market Cross, with lights along Toll Gavel and trees at Wilko's Corner, Angel Square and Wednesday Market, the new Flemingate development will this year be in full swing. The Mayor will recognise this major new contribution to Beverley's economy and social offering by switching on its Christmas Tree Lights first at around 2.15pm (all timings subject to revision and confirmation nearer the day).



Santa arrives into Wednesday Market in his sleigh at around 2.45pm and leads a parade down Toll Gavel via Wilkinson's Corner to Saturday Market, switching on the Christmas Tree lights along the way.

In Saturday Market will be:

- Santa's Grotto
- Food and drink outlets, including a hog roast and roasted chestnuts
- Charity stalls
- Children's fairground rides
- The Beverley FM stage where local bands will be entertaining the crowds throughout the afternoon.

At 4.10pm, the 'Little Blizzards' which hang from the lamp-posts will be switched on. At 4.20pm, Rev Stephen Caddy from Toll Gavel Methodist Church and the Minster County Primary School Choir will lead a Carol Service before the BIG event – the switch-on of the Market Cross Lights at around 4.40pm. The Grand Finale sees Take That LIVE and Robbie (tribute band) take to the stage.

So who is going to do the official switch-on this year? A little bird tells Just Beverley that it could be someone amazing!

Keep a watch our website and Facebook page more information to find out who it could be as we head towards November 29th!



Juan Vidal creates Café-V



Beverley is experiencing almost unprecedented change. The eagle-eyed amongst you might have noticed one of those changes as you walk up Sow Hill – the transformation of Vanilla Café into a continental café, now known as Café-V, with a new menu and new décor.

Juan Vidal has owned Vanilla Café for 7 years but he wanted to create a more Mallorcan feel and serve traditional Spanish food such as Spanish Omelette, quiche and Coca Mallorquina (Spanish pizza) using family recipes. Along with Fair Trade teas and speciality coffee and hot chocolate (made using Marimba world chocolate melt), the atmosphere is very continental - unhurried, light and comfortable .

Juan aspired to enhance the feel of welcome in the café, too – that 'Mi Casa es ta Casa' which means 'My house is your house'. Many of his customers would happily endorse that sentiment! The café is accessible with wide doors for push-chairs, wheel-chairs and strollers, with staff who are always on the look-out to help.

Juan has been assisted by some Round Table friends in his work – with them, Café-V is now a reality. Café-V. 1 Sow Hill Road, Beverley. Telephone **01482 888107**.

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R-evolution - re-cycling to increase cycling!

Mr John Marshall MBE, is the CEO of R-evolution, a project set up to re-cycle old bikes and get them, in full working order, back into the community.

John works with HMP Humber (South Cave) to train people in cycle mechanics and cycle safety with a view to getting offenders back in to work when they leave the institution. John is a life coach who has identified there is a skills gap in the market in cycle mechanics; this scheme ensures that all those involved in cycle re-cycling win.

Old bikes can be dropped off at a collection centre; they are then taken to the prison, where the supervised trainees strip the bikes down and rebuild them.

R-evolution organise events throughout the East Riding where the refurbished bikes are available for loan or purchase at low cost to new owners who otherwise would not have had access to a bike.

There are Bike Libraries at St Nicholas School in Beverley, Mount Pleasant School in Market Weighton and Boothferry School in Goole. The police and East Riding of Yorkshire Council support this initiative and the events.



Bikes that have new owners are logged on to the Immobilise register. R - evolution ensures old cycles find new homes and gets people into cycling – a perfect re-cycling venture.

For more information, contact Mr John Marshall - **01430 273023**
john@r-evolution.org.uk

Jacobs Well Appeal & Century Containers

Jacob's Well Appeal has been supplying Humanitarian Aid to the 3rd world since 1982. Medical supplies, food, clothes, bedding, furniture, garden tools and agricultural gear, educational equipment, small electrical goods including computer equipment and even musical instruments are sent to countries such as Burkina Faso, Ghana, Mali, Niger, Romania, Ukraine and Pakistan.

Each year, twelve 40ft containers are sent overseas, filled with aid, facilitated by Century Containers of Beverley. The loading of a Container is an exciting if not stressful time. Every single item needs listing, along with its weight and value, licenses and certificates obtained and the transport and logistics worked out. All the export documentation has to be accurate and complete before the container can leave the site.

Century Containers have been working in partnership with Jacob's Well Appeal for years. They offer a great, reliable service. The Container is picked up by their experienced drivers and trucked to Leeds,

where it gets loaded onto a freight train to be transported to Felixstowe where it is loaded onto a vessel.

Jacob's Well Appeal depends on donations and volunteers to help them with their vital service and their mission of changing the world one life at a time. If you would be interested in getting involved in some way with the Jacob's Well Appeal, please contact the Office on **01482 881162**.





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Beverley and East Riding Golf Club's drive to be the best!

The Beverley and East Riding Golf Club geographically is the oldest club in Yorkshire; established in 1889.

Situated on The Westwood, there have been quite a few changes in the 126 years that Beverley and East Riding Golf Club has been in existence. In the same way as its host town has developed, so the Golf Club is adopting new ways of doing things, is undergoing a refurbishment and embracing the opportunity to get the latest equipment in before its competitors. The catalyst for this change is the Club's Director of Golf, Stewart Fraser.

PGA Professional Stewart has over 20 years' experience in golf operations. Over the last 10 years, he has built a reputation as one of the finest and busiest golf coaches in the area, utilising a state-of-the-art golf studio along with beautiful fairways to ensure everyone from beginner to the more experienced can develop their game to get maximum enjoyment out of playing.

This reputation has attracted a team of pros who complement his professionalism and ambition. Very exciting news is the recent announcement that Snainton Golf, one of the biggest golf retailers in the country, is coming



to Beverley and East Riding – the pro shop will be a flagship store stocking all major brands. This is a major coup not only for the Club but for Beverley, too!

This long-established Club with fabulous views of Black Mill and The Minster has an assured future with this major investment in its facilities.

Contact details –
Beverley & East Riding Golf Club, Ant Mill, The Westwood, Beverley, HU17 8RG

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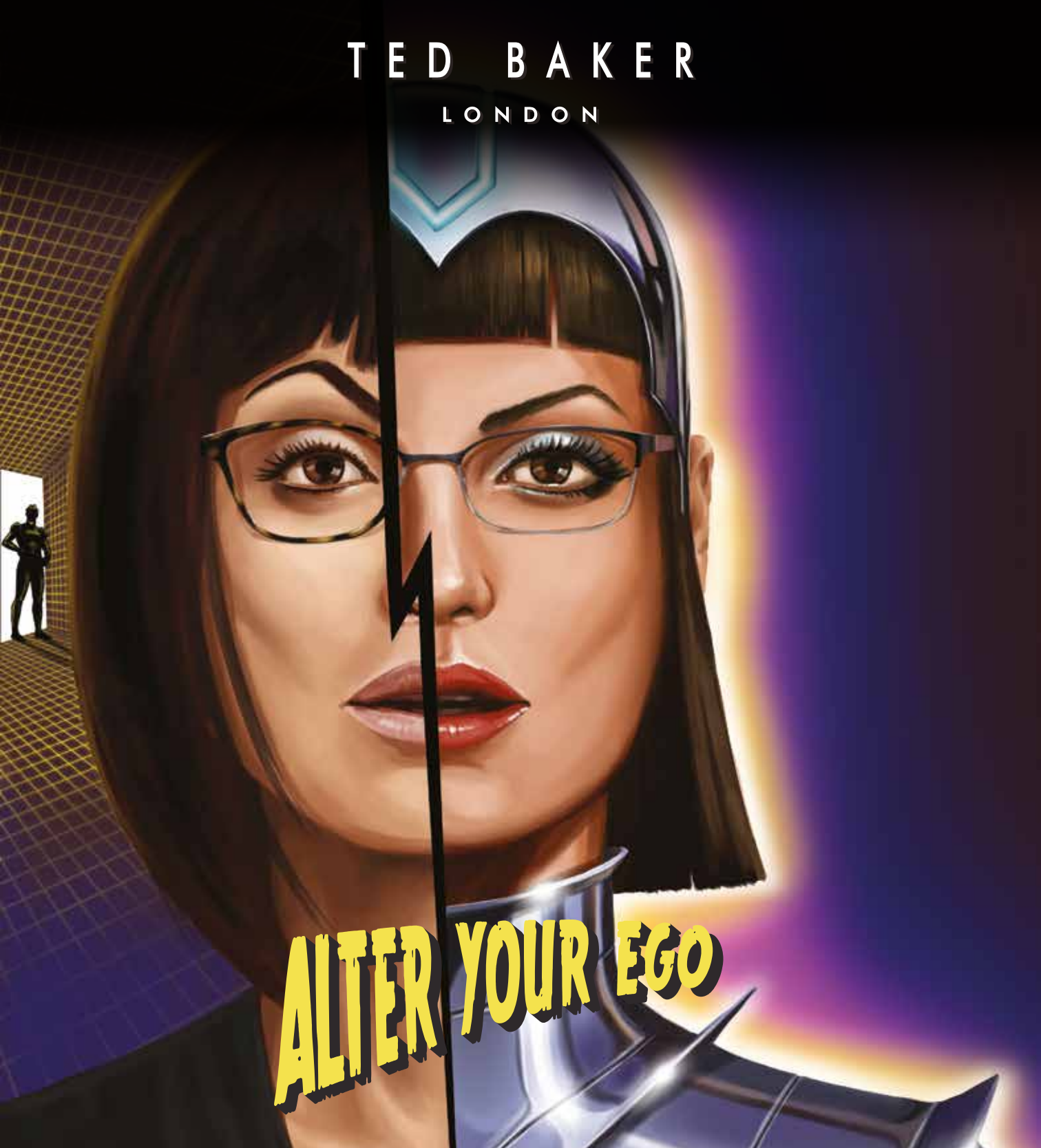
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Corporate Social Responsibility - it's not just for large conglomerates!

When hearing the term Corporate Social Responsibility (CSR) we often think about it in the context of large multinational organisations perhaps offsetting unsavoury aspects of their business activities with ethical practices, such as investing in economic and environmentally friendly processes e.g. buying fairly-traded goods or using alternative sustainable energy sources.

But what about CSR in smaller organisations? Well, perhaps a more appropriate term for small and medium-sized enterprises is 'business responsibility and support' as many smaller organisations are often undertaking CSR practices at a local level.

For example, they purchase goods and services from local suppliers therefore supporting the local economy and they may participate in local business groups bringing their knowledge and experience to help other business owners, such as local Chambers of Trade and Commerce, the Federation of Small Businesses and networking groups such as BNI and 4N.

A good way for small businesses to participate in CSR practices is through sponsorship i.e. offering financial support in exchange for promotion of their goods and services via advertising. This has a positive outcome for both parties as the organisation receiving sponsorship gains much needed funding and the sponsor gains access to an existing or new market - plus a warm, fuzzy feeling!

James Foley of J Foley Electrical Ltd recently sponsored a seat on a minibus operated by Beverley Community Lift. 'The opportunity to help Jan at Beverley Community Lift was too good to miss. As a family we recognise the importance of helping elderly and rural family members with transport needs and it must be difficult if you don't have relatives living close by so we thought this is our way as a family business of putting back into the community'.

Similarly, Fiona Wales of Dare Greatly Ltd is offering her services to Beverley Community Lift as a trustee. 'I have wanted to volunteer in some capacity but never had the opportunity as I was often away on business. So when I set up my own leadership development consultancy and met Jan at a local networking group where she mentioned the need for trustees, I thought this is a great fit for my skills and experience'. Jan Stainforth CEO at Beverley Community Lift. 'Sponsorship provides a much needed revenue stream so we can offer a greater number of trips to our clients. The volunteering opportunities are varied from trustees, helping organising events, fundraising to volunteer car drivers taking patients to medical appointments'.

If anyone is interested in sponsorship or volunteering at Beverley Community Lift please contact Jan Stainforth on **(01482) 868082**.

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A. The rules are quite complicated and you should arrange a meeting with Social Services to discuss how your father's stay in the Care Home is to be funded. The Local Authority cannot take the value of your parent's house into consideration while your mother is living there. Beyond that, your father is currently liable to pay all the fees while he has capital in his own name of more than £23,250. Any sums in joint accounts should be split 50/50 at this stage so that he reaches the threshold sooner. If your father also requires medical treatment you should ensure that this is paid for by the NHS.

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Changes to the taxation of dividends

The summer budget included a new tax measure designed to tax small companies who pay a small salary and a much larger dividend payment in order to reduce National Insurance costs.

From 6 April 2016 there will be a £5,000 tax free dividend allowance, any dividends above this level will be taxed at 7.5% for basic rate tax payers, 32.5% for higher rate tax payers and 38.1% for additional rate tax payers.

This measure will have a very harsh effect on those who work with spouses in family companies. A couple could be over £5,000 p.a. worse off.

For small business owners the changes are likely to be extremely unpleasant, as the following examples, illustrate.

Example £50,000 dividend

Assume a sole director company has profits of £73,500 and it then pays its director a salary of £11,000 (that's to ensure basic NICs benefits) and after corporation tax votes him a dividend of £50,000 out of the remaining retained profit.

Increased tax payable following the changes for 2016/17 = £2,575

Example £40,000 dividend

Assume a sole director company has profits of £61,000 and it then pays its director a salary of £11,000 and after corporation tax votes him a dividend of £40,000 out of the remaining retained profit.

Increased tax payable following the changes for 2016/17 = £1,825

The new rules are effective from 6 April 2016, so now is the time to consider whether taking additional income in the 2015/16 tax year is beneficial.

If you would like to discuss this in more detail then please contact Gareth Botterill on **01482 862240** or email gareth@botterillco.co.uk



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Preparation and pennies - a Christmas tradition

Has Christmas arrived too early again? Not for the keen festive baker! We took a look at why some Christmas traditions really do need to start much earlier than December.

It seems to come around quicker every year and this year is no exception. Christmas is now just around the corner but you've probably seen mince pies and decorations in the shops since late summer. Seeing the rows of red and white wrapped chocolate in the supermarket while the weather is still nice can drive some of us mad, but the good news is that there's method in the madness.

Well, not necessarily for the chocolates and gifts, but Christmas preparations start early for a reason, and that reason has nothing to do with consumerism or getting us excited months early.

For those well experienced in cooking Christmas dinner on the big day, they'll know that preparation takes time. We're not just talking about peeling sprouts here, but making sure puddings, cakes and treats are as good as they possibly can be can take months. Here's why:

Ever catch yourself eyeing up the Christmas cake in M&S and saying to yourself 'they're not the same as homemade ones'? The reason for that is the preparation time. A good, homemade Christmas cake should be made around two months early, though you can get away with cooking one up just four weeks before Santa (and the family) arrives.



Christmas cake is made up of a fantastic blend of spices, fruits, butter and flour, and the longer the ingredients are given to mature and blend together, the better the taste at the end of it. Some recipes even recommend wrapping your cake in newspaper or brown paper while it cooks in the oven to protect the sides from burning as the mixture is so thick. Our best tip though? Pour your cake a drink regularly. Whether it's the taste of brandy or rum you prefer, top the cake up regularly to keep it moist and deepen the flavour. The alcohol has the second purpose of acting

as a preservative too, without any nasty E numbers. Even though those early Christmas preparations are traditionally connected to puddings and cakes, there is also a link to gift giving. As the Christmas cake needs early preparation (traditionally started the Sunday before Advent begins), families would throw a sixpence into the mix, inviting each family member to stir the ingredients and bestow a wish. The lucky one who bites into the sixpence on Christmas day was said to be granted good luck for the year ahead. Some families even kept the same coin to use each year, highlighting the tradition for their household.

Of course gift giving at Christmas originates from the story of the three kings, who presented Jesus with gold, frankincense and myrrh. As years passed it became common for landowners to give loyal and hardworking staff a Christmas Box, hence why we have Boxing Day today. These boxes would show the appreciation of their employers at Christmas, and have created the tradition of giving we have today in the form of receiving a Christmas bonus from our employers, tipping service people and being extra generous at the festivities approach.

So what are you waiting for? Stock up on your favourite fruits and spices today and get cooking!

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Beverley Theatre Company presents 'Allo 'Allo

From November 11th -14th you can be transported back to war-time, occupied France, specifically a small picturesque café owned by Rene Artois, courtesy of Beverley Theatre Company. Rene and his wife, Edith, play host to a variety of characters – notably 2 British airmen who are hiding in the cellar until the Resistance can repatriate them; the leader of the Resistance movement, Michelle; two German officers; Hitler's own envoy, Herr Flick and his secretary, Helga; Rene's waitresses (with whom he is secretly romantically involved); his mother-in-law, Fanny le Fan and a British spy posing as a French policeman who's French is not as good as he thinks it is!

The town has been relieved of its valuable artefacts, including a priceless painting known affectionately as 'The Fallen Madonna with the Big Boobies'. However, the painting has been hidden inside a German sausage (knackwurst) because the German officers want to keep it and have coerced Rene into hiding it; it in turn is hidden in the cellar with the 2 airmen. However, there are forgeries of the painting also hidden in knackwurst hidden in the cellar! Hitler himself wants this painting, hence Herr Flick's involvement, and is himself scheduled to visit the town to collect it, hence the arrival of several tricksters disguised as Hitler.

This is an evening full of comedy - double entendre, visual gags, fake accents and a string of catch-phrases which have been part of British consciousness since the show was in its heyday on British television between 1982 and 1992. 'Listen very carefully, I will say this only once', 'Good Moaning' and 'Allo, allo, zis is Nighthawk, are you receiving me?' will once again be 'As you remember...'

The play will be performed with kind permission from Samuel French Ltd, at 7.30pm, at Beverley Memorial Hall, Lairgate, Beverley, with licensed bar (except Wednesday). Tickets are priced £7 for Adults and £6 for concessions and are available on the door or from Beverley Tourist Information Centre, 34 Butcher Row and Haller Shoes, 2 North Bar Within, Beverley. Beverley Theatre Company was formed originally as the Beverley St Nicholas Players in 1946 by a group of amateur theatre enthusiasts who staged several productions over the next 36 years at St Nicholas Church Hall. In 1983 they moved to the Memorial Hall, changing their name in the process.

The Memorial Hall, Lairgate Beverley

Tickets available from:

Tourist Information Office
34 Butcher Row, Beverley
Haller's Shoes,
2 North Bar Within
or on the door each evening

Adult £7
OAP / Child / Student £6
Family £18.50
(2 Adults & 2 children)

11th - 14th November 2015.
Curtain up 7:30pm

An amateur production based on TV comedy by Jeremy Lloyd and David Croft. With permission from Samuel French Ltd.

Over the last 32 years, they have staged almost 200 productions of many different theatrical genres, including several successful touring plays. They are now renowned as one of East Yorkshire's foremost amateur theatre groups.

The Company is keen to keep amateur theatre alive in Beverley and would be delighted if you would like to tread the boards with them or help backstage.

Please contact thebeverleytheatrecompany@gmail.com or ring Angela, Membership Secretary on **07856 253311**.



Visit us on Facebook: www.facebook.com/BeverleyTheatreCompany

2nd Beverley JS Bach Festival - November 15th to 21st

The Beverley Chamber Choir organised the first JS Bach Festival in 2013; it was highly successful, drawing audiences of over 700 people! This year, the Choir expect even more people to come along to listen to the 4 concerts of Bach's sublime music being presented over the week of the Festival.

Beverley Chamber Choir is a charity with over 30 members who present 3 concerts a year in the East Riding. The Choir has an enviable reputation for performing to the highest standards and has sung in such prestigious venues as Wells and Durham Cathedrals, York and Beverley Minsters as well as St Mary's Church, Beverley. It has broadcast with the BBC and recorded a CD.

Founded by Alan Binnington in 1998, Mark Pybus took the helm as Musical Director in 2009.

Mark was born in Beverley, who began his career as a chorister in the Minster choir; he is now internationally regarded as a consummate organist who knows Bach's music intimately. He has won academic and organ scholarships, including a postgraduate scholarship to study in Paris where he won the Premier Prix d'Orgue at Superieur level.

Mark went on to become Assistant Master of the Music at Sheffield Cathedral where he accompanied and directed the choirs for daily services, broadcasts, recitals and recordings.

Mark can make Bach's music come alive, which is why the Choir had such positive feed-back in 2013 and which is why they are putting together another Festival.

Johann Sebastian Bach (March 21, 1685-July 28, 1750) was a German who composed over 1100 pieces of music, mainly in the Baroque style, during his lifetime.

Baroque music is typified by elaborate ornamentation, which can make it challenging to sing and play – but the result for the audience is absolute listening pleasure and for the performer the satisfaction of knowing that the music has been played as Bach intended.

With so many pieces to choose from, the positive feedback from 2013 and the numerous requests for 'more', the Choir has put together a brand new programme, which includes a Sunday afternoon concert of Motets, Cantatas and Organ; the 3 Suites for Unaccompanied Cello not performed last time on the Friday evening and an organ recital by Mark Pybus of 3 of his favourite and probably most challenging pieces on Wednesday 18th.

The only piece which will be repeated is the Mass in B Minor which is being performed on the evening of Saturday 21st, which is considered not only Bach's greatest work but one of the greatest compositions in musical history.

It was never performed in its entirety during Bach's lifetime so the Beverley Chamber Choir are able to present a work which Bach himself never experienced.

All concerts are at St Mary's Church save for the Friday evening concert which is at Toll Gavel United Church. The Choir are delighted to be able to welcome soloists to enhance their offering.

Yorkshire-based cellist Christina Waldock, who teaches the instrument locally and male countertenor, Aric Prentice from Lincoln Cathedral both make guest appearances along with Soprano Eleanor Garside, Contralto Joyce Tindsley, Tenor Mark Wildes and Bass Robert O'Connell who sing in the Mass in B Minor.

Tickets for the Festival are available from Beverley Tourist Information (**01482 391672**) or online at www.beverleychamberchoir.org

They can be purchased as tickets for individual concerts or as a 'multibuy' for £38 (which includes reserved seating for the Mass in B Minor) or £34 (without reserved seating).



Beverley
J.S. Bach Festival
November 15th - 21st 2015

Sunday 15th November
Motets & Cantata
Beverley Chamber Choir
St Mary's Church Beverley 2:00pm

Wednesday 18th November
Great Organ, Wells
Mark Pybus
St Mary's Church Beverley 7:00pm

Friday 20th November
Suite for Unaccompanied Cello
Christina Waldock
Toll Gavel United Church Beverley 7:00pm

Saturday 21st November
Mass in B Minor
Beverley Chamber Choir & Orchestra
St Mary's Church Beverley 7:00pm

Johann Sebastian Bach

Tickets on sale from October
at Beverley Tourist Information (01482 391672)
or online at
www.beverleychamberchoir.org

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In The Garden

November...

by the time you read this the clocks will have 'gone back' and most of us will probably be going to and returning from work in the dark, making the weekend the only time available to do any gardening at all and then only if the weather is okay.

In spite of the gloominess of the November weather colour can still be found in the garden. Plants to enjoy for their berries are Sorbus sp; Malus (Crab Apples); Pyracantha; Viburnum and Cotoneaster.



For flowers look to Clematis cirrhosa, Viburnum tinus and Helleborus niger (Christmas Rose) to name a few, and of course your pots and containers will add splashes of colour.

Many of us will close the door on the garden until next spring, but work done now can save a lot of time and effort next spring.

The list of essential work in the garden this month is relatively short and some of the tasks are carried over from October unless you managed to complete them then.

- Continue to clear up leaves and compost if applicable.
- 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. Don't apply any feed if frost is forecast.
- Protect tender plants using horticultural fleece.
- Plant spring flowering bulbs – plant bulbs at 2 to 3 times their own depth.
- 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.

- Continue to dig over bare soil in the vegetable garden when weather permits. 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.



Enjoy your winter garden! J

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

Don't underestimate the importance of sleep...

At some stage in your life you will have gone through periods of suffering from a lack of sleep, maybe you needed to regularly get up or go to bed at silly o'clock because of the kids or because of your job. It could be that you've been through periods of stress and found it difficult to fall or stay asleep.

If someone is suffering from sleep deprivation it has a big impact on their health, well being, ability to train optimally, appetite and can often lead to hormone imbalances. Sleep disorders certainly seem to be on the rise, and if you are suffering from this it should act as a warning to you that something in your life needs to be addressed (sooner rather than later). Fix the problem and don't continue to bypass it with things like caffeine, which will only add to your problems!

The magic number is between 7-8 hours of sleep a day, and the quality of your sleep is as important as the quantity.

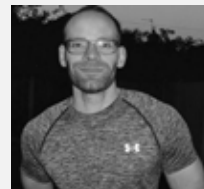
Below are a few tips which can help you improve your sleep patterns.

- Make sure the temperature is not too warm in your bedroom.
- Turn off the computer or TV at least 1 hour before bed.
- Use a sleep mask or black out curtains to avoid unwanted street lighting.
- Take a warm (not too hot) shower before bed to relax the body.
- Avoid caffeine after 4pm (it has a half life of 6 hours).
- Write a list of jobs to do the next day to empty your mind.

- Avoid intense exercise too close to going to bed.
- Ensure your sleep environment is as comfortable as possible.

Getting a better nights sleep will make you happier, healthier and more energetic during the day.

Mark "I need to listen to my own advice" Wilson



Good morning!

How to start your day in the best possible way!

We are creatures of habit; we are hard-wired to avoid change which is not of our own volition as much as possible. Which is why having a routine to start the day can ensure you are energized for the next 16 hours or so, and why breaking that routine because of external events can make you grumpy and listless.

So what's the best way to start the day?

First of all, wake up when you have pre-programmed your body clock to wake you up. If you have to be up and about at 7.30am and need 8 hours sleep, then you turn the light out at 11.30pm, telling yourself you will wake at 7.30am. 9 times out of 10, your subconscious will comply. If you need to be doubly sure you will wake at that time, then set an alarm clock

for 7.30am – but chances are you won't need it! During the winter when mornings are dark, using a 'sunrise' alarm which gradually lightens the bedroom from 20 minutes before wake-up until the room is filled with light, can also help reduce SAD – seasonal affective disorder. SAD is the cause of the 'winter blues' due to reduced exposure to sunlight which affects the normal function of the hypothalamus. The hypothalamus is involved in melatonin production, which in SAD patients is increased, making them feel lethargic and sleepier. It is also involved in serotonin production which is reduced, making them feel out of sorts and irritable and craving carbohydrates. This leads to further unhappiness as the sufferer also gains weight.

When you wake, orientate yourself by enjoying the warmth of the duvet and indulging in a few gentle stretches to get your circulation going. Then think of 5 things to be grateful for. Being grateful for waking up and having a whole new day to enjoy is always a very positive thought! There is no room here for negative thinking! If



there is sunlight streaming through the chinks in the curtains then the world will look beautiful; if its grey skies and rain – well, without the rain there would be no plants, flowers or food for us to enjoy. There is so much to be thankful for!

Drinking a glass of cold water hydrates your body from the inside in the same way as that cool shower stimulates your skin and wakes you up. Vigorous towelling and skin brushing makes your body feel alive and ready for some yoga stretches to wake your muscles and connect body and mind.

Breakfast really is the most important meal of the day. I have created my own muesli (the recipe is available as free download from my website www.releaseyourpotential.co.uk) which contains protein, carbs and fat in optimum quantities along with as many nutrients as I can pack into it! Served with soya, almond or hazelnut milk and accompanied with a small glass of not-from-concentrate grapefruit juice and a cup of high anti-oxidant green tea, this high protein, low sugar breakfast will keep you feeling satisfied until lunch-time. If you don't have time for breakfast, then get up 10 minutes earlier tomorrow!

You will have noticed that none of this involves electronic devices. There really is no place for phones, i-pads or lap-tops in the bedroom; the electronic waves they emit disturb sleep and there is no need to turn any of them on until you are ready to face the world. Mornings should be your time to prepare your mind and body for the exciting day ahead and that does not involve being a slave to technology. That also includes televisions!

The final thing you need to do is to work out your priorities and how they are to be tackled – with enthusiasm and positivity. Remember, you can do whatever you want to do – only you can prevent it from happening.

Until next month, be happy,

Linda

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- ✓ Conquer fears and phobias
- ✓ Sleep better

Tel: 07585 802035
Email: linda@releaseyourpotential.co.uk
Web: releaseyourpotential.co.uk

Food that goes off with a bang

For some, bonfire night is about standing on the Westwood, watching the display of fireworks and soaking up the atmosphere on this great autumnal night, but for others, the 5th November is a night associated with food – great winter meals you can eat out of a tray or napkin while outdoors. Make sure you indulge in some of these treats this year.



Jacket potatoes

Cheese and beans, chilli or just smothered in butter – we all have a preference when it comes to stuffing a good sized spud with feel-good winter food. It may be the piping hot potato warming us up, or the feeling that we're preparing for the cold months ahead with a good, simple meal that's been oven cooked and waiting for us to tuck in, but whatever it is, jacket potatoes signal bonfire night to a lot of us, and there's good reason for it. Easy enough to easy with one hand and a plastic fork, fill yourself up with this simple treat under a sky of exploding colour this year.

Black peas

This treat may traditionally be a Lancashire favourite, but it's making its way over to Yorkshire too. Black peas are made from the purple podded pea, soaked overnight

to turn mushy, and served hot with salt and plenty of vinegar in a cup. Not convinced of our red rosed neighbours' hot snack? Go for the old time favourite green mushy peas instead and serve with a hot pie and gravy for an authentic bonfire night feel.

Pumpkin... anything!

Halloween came, you scooped out the middle of a giant pumpkin, tossed the insides into a Tupperware box and stuck them in the freezer without much thought what you'd do with them. Sound familiar? The good news is, with bonfire night following Halloween so closely, it's a great excuse to get that delicious pumpkin flesh back out and put it to good use. Pumpkin pie or soup is easy to make and makes a great tasty dish that can serve the whole family, or if you're feeling adventurous, why not try a pumpkin and dark chocolate brûlée?



Toffee Apples

What you will need:

- 8 apples (Granny Smith is a good choice, but your favourite type is fine)
- 400g caster sugar
- 4 tbsp golden syrup
- 1 tsp vinegar
- 100ml water
- 8 drops food colouring
- lollipop sticks

Not only is this a brilliant autumn treat that'll keep tiny mouths quiet all night, it means they're getting a fruit portion beneath all that sugar too. And let's face it, sugar is fairly hard to avoid on great family nights like bonfire night, so they may as well be partly good for them.

If you like the idea of extending the fun and creating your own at home, give our recipe a try. This will make 8 toffee apples, but you can vary the toppings between the crunchy toffee for melted chocolate and sprinkles if you prefer a choice.

Cover the apples in boiling water in a large pan or bowl to remove their natural waxy coating. This will help the toffee coating to stick. Once they've soaked, dry them thoroughly and insert a lolly stick or thick wooden skewer through the middle.

Cover a baking tray in a sheet of baking or greaseproof paper, standing the apples up on it.

Pour the sugar and water into a pan and place over a medium heat for 5 minutes, stirring until the sugar dissolves. Then add the vinegar and syrup, and stir until the mixture reaches 140°C using a sugar thermometer. If you don't have one of these, you can test the temperature by pouring a small amount of mixture into a bowl of hard water, testing to see if it hardens instantly. Continue to boil it if the toffee is still mouldable.

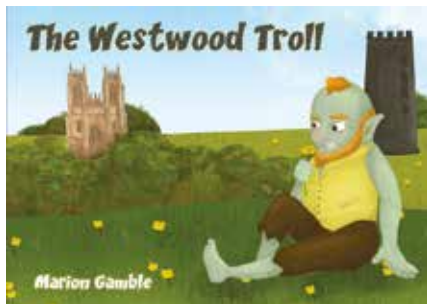
Quickly, dip the apples into the mixture one at a time until covered in toffee completely. Allow any excess mixture to drip back into the pan, then place on the baking tray and wait until the toffee has set.



The Westwood Troll, fol-de-rol...

Have you ever come across The Westwood Troll? I'm sure you have heard him, rattling the cattle grid as you drive across it from Walkington to the Westwood. Walkington author, Marion Gamble, knows all about The Troll.

She has told the children she has worked with, the children she has cared for and her Grandchildren all about him. And now you can find out all about him, too, because she has put pen to paper and written his story down. Her book, 'The Westwood Troll', is due to be published on October 30th, when it will be available from Amazon and can be ordered through all good book stores. Her first two books, 'Moon Cat' and 'Jack Wants a Pet' are also available from Amazon.



It was work as a nanny which brought Marion to Beverley, many years ago. This was a stepping stone to a career as an early year's advisor in child care and education. She fell in love with Beverley, particularly The Westwood, which is why she has stayed, even though her own grandchildren now live in Australia.



She has told the story of 'The Westwood Troll' hundreds of times and it is the children who she has told it to who have helped develop it; they have helped with descriptions of what he looks like and where he lives, what he eats and what he does.

Marion is a big believer in story-telling to develop imagination, creativity and language. 'The Westwood Troll' is her third book and all are written in rhyming text which makes the stories fun and memorable. Rhymes have been shown to improve language and communication skills and increase discussion, so 'The Westwood Troll' is designed to be interactive. The story-teller reads a little, stops and asks questions which further develops the imagination.

'The Westwood Troll' also sings a Troll Song. Marion's Grandchildren were highly amused when she sung this to them recently (over Skype) as none of her other books have included words put to music but this is another way of increasing children's involvement in the story, stimulate their creativity and aid language development.

Marion is always keen to talk about story-writing and story-telling as an aid to increasing children's engagement with life and learning.

She is frequently invited into schools and nurseries to tell her stories to the children and talk to their teachers. She can be contacted on marion@mariongamble.karoo.co.uk

HAMPERED BY POOR HEARING by John Fewings

*I talked it all through with our Janet -
In truth it was her idea.*

*"You'll have to order by phone," she said,
"I don't think they sell them round here."*

*A basket of goods on a Christmassy theme
Some cake and preserve and some drink
Some cheeses and biscuits and that kind of thing*

"They'll like that," she said, "Don't you think?"

*So I rang some directory thingy.
They gave me some numbers to call.
I rang up the first one they gave me,
Didn't bother to ring round them all.*

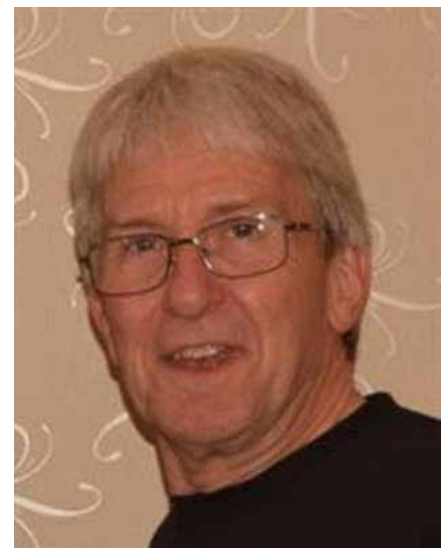
*I'm not all that good on the telephone;
Can't always make out what they say.
They asked me some questions
About colour and size and what I was hoping
to pay.*

*When they asked me the size that I wanted,
I said, "A metre? A metre and half?"
"That's a little bit big!" said the salesgirl.
I could tell she was stifling a laugh.*

*"Well, a smaller one then!" I retorted.
To be honest, I just had to bluff.
She mentioned some fruit and some nuts and
some berries
It sounded like Christmassy stuff.*

*But somewhere in all these arrangements
A misunderstanding arose.
I found it quite difficult to hear what she said
And the same went for her, I suppose.*

*So if you're left wondering about the delivery
And supposing it came from a prankster,
I'd better confess, I'm to blame for the mess:-
It's me you can thank for the hamster!*





Competition



To celebrate the changes at Beverley and East Riding Golf Club, the competition this month is for time in the new Golf Studio.

The winner, with 3 friends will be one of the first to play a 4-ball on one of the world's foremost courses, courtesy of the fabulous equipment currently being installed at the Club.

All you need to do to enter this competition is to answer the following question...

When was Beverley and East Riding Golf Club established?

Please send your answer along with your name and a day-time contact telephone number to info@justbeverley.co.uk. The closing date is November 16th.

The Editor's decision is final. No cash alternative is offered. Details may be used by Just Beverley and Beverley and East Riding Golf Club for marketing and promotion purposes. Details may also be used by Just Beverley for data collection and website analytics. The winner will be notified as soon as possible after the closing date and must be prepared to participate in publicity for Just Beverley magazine, website and Facebook page and Beverley and East Riding Golf Club.

Competition Winner



Meet the winner of last month's competition to win a tea-light holder, courtesy of BChicy, pictured here with BChicy manager Lisa Burke. Tony Oxtoby is a Beverley man through and through – so is his Dad, Walter (who some of you may know as pub-singer, Walter Beverley), his son James and grandson, Lennon. Every Saturday morning, Tony meets up with his family for coffee. Just Beverley were delighted to be invited to join this special family.

Walter, Tony and James were all born in Beverley. Apart from a short time in London when Walter was working with the Metropolitan Police, Tony has lived in Beverley and worked in the local area all of his life. He was a toolmaker at Armstrongs in Beverley for 12 years until it closed down, then became a lecturer at Hull College, finally moving to Malet Lambert School where he was Network Manager until his recent retirement.

He said 'Beverley has a real community and identity. I love all the festivals, especially the Puppet Festival and I am looking forward to taking Lennon around the Christmas Puppet Trail. I would never move from Beverley and with the opening of the new cinema, Beverley will have everything anyone could possibly need.' Just Beverley wishes Tony and his family all the best for the future.



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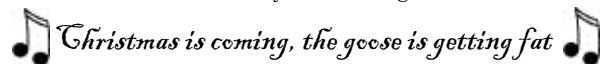
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Beverley News is celebrating Christmas with a BANG this year!

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PUZZLE PAGE

LAST MONTH'S ANSWERS ON justbeverley.co.uk

Sudoku

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

5	3			7				
6			1	9	5			
	9	8						6
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Wordsearch

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

BONFIRE
 CANDYFLOSS
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What's On IN BEVERLEY

**OCTOBER,
NOVEMBER
& DECEMBER**

OCTOBER / NOVEMBER / DECEMBER

Wednesday 28th October - Saturday 14th November

• **'A Steady Rain'** by Keith Huff starring Vincent Regan and Adrian Rawlins
East Riding Theatre. 8pm. Matinee 31st October 2pm. Strong language and adult themes. £19/£18.

Thursday 29th October – Thursday 19th November

• **Art Installation In Memorium by Martin Waters.** Poppy installation
Beverley Minster

Beverley Minster. £5. Tickets available on the door.

Saturday 31st October

• **The Big Draw.** Take inspiration from the *Modern Art on the Table* exhibition and get sketching. No experience necessary. Tutor available with tips and ideas.
Beverley Art Gallery. 10am. Children must be accompanied by an adult. Suggested donation £1 per adult or family welcome.

• **SHE Productions Halloween Treat Night**

Follow the BanSHE's (mysterious fairies) through the streets of Beverley before returning to the East Riding Theatre for storytelling, mummy-making and more! For children 3+. 4.30pm. Children £6 with accompanying adult free.

Riding Theatre. 2pm. £8/£7. Techniques workshop, 3.15pm £5/£4.

• **Beverley Minster turns purple in raise awareness of Pancreatic Cancer**

Monday 2nd November

• **The White Horse Folk Club Singers and Musicians Night**
Please see www.whfolk.co.uk/home for venue. 8.30pm. £2.

Quiet Riot
THE BEVERLEY ALTERNATIVE...

Copenhagen

Turn Up The Sun

Kenny Barker

TheFruit67

Hodgsons, Flemingate, Beverley
30th October, 8pm – 12.45am
£5 on door or £4 advance tickets from Minster Records, Molescroft Newsagents or Chinese Laundry, Saville St., Hull

<https://www.facebook.com/quietriotbeverley>

SHE Productions

Halloween Treat Night

• **Beverley Ghost Walk**
7pm. Booking essential through Beverley Tourist Information. Tel 391672. £3.50.

• **Late Night Scarefest**
For ages 16+. 10.30pm. £10.

Sunday 1st November

• **Indigo Moon Theatre presents 'Alice and The White Rabbit'**
Shadow theatre for ages 4+ and over. East



• **The Processed Pea folk Club present Blackbeards Tea Party**
Light Dragoon Inn, Eton. £10. Tickets available from www.wegotickets.com Doors open 6.30pm for 8pm.

Thursday 5th November

• **Beverley Lions Annual Bonfire and Firework Display**
Westwood. Free. Bucket collection in aid of Beverley Lions.

Friday 6th November

• **Rotary Club of Beverley Lecture 'Ancient Egypt: New Discoveries'**
Tickton Grange Hotel. 6.30 for 7pm. 3 course meal included. £30.

- The Wild Ponies from Nashville bring swing, honky-tonk and a dash of rock.
Monks Walk, 7.30pm. £7. Tickets from Beverley Tourist Information or on the door.

Saturday 7th November

- Jacqui Dankworth and Charlie Wood
East Riding Theatre. 7.30pm

- Beverley Folk and Roots present An Evening of Fun and Folk with the Tenfoot Ukes, The Dyr Sister and Katie Spencer

Molescroft Pavilion. 8pm. £6 in advance, £7 on the door. Bring your own refreshments.

Monday 9th November

- Norwood Nites screen 'The Boy in the Striped Pyjamas'

Norwood Church Schoolroom. Refreshments and Raffle. Contact Beverley Community Lift on 01482 868082 for Transport. 7pm. Free.

- The White Horse Folk Club Singers and Musicians Night

Please see www.whfolk.co.uk/home for venue. £2.

Wednesday 11th – Saturday 14th November

- Beverley Theatre Company presents 'Allo, 'Allo!

The Memorial Hall, Lairgate, 7.30pm. £7/£6/ Family of 2 adults & 2 children £18.50

Friday 13th November

- Beverley Film Society presents 'Finding Vivian Maier' (USA, Cert 12A)

The Masonic Hall, Trinity Lane, Beverley, HU17 0DY. £4.50 for non-members.

Sunday 15th November - Saturday 21st November

- JS Bach Festival

Various venues. See www.beverleychamberchoir.org for details.

Friday 16th November

- The White Horse Folk Club Singers with Martyn Wyndham-Read

Please see www.whfolk.co.uk/home for venue. 8.30pm. £7.

Sunday 21st November

- Shoppers' Lunch

Beverley Minster Parish Hall. Coffee and cake from 10am, lunch from 12noon.

Thursday 26th November

- Virtuoso Flamenco guitarist Eduardo Niebla in Concert with Matthew Robinson (guitar) and Dharmesh Parmar (Indian tabla)

Toll Gavel United Church. 7.30pm. £14.50/£12.50. Children under 14 free with paying adult; additional children £5



- Beverley Ghost Walk

7.30pm. Booking essential through Beverley Tourist Information. Tel 391672. £3.50

Saturday 28th November

- Beverley Musical Theatre Annual Jumble Sale

Memorial Hall, 12 Noon. Come and meet the Jack and the Beanstalk Pantomime Cast and see the scenery being set. 50p entry.

- Beverley Christmas Festival of Food and Drink

Beverley Minster in association with Beverley Town Council. 10am-4pm.

Sunday 29th November

- Christmas Lights Switch on!

Arrival of Father Christmas, lighting of Beverley Christmas Trees (Flemingate through to Market Cross) and Little Blizzards, Carol Service, stalls, ice rink, food, drink, Beverley FM stage with bands. Surprise celebrity guest. Lunch-time to tea-time.

Wednesday 2nd December - Sunday 6th December

- Beverley Musical Theatre in 'Jack and the Beanstalk'

Beverley Memorial Hall. £7.50/£5 Nightly Wednesday - Saturday at 7.30pm; matinees Saturday and Sunday 2.30pm. Tickets from Beverley Music Centre, Norwood.

Thursday 3rd December

- Chapters and Verse trip to 'Goya: the Portraits' exhibition at the National Gallery, London

Direct train travel. Price includes lunch. Booking essential. Contact 01482 871788 or 01482 881333 or visit www.chapters-and-verse.com for more details. £139/£129.

Saturday 5th December

- East Riding County Choir sing Handel's 'Messiah'

Beverley Minster, 7pm. Tickets available from Beverley Tourist Information or online www.eastridingcountychoir.org £16/£12/£8

Friday 11th December - Sunday 13th December

- Christmas Tree Festival

Beverley Minster. 10am – 5pm Fri/Sat; 12noon – 5pm Sun. £2/free. Refreshments.



Sunday 13th December

- Beverley Festival of Christmas

From Toll Gavel Church, The Guildhall, Treasure House, St Mary's Church, North Bar to Saturday Market and Wednesday Market, there are stalls, activities and entertainments galore. One of the biggest Festivals of Christmas anywhere in Yorkshire!

Saturday 19th December

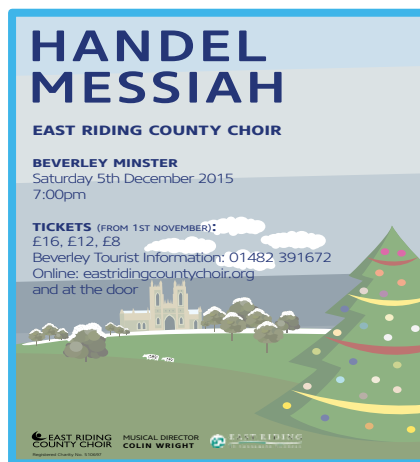
- Buckrose Concert Band present A Christmas Concert. Conductor: Becca Heywood.

Beverley Minster, 7.30pm £10/£8. Refreshments available. Tickets from Beverley Tourist Information or on the door.

Sunday 20th December

- Churches Together in Beverley Carol Service

Beverley Minster, 6.30pm



For more information visit justbeverley.co.uk/events



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Check out this months special offers!



SAVE*
10%
Tel: 01482 887799

allmobility
The Company That Cares

Mention
BEVERLEY
for exclusive deals on walking sticks
and other disability aids

*Excludes already discounted items
One voucher per person
One voucher per transaction
Expires 31/12/2015

Want to lose weight, get fitter and healthier?

Release Your Potential can help you change your life for the better – forever! Using life coaching and hypnotherapy, we can help you:

- Change the way you think about nutrition
- Help you incorporate exercise into your daily life
- Keep you mindful of what you are eating
- Give you added confidence, vitality and enthusiasm

Check out www.releaseyourpotential.co.uk for testimonials and case studies.

Usual price for 8-week course, plus 6-month follow-up £395. Just Beverley readers get a 25% discount until 31 December 2015 by quoting JBRYPO2.

Tel: 07585 802035.

AdWords training for £99

Get a personalised AdWords training course at indicoll for just £99 + VAT (normally £295). Run by a Google Certified Professional, helping you get more bang for your buck.



Call Gary on 01482 871178 for more information and to book your place.

logsforsale.co.uk

Kiln dried hardwood with less than 15% moisture content special offer for Beverley post-codes!

1m³ stacked crate - £149.00 delivered, saving £30 off the internet price. This is equivalent to 1.7m³ of loose logs or 3 'ton' bags.

2m³ stacked crate - £239.00 delivered, saving £40 off the internet price. This is equivalent to 2.9m³ of loose logs or 4 'ton' bags.

Contact 01482 865744. NB, this offer is only available by telephone or personal visit.

La Lumière

The first 25 readers of Just Beverley can take advantage of La Lumière Photography's limited opening offer by contacting the studio on 01482 867455 or enquiries@la-lumiere.co.uk. The offer includes a complimentary photoshoot and 7x5" framed print (worth £170). Book now to avoid disappointment!

Clay Pigeon Shooting Experience

for everyone to enjoy -

A perfect activity for all ages

15 shots for only £20!

Includes: 15 clays and cartridges, gun, safety equipment and briefing and full instruction. All ages welcome.

Tel: 01964 551134.

Minster Cycles

0% finance on new bikes worth £500 or more.

Special offers on winter clothing.

Enquire now on 01482 867950 and quote 'Just Beverley'.

Inches Body Studio

3 months toning, 3 months Vibraxis, 3 months Contour Wraps £179.00 Call 01482 865229 and quote 'Just Beverley'.

Just Pawsome

Quote 'Just Beverley' for discounts on a Dog Beds, starting from £14.95. Just Beverley special!

30" Dog Crate, £29.95 including blanket.

Call Jayne on 01482 863112. See www.justpawsome.com

BChicy

offer 10% discount in-store by mentioning 'Just Beverley'

Riverside Cafe

Order 5 home-made delicious hot meals for home delivery in a week and get 10% discount. Main course plus pudding from £5. Delivery free in Beverley and surrounding villages. Tel 01482 679764.

Melwood Pet Supplies

Dog coats only £4.80each.

Various colours; plaids, plains, water-proof and fluorescent.

Measure from the collar to the tip of the tail for the correct size.

Tel: 01482 855170. 189a Hull Road, Woodmansey.



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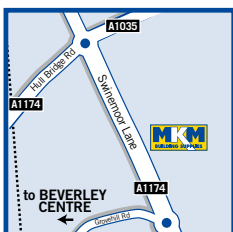
Your kitchen specialists at MKM Beverley:

Anne Wallis

anne.wallis@mkmb.co.uk

Chris Sherwood

chris.sherwood@mkmb.co.uk



MKM BEVERLEY

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OPEN Mon-Fri 7:30-5:30 Sat 7:30-noon

