

just BEVERLEY

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HOMEMADE SUMMER DRINKS
AND PIMM'S RECIPE

FREE

ISSUE 6

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

FEATURE

LEMPICKA'S SUCCESS

Discover their secret

FEATURE

NEW BUSINESSES

The day and
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WHAT'S ON IN BEVERLEY

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FEATURE

KYLE EDMUND

We find out what
keeps the upcoming
Wimbledon star grounded



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Beverley Tourist Information Centre, Beverley Library/Treasure House, Beverley News on Grovehill Road, Morrisons, Asda, Tesco Café, Colette and Tyson Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, and various newsagents in Walkington and Molescroft.

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CONTRIBUTORS

Julian Minshall, Laura Smith, Barbara English, Lois McLaine, Nicolas Chambras, Linda Johnson, Ian Partridge, Visit Hull and East Yorkshire, Shelley Ashley, Alice Thomson, Shirley Harrison and Rich Reynolds. With special thanks to Robbie Mendelson for supplying this month's cover photo.

just BEVERLEY

Letter from the editor



It's Wimbledon season again, and we know what that means – it's time to dish out the strawberries and cream. This year, even Wimbledon has a local feel. Our cover star this month is Kyle Edmund, a young tennis professional from Tickton who regularly trains in Beverley. We caught up with him to hear about his ambitions and most memorable matches.

We've got into the cycling spirit once more this month for the Beverley Elite Circuit Race, which you can read about on page 19. You can find your own pull-out-and-keep cycling route map in our centre fold, showing you some great local routes.

There's so much going on in Beverley this month, so keep an eye on the Just Beverley website for local events listings, as well as those mentioned on page 36. There's the Beverley Armed Forces Day taking place on 5 July, which will see the celebration go ahead in Saturday Market.

We love to hear from you here at Just Beverley, so send us your stories, letters and summer snaps and you might just see yourself in the next issue.

Julian Minshall



It's not summer without a glass of Pimms, and this month I had a go at creating my own homemade version. You can see how I got on and try it yourself with my recipe on page 11. If a pale ale is more your sort of thing, have a read of our history of Nellie's pub on page 9. The pub has a unique history and is home to stories of corruption and much more than its stock of beers.

If you're getting married soon, or are helping with the preparations for someone who is, you don't want to miss our conversation with Claire O'Neal, new owner of The Day, on page 18. Have a read on page 18 to hear all about her inspiration behind her new venture and how she could help make your day special.

If weddings aren't on the calendar this year, but travel is, have a look at our feature on youth hostels. Can you describe the difference between travel and a holiday? Would you ever sleep in a bunk bed in a room full of strangers? Find out why I think you should, even if you've never considered it before on page 27.

So make yourself a delicious drink, serve up the strawberries, then sit back and enjoy another great issue of Just Beverley!

Laura Smith

Get in touch

Website: justbeverley.co.uk

Email: info@justbeverley.co.uk

Telephone: 01482 679947

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New produce market sees hamper winner

Winner of Beverley's local produce market competition, Nina Rose was presented with her prize by the new town's Mayor last Wednesday.

Nina said: "I'm delighted to have been chosen to win this great hamper of local food and drink. I filled the evaluation form in when I went to the local produce market in May as I wanted to support Beverley Town Council in holding these food events. I think that the Town Council should carry on with these events, such as the Beverley Food Festival, which I really enjoy each year.

"I think these monthly markets are just as good as the Beverley Food Festival. You can pick up something that's a bit different, such as fresh, locally produced fishcakes, and delicious flavoured cheeses.

"These food events help to bring visitors to the town of Beverley and they also encourage residents to make the most of their town and all it has to offer."

The food market was one of six seasonal events organised by Beverley Town Council to be held over the summer.

Other market dates are: 17 June, 15 July, 19 August and 16 September. Visitors attending the June market can enter a second competition by filling out an evaluation form on the day.

The markets are part of a pilot project to revitalise the Wednesday Market area of the town. The project received funding support from Beverley Town Council and also the East Riding of Yorkshire Council's High Street Fund.



Free summer school for 16-18 year olds

Young people who are considering their next steps in education in September can join in a range of free taster courses at East Riding College this summer.

The courses are aimed at 16 to 18-year-olds who are still considering their options and are available at the College's Beverley, Bridlington and Hull campuses.

Everyone who takes advantage of the tasters will complete a qualification and find out more about the course they are considering for next year.

Alison Gray, assistant director at the College, said: "Our summer school taster sessions aim to give people valuable experience of what it's like to study in a college environment and make new friends, as well as applying to start a course in September and gaining a qualification.

"They will give you the opportunity to meet our tutors, try out a subject and find out what it's like to come to East Riding College."

The sessions generally take place for one day a week over three weeks. The subjects and the date of their first session are as follows:

Business, July 8, Beverley and Bridlington.
Catering and hospitality, July 8, Bridlington only.
Construction, July 10, Bridlington only.
Early years and care, July 8, Bridlington only.
Engineering, July 8, Bridlington only.
Foundation programmes, July 10, Beverley and Bridlington
Hairdressing and beauty therapy, July 8, Bridlington only.
Information technology, July 8, Bridlington only.
Motor vehicle and motor cycle maintenance, July 8, Bridlington only.
Music and media, July 8, Hull only.
Public services, July 8, Beverley and Bridlington.
Retail, July 8, Bridlington only.
Sport, July 8, Beverley and Bridlington.
Travel and tourism, July 8, Beverley and Bridlington.

Anyone who is interested can enrol on the tasters by calling 0845 120 0037 or by dropping in to the College receptions at Gallows Lane, Beverley, and St Mary's Walk, Bridlington, during normal opening hours.

For more information on East Riding College courses, go to www.eastridingcollege.ac.uk or call 0845 120 0037 to make an appointment with a guidance officer.



Wimbledon's rising star

It's regarded as one of the best outdoor clubs in tennis circles, and is the training home of Wimbledon star Kyle Edmund. We went down to Beverley and East Riding Lawn Tennis Club to hear from Kyle and the club's resident coach, Tom Davies.

Kyle, you're gearing up for Wimbledon at the moment. What sets it apart from other tennis tournaments?

The atmosphere and the crowds at Wimbledon aren't like anywhere else.

What has been the defining moment in your career to date?

I recently won my first Grand Slam in France after getting through the qualifying tournament. That was really special.

Who will you have supporting you in the Wimbledon audience this year?

My coaching team are always there, plus my family and friends will be coming to see me.

What would you be doing if you weren't a professional tennis player?

I would definitely still be involved in sport in some way. I think I'd either play cricket or have trained as a Formula 1 driver if I had to have an alternative career, but I'd make sure I'd still be involved in sport.

What is your largest ambition?

I really want to play a match as part of the Davies Club Squad.

Are you involved in introducing the next generation of tennis players to the sport?

The best way to do this is to act as a good role model. Whenever I'm at home I'll use the club in Beverley to train and play friendly matches. In recent years I've made sure I come home for local tournaments too. I think it's important that younger players can see the people they look up to and see how they're involved in the sport locally.

Professional tennis coach, Tom Davies, hopes Kyle won't be the only tennis star to come out of Beverley's training ground, which might not be out of the question. The club has won the Men's Yorkshire League on four occasions, proving their worth in the region and displaying the talent that comes from its players.

The club is home to over 300 members, and you never know when the next world-class athlete is going to emerge.

Tom keeps a close eye on the next generation



of star tennis players, and knows exactly what to look out for when trying to spot the type of athlete that could go all the way to professional status.

"When you see a young tennis player, you look at a number of things about them. The physical and technical aspects are really important, but these are things that can be trained and developed if they begin to play at an early enough age.

The things I look for most is the right personality and a certain amount of desire. You need an aspect of all of these things to be able to develop as a player. The professionalism comes later. Initially, a simple desire to win is what sets the top sports people apart, and you can see some of this from an early age."

Tom doesn't wish to dismiss the recreational players by saying this. For many people, tennis is a relaxing hobby, or great way to relieve the stress of the day by taking on an opponent on the courts for a fun and energetic match. But for some, like Kyle, tennis is a career, and these careers only happen to people who have had the right coaching and chance to develop from the first time they pick up a racquet.

For this reason, the club offers a coaching programme to suit all requirements, including sessions for all standards and type of player, from the age of 4 to adults.

In February this year, the club elected new president, Alison Hodgson took over the running of the premises following the retirement of Kathleen Horrucks. Kathleen,



along with her husband Peter, who filled the role of secretary, was president of the club since 2006, and was well known in the local tennis community for taking great pride in ensuring the facilities of the club remained in great condition.

From playing, to coaching and running a whole club, tennis is a sport which stays with people for life. Tom told us about his life in tennis to date:

"I've been a coach now for 7 years, but involved in the sport for over 20 years. It's not something I look at with a short term vision. From coaching children in their first ever lesson, to seeing their talent and confidence grow and follow them through to prestigious competitions, it's a lifelong journey.

My own ambitions aren't over either. There's always something higher you can aspire to, and I'd love one day to coach a professional player."

The club holds free sessions every Saturday morning for children aged 4-16 to have a go at playing tennis. The sessions are split into three age categories and pairs children with others of their own age and ability.

To find out more about the sessions, and about membership options, visit berltc.org.uk

You can find the tennis club on Seven Corners Lane, off North Bar Without.

www.justbeverley.co.uk



Kyle's profile box:

Favourite surface to play on: clay

Favourite tournament abroad: Miami Open

Favourite home tournament: Wimbledon

Favourite thing about Beverley: it's where home is

Tips from the top

- **Start playing.** Children from the age of 3 1/2 can start to play tennis. Starting good coaching from a young age is great for developing the right technique early on.
- **Don't waste money on equipment.** When children are new to a sport, all they really need to be equipped with is the right attitude. At the tennis club, we provide all the equipment as part of our coaching.
- **Be on the ball.** Start young children off playing with larger tennis balls on smaller courts. This is great for getting the hang of things.
- **Complementary exercise.** Other exercise which focuses on leg and core strength, flexibility and mobility is all great for tennis practice.
- **Always stretch.** Before and after exercise. Stretches reduces the risk of injury, and speeds up recovery time.
- **Enjoy yourself.** Tennis is a great competitive sport, but it's important to have fun.
- **Have the right approach.** A healthy sporting attitude goes a long way.
- **Never give up.** There'll always be another challenge around the corner. Be ready to face it.
- **Stay hydrated.** Especially when playing outdoors in summer, keep your hydration levels topped up at all times.
- **Healthy diet.** A good, balanced diet isn't just great for health, it's key for being mentally and physically prepared too.



700 Jobs at Flemingate development

700 jobs will be becoming available as part of the new Flemingate development.

The construction project, which will see a six-screen cinema, hotel, numerous restaurants and retailers, is due to open this October.

Some positions are already being filled with recruitment underway at the £70 million commercial development.

Jobs are being created in roles from cleaning and security to retail management and catering on the site, which is being developed by Hull-based Wykeland Group.

The building will be the largest in the town since the construction of Beverley Minster, almost 600 years ago. Sitting so close to the Minster site, the Flemingate development will show off Beverley's contemporary architecture alongside the historic.



Shops opening at the site include Topshop and Topman, Debenhams, H&M and Wilkinson.

The plans for the site have been in place for more than ten years, with the development accompanying another £50 million housing development on the neighbouring plot.

Local sandwich shops brings home national award

Saints and Sinners has only been around for two years, but they're already making waves on the national sandwich circuit.

The independent sandwich bar won Sandwich Designer of the Year in the category of 'English Provender Company Beetroot Relish with Horseradish & Dill'.

The competition, which was held at The Sammies Awards in London, required entrants to make a sandwich based on the key ingredients in the title. Dawn and Darren, owners of Saints and Sinners, won the award with their entry named 'Partners in Crime'. Their winning sandwich consisted of smoked salmon and goats cheese with pea shoots and beetroot, horseradish and dill relish on sour cream, lemon and dill bread.

Saints and Sinners made it through to the finals, held in May, and were the only winners in the whole competition from the north of the country.

Dawn Roe, owner of Saints and Sinners, said: "We were thrilled when we were announced as the winners of the category and were able to bring the award home to Yorkshire.

"It's great to see some recognition that our hard work is paying



off. Darren is in the shop at 3am every morning so our customers can have bread baked fresh that day, and then stays to work all day too. Awards like this make it all worthwhile."

The shop started off as an ice cream parlour and speciality bakery, but as successful business owners will know, it is vital to listen to your customers. The people of Beverley slowly moulded the business into what it is now, a sandwich shop with milkshake bar, small café and ice cream parlour.

Following the success at the awards, the culinary duo have now set their sights on more awards and have recently entered their chocolate brownies and beetroot and horseradish bread to The Great Taste Awards.

You can find Saints and Sinners in Swabys Yard.

Gas lighting, political corruption and real ale -

Barbara English gives us a short history of Nellie's

One of the Wonders of Beverley is Nellie's, a world famous pub (yes, they talk of it even in California), officially known as The White Horse.

Nellie's, as everyone calls it, takes its name from its last private landlady, Miss Nellie Collinson (after the reign of Nellie, it was sold in 1976 to Sam Smith's of Tadcaster). It has long been called the White Horse, although no-one seems to know why. Above the door is the current white horse, which had a former life as a rocking horse: the architect who once lived in 7 Hengate was reputed to supply rocking horses, whenever age, pollution or traffic meant a new one was needed.

Nellie's was nearly demolished in the mid-20th century, under a council 'road improvement scheme' to widen Hengate - a scheme fortunately aborted by the efforts of George Odey MP and others.

The pictures show why the pub is so famous. The little rooms, the uneven flagstone and tiled floors, brick, panelled or painted walls yellow/brown through years of nicotine, the charming and random furniture, coal fires in winter and the famous gas lighting. Enter and wander through, you can always find the perfect space for supping your ale. Friendly, quiet (usually), dark, a welcoming space. You walk back into a 19th century world. But Nellie's is older than that.



The brick walls to the street 'bulge' so that the upper walls lean out beyond their base. Brick alone cannot cope with that, so the inn has a timber frame (which accepts 'bulges') behind the brick skin.



Nellie's is a 17th century timber building with an early 18th century brick front.

In the 19th century its landlords from 1823 to 1892 (with a lease from St Mary's church) were the Burrell family. In the notoriously corrupt Beverley parliamentary election of 1868, Anthony Trollope stood unsuccessfully as a Liberal candidate (he wrote a novel about the election, *Ralph the Heir*). Francis Burrell of the White Horse, innkeeper, was one of many who was involved in the gross corruption. At the subsequent Parliamentary inquiry, Burrell said he was given £200 by Mr Norfolk (the manager of the Iron Wagon Works), a great crook after whom Norfolk Street is named, and another £200 by an alderman and magistrate, to buy voters for the Conservatives. Burrell's bribe fund would be now worth about £40,000 and this was only part of the bribes paid out. There were complaints, the election result was overturned, the town lost its MPs, and the constituency was called Haltemprice until 1950.

Francis Burrell held the lease and licence until 1889, when he retired to St Mary's Terrace. In 1892 Francis Collinson took over the inn, which he later bought from St Mary's church: he had an enormous family of 9 sons and 5 daughters, one of whom was Nellie.

So what was Francis Burrell to do with this

huge number of children? It is claimed that he set up a Tontine, meaning that all the children were heirs to the inn, but as they died, their shares went back 'into the pot', and the last survivor got the lot. In the 1960s there were three elderly sisters running the inn, Nellie (who held the license), Gert and Daisy. There were also some still living brothers, but Nellie was the dominant character. There was no bar then, and ale was served on a table from a jug, filled from the barrel. Nellie did not like to see women drinking, so they had to ring a bell for a drink, and keep in certain rooms. She always refused to serve nurses.

Nellie did have some sort of love life – a gentleman friend and lodger, called 'Suitcase Johnnie' with whom she had frequent arguments - maybe he was always being thrown out, so kept his suitcase packed. Nellie was still running the pub in her eighties, fierce as ever.

If you have never been to Nellie's, do go. You don't need to know the remarkable past of the inn to feel that it is a really special place. Worth coming from afar to visit...and while drinking the ale, you might think that in these dark rooms Francis Burrell handled the huge amounts of bribery money, gold and copper in the shadows, and his daughter threw out the nurses...



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Summer recipes

The sun is out, the tennis is on, now you just need the perfect cool drinks to top off a great summer's day. Laura's recipes will take you right through the day, whether it's entertaining friends and family over an early lunch or an evening BBQ.

Breakfast Sunrise

This delicious drink is alcohol free, making it perfect to enjoy earlier in the day while the sun is hot. I learned how to make this almost a decade ago, while working as a waitress at Kavanagh's. It can be a little tricky to get the presentation just right, but once you've got the hang of it, it makes a beautiful addition to the breakfast table and you'll never forget it.

You will need:

Orange juice
Cranberry juice
Large ice cubes

First, half fill a glass with ice cubes. This isn't just to cool the drink, it's essential for the juices to balance right too, so don't hold back on how many you use.

Next, fill glass with cranberry juice up to the same level as the ice cubes, but be careful not to go any higher than this.

Last is the tricky part. Very (and I mean very!) slowly, pour the orange juice so it runs down the inside of the glass, landing on one of the ice cubes. If you do this right, the juice should simply sit on top of the cranberry juice, creating a liquid layered effect. You can also put a straw in the glass to help with the precision here.

Add a slice of orange to the side of the glass, and voila, a perfect breakfast sunrise!



Homemade Pimms

What you'll need:

300ml gin
300ml red vermouth
150ml Cointreau or other orange liqueur
1 orange and 1 lemon, halved, sliced
1 cucumber, sliced
Handful of strawberries, sliced
Chilled tonic water, lemonade or ginger ale
Mint leaves to garnish

For this recipe, it's best to start a few hours before you want to serve the drink, so get out a large jug and start mixing it as you have lunch. It'll be ready to drink by the time the evening BBQ comes around.

First, mix the gin, red vermouth and Cointreau in a large jug

Next, add the orange and lemon. Keep the peel on the fruit but check for any seeds before dropping them in. Give the mixture a good stir and place in the fridge to cool until you're ready to serve.

Later, top up the jug with your choice of mixer. I prefer lemonade, but ginger ale or tonic water is great too. For a really summery taste, try using cloudy lemonade. You could even mix it up by using rose lemonade for a lovely pink twist.

Add plenty of ice, sliced cucumber and strawberries. A few mint leaves placed at the top of each glass, plus a slice of orange on the side of the glass gives it a great looking presentation.



Eating In

In our next issue we'll be launching our new Eating In section, bringing you a selection of the town's best choices of pubs, restaurants and bars for the lowdown on where to eat in Beverley.

Have a read below of our previews on The Hide and the Beverley Arms Hotel.

Beverley Arms Hotel

Feeling hungry? Whether it's a bacon sandwich or a banquet here at the Beverley Arms, we aim to cater for all your food fancies.

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

Our aim here at the Beverley Arms is to make your dining experience an enjoyable and relaxing one.

Our new menu includes bites from paninis and burgers to our raved about meat feast, not forgetting our sizzlers, hot enough to set off the fire alarm!

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

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



Hide Restaurant at Tickton Grange Hotel

From fishermen to farmers, smokers to pumpkin growers, our chefs work closely with the amazing Yorkshire artisan food producers we have nearby to bring you simply wonderful food. Beef grazed on the lush Wolds pastures, fish freshly caught from our local beaches, milk and cream from our nearby dairy, cheese from small producers, Yorkshire chorizo, local rapeseed oil, herbs and fruits from the lovely gardens that surround us. The list goes on.

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



Want to see your restaurant or pub featured here? Get in touch info@justbeverley.co.uk or call 01482 679947



Beverley builders help out DIY SOS



Beverley building company PJPS Construction Limited, along with a group of volunteers from the region have helped to change the lives of a family from Rise in East Yorkshire by giving them a home to make their lives more manageable, as part of a project for BBC TV. The popular show DIY SOS arranged the team at the home of the Liversidge family to enable the family to spend more time together and live comfortably.

The home make-over show has over the years seen hundreds of homes around the UK, renovated by local teams of volunteers and professionals. DIY SOS is the longest running show of its format and has been on-air for over 15 years and is famous for its emotive endings. Last year, the production team appealed for Hull and East Yorkshire based tradesmen to volunteer to help renovate this family home.

Phil Jenkinson, Managing Director of PJPS Construction heard about the project in the local press and was delighted when his firm was selected to take part in the programme.



Phil says: "I've watched DIY SOS for years so when the opportunity came about to help a family in the local area, the members of my team and I jumped at the chance. It was very rewarding to be a part of this project. We worked closely with the production team who provided us with a build schedule for each day and along with other volunteers we worked to ensure that the Liversidge family ended up with the home

of their dreams. It was a fantastic experience as everyone involved was passionate about helping to improve the family's living conditions and we were all working towards the same goal."

This is not the first high profile construction project that PJPS has been involved in as the firm has also refurbished the birthplace of J Arthur Rank on Holderness Road, a project that has also attracted national attention. The finished result was revealed earlier this month at a grand opening ceremony.

"We are fortunate to have been involved in major high profile projects over the last year. The refurbishment of the Rank House was a regeneration project that we undertook as part of Probe's Empty Homes scheme. Not only did it bring much needed affordable housing to the city, but it celebrates one of Hull's greatest legends. It was a real honour to be part of the project from start to finish."

The episode of DIY SOS was filmed in November but due to the nature of the programme, we have been unable to discuss the finished result of the project as it would spoil the show's big reveal. I am really looking forward to Wednesday's episode, it will bring back memories of the great time we had working on the project and with such a wonderful team of volunteers."

Beverley Armed Forces Day to march out in style

The seventh Beverley Armed Forces Day will take place in the town's historic Market Place on Sunday 5th July 2015, thanks to the generous support of residents and community groups who have donated to a fund, ensuring the day goes ahead.

The Defence School of Transport based in Leconfield will be exercising its Freedom of the Borough accompanied by veterans and members of the Humberside and South Yorkshire Army Cadet Force. Liaising with the Royal British Legion, the parade will be led by The Humberside Police Concert Band.

Sandra Staples, the East Yorkshire Branch Secretary of Soldiers, Sailors, Airmen and their Families Association (SSAFA) said: "Beverley has a very proud Military history which should not be forgotten, and that is why it is vitally important that the annual Beverley Armed Forces Day should take place again this year. SSAFA volunteers within East Yorkshire work tirelessly around the County to support Serving and Ex-Serving personnel and their families, and we are delighted to help to fund this year's event for the benefit of the Military Family."

The event will also be supported by local rugby league club, the Beverley Braves. Michaela Gaden, Secretary said: "We felt as a club that it was important to show our support for such a great event,



enjoyed by all young and old. It will also remind the young boys and girls of our Rugby League club of the importance of what the armed forces do for our country, now and throughout our Nation's proud history."

A re-enactment group, the 5/60th Royal American Rifles will bring the Napoleonic era to life to commemorate the 200th anniversary of Waterloo.

Cllr David K Elvidge, Chairman of the Beverley Armed Forces Day, said: "The support from residents and community groups has been tremendous and I would like to thank them all for ensuring the event goes ahead, I would also like to take this opportunity to thank all the volunteers who year after year help put the event on from those that move seats and barriers to performers who all give up their time without financial reward."

The secret to success

Here at Just Beverley we're always keen to know the best places to eat, drink and catch up with friends over a coffee.



We caught up with Nancy Blackbourn, owner of Lempicka, to see what she had to say about the business following a successful takeover.

A lesser known detail about Lempicka is how far the friendly business stretches. Past the counter serving fresh coffee and delicious cakes are the perfect self-catering holiday homes, situated neatly within the heart of the town. A luxury three bedroom apartment and two cottages make up the Lempicka holiday collection, making a refreshing change from the B&B scene for visitors to the region.

Today though, it's Lempicka Café that we're here to celebrate. As we sit down it's easy to see how lively the intimate space now is following a successful refurbishment, a new colour scheme and added space for customers to find themselves enjoying the menu available, with seating both inside and out for a great choice in the summer months.

Here, Nancy is part of a three part management team, along with Carrie and Tina, who share the café's workload throughout the week to see happy customers returning again and again. When asked the secret of keeping customers happy, Nancy told Just Beverley that the key is in the coffee.

Lempicka works closely with a coffee specialist who works hard to source the perfect coffee beans at the right time of year for a unique Lempicka blend. This goes well beyond the choice of beans available and comes down to the exact science of preparing coffee in specific measurements to serve the perfect beverage in a one size cup.

To explain things further, Nancy said, "Some high street coffee retailers will happily top up coffee with extra shots or more milk or water, but we ask customers to give our coffee a try exactly as we recommend it. We don't have a coffee specialist for nothing!"

Once a place for drinks and cakes, the café has now extended its menu to include a great selection of light bites, tapas and continental platters, which are a major part of the growth of the business.

Also new to Lempicka is the addition of an afternoon tea menu. Once, afternoon teas were reserved for the elite, but these days they are growing in popularity for groups of friends getting together for a light treat between shopping and catching up, and who wouldn't want to do that when delights like salmon and asparagus quiche, macarons and cream scones are on offer!

You can find a special offer for Lempicka on page 34. Visit them at 13 Wednesday Market seven days a week, 8am-6pm.



Yorkshire's own St. Andrews

You don't have to be a golfer or even a sports fan to know that St Andrews in Scotland is known throughout the world as the Home of Golf.

The media spotlight will be shone once again on the venerable Old Course when the Open Championship - or the British Open, as our American cousins like to call it - is held from 16-19 July later this year.

Superstars will travel across the globe to put their skills against the ancient links course, where holes have evocative names such as Ginger Beer, Heathery, Bobby Jones and Tom Morris.

But if St Andrews holds an unrivalled position in the world of golf, the home of it in our corner of Yorkshire is right on our own doorstep here in Beverley.

The Beverley Golf Club has been the home of the East Riding Union of Golf Clubs since the association was founded in 1947. It was given the honour partly because Beverley is home to arguably the oldest course in Yorkshire. Arguably, because Cleveland Golf Club near Redcar is two years older and they

argue that they belong to Yorkshire - despite their Durham county postcode. We can't blame them. Who wouldn't want to belong to Yorkshire?

Beverley Golf Club started as a nine-hole course in 1889 before being extended to 18 holes in 1895. Not many people realise that the Black Mill that stands proudly in the middle of the Westwood was the golf clubhouse until 1906 when the club re-located to its current Anti Mill headquarters. From its beginnings back in 1889, the great and the good of Beverley have been intimately associated with the club, which continues to be firmly embedded in the local community. Club captains have included a renowned painter (Fred Elwell) and the inventor of the shock absorber (Gordon Armstrong).

Ladies' captains have included the Lady of the Manor at Bishop Burton and the British Open Champion of 1905, Bertha Thompson. Bertha must have played golf at Beverley from its earliest days. The ladies section was established in 1895 and two years later she led the Beverley club to victory in the first recorded club match against Scarborough Ladies. She was the female captain in 1902 at the age of 25 and the first unmarried female captain.



Her biggest moment of glory came in 1905, when she won the Ladies' British Open Championship at Cromer in Norfolk. A strong team of female golfers came over from the United States for the event, and in the final, Bertha beat Miss M. E. Stuart (Royal Portrush). Miss Stuart was bunkered at the 16th and failed to get out after four shots, resulting in a win for Bertha by 3 and 2. She also represented England in international matches from 1902 to 1911.

The legendary Bertha isn't Beverley's only claim to a piece of Open history. A flag from the 18th hole at the Open was signed by 2007 Champion Pdraig Harrington and presented to the club by the Defence School of Transport Golf Society and can now be found in the clubhouse bar.

So if watching the Open this summer leaves you with a need to get out and play golf, Beverley, with its long wispy rough and fast manicured greens, might just be the nearest thing to St Andrews you will find!

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Finnies Recognised as an Investor in People

Beverley based accountancy, Finnies Accountants Limited, has been awarded the Investors in People Bronze Standard, demonstrating their commitment to realising the potential of their people. This news comes just weeks after director Neil Tomlin featured in the Sunday Telegraph's UK Top Rated Accountants list, further confirming Finnies as a business on the rise!



Finnies put a real focus on employing and training apprentices, currently employing 20 people and looking to expand further over the coming months. Coupling young talent with experienced industry experts gives Finnies a unique and diverse workforce, ensuring they can offer a wide spectrum of valuable services relevant to SMEs and larger businesses as well as sole traders and individuals. With over 25 years' experience, Finnies pride themselves in having a large local client base, however high standards have attracted business from across the whole of the UK and beyond, branching into Europe. The company specialises in providing a tailored service, making sure they bring the greatest possible benefit to their clients.

Investors in People is the UK's leading accreditation for business improvement through people management, and provides a wealth of resources for businesses to innovate, improve and grow, with a focus on good people making great business.

Paul Devoy, Head of Investors in People, said: "Achieving the Investors in People Bronze standard is something that any organisation should be truly proud of. It is the sign of a company which is truly committed to good people management practice and we'd like to congratulate Finnies on their achievement."

Steve Burrows, Managing Director of Investors in People North of England said:

"This is a fantastic achievement for Finnies and I would like to congratulate the team on their success. We believe that good people make a great business and as a proven organisational development framework, Investors in People is designed to help organisations and their people to realise potential, enhance performance and meet goals. With their Bronze accreditation, Finnies is certainly working to realise their people potential."

Commenting on the award, Managing Director Nick Auton, said: "We're so excited about receiving the Investors in People Bronze Award. It shows we're doing the right thing in making sure our business works for our employees. We believe that by providing relevant training, encouraging engagement and offering constructive feedback helps our employees get the most from their job, as well as ensuring our clients receive the best support possible. It makes so much sense to do business this way! It's great that our efforts have been recognised but we'll continue to work hard in the future to further improve our reputation as an Investor in People"

For more information on Finnies as a company and how they can help you or your business, please contact Neil Tomlin on 01482 861919 or email enquiries@finnies.org.uk

For more information about Investors in People please visit investorsinpeople.co.uk

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Weddings under one roof

We caught up with Claire O'Neal to hear about the inspiration behind opening new wedding shop, **The Day.**

When Claire O'Neal decided to start a new chapter of her life, she didn't expect to be using her passion to create the perfect day for others, every day!

When circumstances in Claire's life gave her the opportunity to take a look at what she enjoyed doing, she decided to step away from her teaching career and think about what she was really passionate about. For years, Claire had loved to help family and friends prepare for their wedding days by providing special stationery and materials. When she noticed the vacant property on Wednesday Market, she turned to them for advice. Knowing what she had achieved for the weddings of those close to her in the past, friends were keen to encourage her to make the next step in achieving her dream.



Now, just a few weeks into her new business, Claire is the proud owner of The Day, a contemporary wedding boutique in the heart of Beverley's retail space.

"For a long time now, wedding stationery has been a real passion of mine. I love how special the details become to a couple while making the arrangements for their special day and really enjoyed being a part of that. Now, thanks to putting the things I enjoy first, I'm able to make others' special days part of my every day!"

Once she had the space of a whole shop to utilise, there was no need to stop at stationery. Claire has turned a one-time hobby into everything you could need for your perfect day under one roof, but she doesn't see why your wedding day itself should be the only special day to celebrate. Customers at The Day are treated like royalty well ahead of their wedding, with a special area in the shop reserved



for brides to be to take their family and friends for an all-inclusive dress shopping experience.

Claire said, "Choosing a wedding dress is one of the main parts of organising the perfect wedding, and generally women like to treat it as a special occasion in itself. With the room we have here, brides can bring their friends and make shopping a great time to remember. Of course, it barely needs saying that that comes with glasses of Prosecco for a great time!"

The Day describes itself as a contemporary wedding boutique, which caters for the tastes of various wedding styles. Where some couples opt for a traditional all-white theme, others love to inject a splash of colour into their day, and whether it's dresses, accessories, stationery or gifts, you can find whatever it is you're looking for to make your day The Day.

The Day of course sums up exactly what a wedding is all about. When talking about how she came up with the name of the shop, Claire describes it as a 'eureka moment'.

"Everything about weddings is all about making the perfect day. It's a long-planned celebration that neatly fits into a schedule of getting ready, having the ceremony and ending it all with a great reception party. Beyond that, anniversaries in years to come will revisit memories encapsulated in that day – so the name seemed a perfect fit."

You can find The Day at 15a Wednesday Market and find them on Facebook by searching Thedaybeverley.



Minster Cycles!

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

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Elite Circuit Race Series

It's one of the most popular and eagerly anticipated town centre races on the British Cycling calendar, and it's returning to Beverley for its 7th year.

The Beverley Elite Circuit Race Series comes to the town on 24 July this year, seeing Britain's best cyclists race through the paved streets and cobbled roads of Saturday market.

Cyclists will be racing through a fenced route, taking them through the town centre to complete as many laps as possible in the 60 minute race duration.

The event invites spectators to cheer on the participants around the route, which starts and ends in Saturday Market. The route takes cyclists north to Sow Hill, before curving round onto Old Walkergate. They will continue until the road joins Butcher Row and Toll Gavel, before heading into

Wednesday Market and rounding the bend on Lord Roberts Road to meet the mini roundabout, before heading back up Toll Gavel to reach Saturday Market.



With a relatively short lap to complete, this is an ideal race for spectators to attend. They are sure to see their favourite cyclists circle the route numerous times, offering several opportunities to cheer them on with each lap.

If the cyclists inspire you to fashion a bit of lycra, take a look at the free pull-out map on the next page and try some local routes for yourself.

1 North Newbald and back

19.5 miles (31km)
from Beverley



← 1 km (0.6 mile) →

Borage crop, near Monckton Walk © Cooper Douglas

This is a ride across the narrower southern end of the Wolds from the medieval market town of Beverley to the attractive limestone village of North Newbald, with its large green, Norman church and pubs. There are superb views over the Vale of York as you reach the crest of the Wolds western escarpment. Beverley Minster (built 1230-1490) is an outstanding example of Gothic architecture and a prominent landmark to orientate yourself by. Beverley is on the Yorkshire Coast railway line.

Big Skies Ride info

Grade: Moderate. All on-road and shared-use paths. Dismount and push your bike through Beverley's pedestrianized zone.

Start/finish: The Minster. From the station, follow Railway Street, bear left at next roundabout and take second left along cobbled Highgate to the Minster. Use long stay car parks around the town centre.

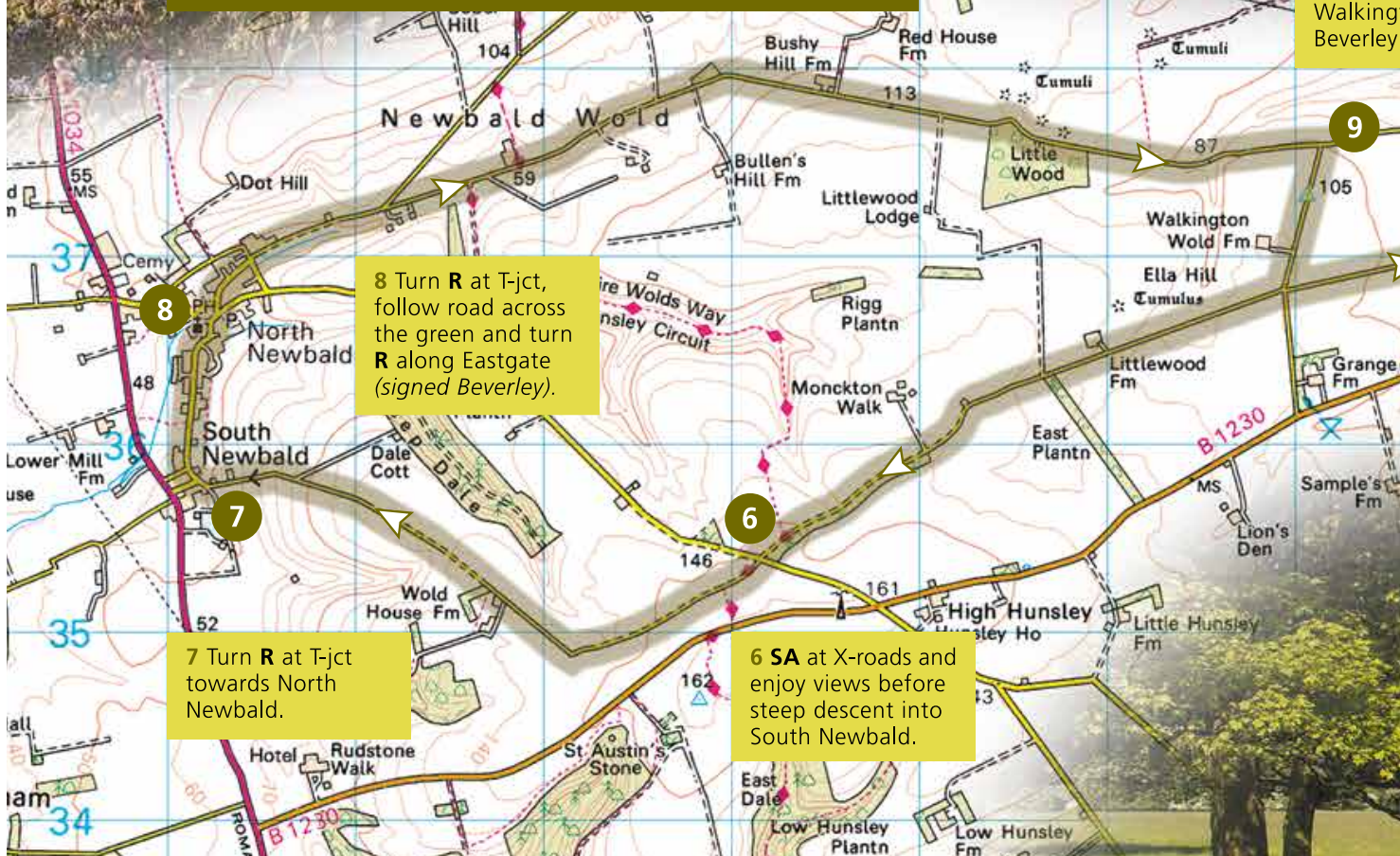
Refreshments: Choice in Beverley; pubs and shop in Walkington; pubs in North Newbald. *Opening times vary.*

Public loos: In Beverley.

Cycle shops: In Beverley - Minster Cycles 01482 867950, Wilson Wheels 01482 882881.



9 Turn R South C at next X follow your route back to Beverley



8 Turn R at T-jct, follow road across the green and turn R along Eastgate (signed Beverley).

7 Turn R at T-jct towards North Newbald.

6 SA at X-roads and enjoy views before steep descent into South Newbald.



(signed to
ave), then **L**
K-roads and
our outward
back though
ton to
Westwood.

5 In Walkington,
turn **R** by pub onto
Northgate, then **L**
onto Manor House
Lane. Keep **SA**.

4 Turn **L** at X-roads
(corner shop) onto
Beverley Westwood
and continue to
Walkington – follow
shared use path
from playing field
entrance onward.

10 Turn **L**.

11 Turn **L** and
immediately **R** along
Newbegin.

2 Following blue
signs (Victoria Road)
go **SA** up Butt Lane
and over the zebra
crossing.

3 Turn **R** at T-jct
with school playing
field, then bear **L**
past Grammar School
entrance.

12 Turn **L** then first
R into Old Waste,
and **R** again over
Saturday Market's
stone setts. Push
your bike through
the pedestrianised
shopping area,
bearing **R** into
Wednesday Market.
Cycle back to the
Minster along
Highgate's stone
setts.

1 From Minster Yard
North, bear **R** along
Minster Moorgate
and turn first **L** into
Lairgate. Keep
following the blue
cycle route signs for
Victoria Road and
Lincoln Way over the
main road using the
zebra crossing and
onto a shared use
path by allotments.

Raft Race

This year sees the fourth annual charity raft race take place on the Beverley Beck.

What started out as an effort to do something different to celebrate the Queen's Diamond Jubilee in 2012 quickly turned into a popular event, and has now seen teams enter the race each summer.

Jane Tatton, who organises the race, is chairman of NURSE, the local charity which the raft race supports. NURSE stands for Needed Urgent Remedial Surgical Equipment, a charity which celebrates its 35th birthday this year.

Last year the local team, Blood Sweat & Beers won the race, being one of only seven rafts to successfully cross the finish line.

The raft race sees man-made rafts built from anything the entrants can get their hands on row down the Beverley Beck with their team aboard. The race makes a fantastically humorous day, especially as some of the rafts fail to carry their passengers and the beck becomes a swimming pool for those who fall in!

Registration is open for this year's race, which takes place on Saturday 25 July. However, the event has become increasingly popular and spaces are limited, so teams wanting to enter are encouraged to act quickly.



Supermarket staff take on charity cycle challenge

Staff at the Beverley Morrisons store did their bit for charity this month. The store paired up with Minster Cycles to take on the challenge of a 60km static cycle challenge on 19 June.

The in-store cycling aimed to raise money for Sue Ryder, a charity which supports those with life threatening illnesses across the UK and worldwide.

Taking part in the cycle challenge was David Charlton, store manager at Morrisons, and Hayley Ruddock, community champion at the Beverley store.

The pair encouraged staff to participate, and asked shoppers to donate their spare change to spur on the cyclists.

A static bike was supplied by Minster Cycles to support the event. Well done to all involved!





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Another successful new business in Beverley'



Yes it's more good news for Beverley. Rachel's Beauty World, owned by Rachel and Arne Toft, are pleased with the resounding success of their newly opened laser anti-aging and slimming clinic. They have been open for just 3 months now, and with more than one hundred "natural face lifts" and more than 40 inch loss treatments under their belts, so to speak, they are truly thrilled.

We asked Rachel about how business is going.

"We are extremely happy with the interest in the clinic. We are seeing very successful results, which means very happy clients who are sending other clients. All our clients are charming, often many of them stay and chat, of course we are professional, but we always seem to have a laugh with them too. It is a pleasure to come into work"

Rachel's Beauty World is a pioneering business in Beverley, offering a huge range of treatments with the very latest equipment, which they are proud to say that they worked with the British Medical Laser Association in order to obtain the very best and most effective equipment – and that seems to be paying off.

Rachel went to tell us "People are increasingly interested in looking after themselves, but also conscious of the effects of Botox and fillers. There is also a lot of celebrities commenting on this and the alternatives available. Our "natural face lift", used by well-known celebs, involves radio frequency, also called the Collagen Wave by some, which kick starts the body to increase the production of collagen and hence tighten the skin. We put this together with our "Madonna treatment", which is essentially pushing antioxidants deep into the skin whereas creams sit ineffectively on the surface of the skin. The results are remarkable and that is why we have completed so many so far".

Rachel's Beauty World also offers a range of "fat busting" treatments, as she puts it, to sort out even the toughest of stubborn fat and cellulite. Tattoo removal, thread vein removal, permanent hair removal, freckles and sunspots are also in the list of treatments. Their latest facial thread vein removal impressively removes the veins right in front of your eyes – immediately.

You can find the clinic opposite Boyes, it's a bright red door, you can't miss it. Both Rachel and Arne are welcome to come in and have a chat, look at some of the impressive before and after pictures or just have a look around.





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Introducing... Shirley and Scruff

Shirley is a local artist, who has seen her name grow as one of the region's most popular painters of local buildings and landmarks. She has recently made painting her full time passion, after several years of fitting it around her work. Just Beverley caught up with her to hear about her painting process.

I tend to start painting quite early in the day. Especially at this time of year when the weather's good, I'll be outside on the patio around 7am taking in the morning sunshine. Seeing all of the flowers in the garden beautifully lit up is really motivating – people comment on how early I start my days but when you're doing something creative like painting, natural daylight is really important and we're lucky that we get plenty of it in the British summertime. I don't want to waste a minute!

I usually have several projects on the go at once, so after spending the morning painting I'll go out for a walk or a drive and photograph a building I've chosen to work on. I'll get in touch with the owners of the building to let them know I'm planning to paint it too. It makes working on the painting much nicer knowing someone is waiting to see the end result, and eager to display it inside. There are a few paintings I've done like this now. The butchers in Hessle has one of my paintings inside, as does Browns in Beverley.

I'll stand in front of the building and study small details of it really closely, keeping them in mind for when I'm back home and ready to begin painting. I'll photograph the building too, to remind me of scale and key layout, this makes it a bit easier to refer back to.

I do also make return visits to a building once I've begun a painting, although this can be problematic. It took ages to complete the butcher's painting because every time I went back to see it there was a pram parked outside blocking the area I needed to see! Other times there have been skips in the way, and even a missing flag from a flagpole once meant I had to paint Beverley Building Society with a blank space in the middle, filling it in at a later date!



A painting can take a long time to complete, so it's never a case of every day being the same. Sometimes I'll be starting something new, other times I'll be delivering a finished, framed picture to a customer, but most of the time I'm busy doing the majority of the painting itself.

In the afternoon I'll often go for a walk around the town. I have my paintings printed onto cards, tea towels and bags too, and while I walk around I carry these in a wicker basket – it's my mobile shop! People often spot me and realise who I am by the red bow on the basket. I'm easy to spot once you know who I am, and people can buy my products from me there and then.

I still do some fundraising for Breakthrough Breast Cancer in my spare time. This was



what I did before I committed to painting full time, so the two roles have swapped and now I'll dedicate time to this around my painting. All of my painting takes place in spaces I feel relaxed in. The best place is out in the open countryside, but my patio makes a great outdoor studio too and on days that aren't as sunny I'll take to my kitchen. A coffee is always on hand that way!

You can view Shirley's work on her Facebook page: www.facebook.com/pages/Shirley-and-Scruff

Competition

To win a set of Shirley and Scruff collectables and a bottle of wine, answer the following question:

Which prestigious art award will be displayed at the Ferens Art Gallery in 2017?

Answers should be emailed to info@justbeverley.co.uk by Tuesday 7 July. You can also look out for the competition and enter on Twitter and Facebook.

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



Youth Hostels

What does travel mean to you? Luxury accommodation in vibrant cities, camping in rural Europe, taking a cruise around the Med? For some, travel is all about the journey, and they will go to any length to be able to experience the world and its unique destinations. Giving up fluffy towels, full English breakfasts and even a room of your own might sound downright crazy for some people, but for others, it's not just the only way they can see the world, it also enhances the experience.

When it comes to travel it's important to set one thing straight. There are holidays, then there is travel. These are two different things. For instance, those who go abroad with sun, sea and sand in mind are on holiday. For the most part, destinations aren't the most important factor for the annual summer holiday – a good, warm beach is. Likewise, the quality of the hotel, the service and how often the towels are changed might rank highly on a list of priorities for some. For travellers, these things simply won't enter their minds.

When hiking the Camino de Santiago, visiting a Buddhist monastery in Myanmar, volunteering with endangered animals in Thailand, teaching English to children in Laos, or simply taking in the views of a spectacular country, the accommodation you return to at the end of the day seems less important.

For this reason, youth hostels are popular. Travelling this way is often done over extended periods of time, which would cost a small



fortune if hotels and restaurant meals were part of the equation, so the simplest way to make travel like this affordable is to compromise luxury by bringing down the price, allowing travel to extend into weeks and months without necessarily running up a large credit card bill.

Youth hostels do not only keep travel costs down, they also enrich the whole travel experience. By sharing your evenings with others taking a similar route to your own, you quickly pick up local tips, recommendations and can find yourself being offered vouchers, maps, and second hand books no longer needed by fellow travellers.

Youth hostels may put off older generations by the name alone, but in 2008 numbers of travellers in their 40s, 50s and 60s sky rocketed after the global recession. Why? Many people were faced with redundancy, and with redundancy can come a period of time to fill. Those who left their student days

behind decades ago were suddenly putting their belongings in storage, pulling out their backpacks and joining their younger travellers on the global road.

People from all over the world pass through Beverley. From 18 year olds from Europe on a gap year before university and graduates who want to see the world in the transition phase before starting their careers, to parents whose children have just left home and can reclaim some time to themselves and many more. There's no single type of traveller, and the variety is what's great about youth hostels.

One of the best things about hostel accommodation is seeing so many nationalities in one room and hearing so many languages being spoken. People always find a way to communicate, to share their experiences and this can bring a whole hostel together, transforming a holiday into an unforgettable experience.



Fascino

Bold, block colours and stripes for summer. Shelley Ashley, owner of Fascino, tells us about the season's trends.

Summer is finally here! So it's time to ditch the staple black clothing and inject some bright and fresh colour into your wardrobe.

The catwalks have been awash with colour for the summer season with luxury designer brands including Versace and Chanel using the full spectrum of the rainbow for their spring/summer 15 collections.

As with all new trends, designers get their inspiration from previous decades, and this year has seen a massive influence from the 1970s, with wide flared jeans and fringing giving a hippie feel to designs. For an easy way to inject the style into your wardrobe, add some seventies swagger like the designs from YSL and Moschino with pieces from their collections featuring metallic panelling, and floaty sleeves. Rock chick meets disco diva!

If you prefer more classic pieces, then head for stripes. This reoccurring fashion trend is a great staple piece for anyone's wardrobe and will add a splash of colour for anyone who is not ready for a big bright colour block. Stripes can be extremely flattering to the figure when used correctly, plus they'll never date so you can invest in a piece that will stand the test of time in your wardrobe. Everyone loves a bit of designer but not everyone can necessarily justify the price tags that come with these fabulous designs.

Fascino Boutique offers their customers of all ages an opportunity to purchase new and pre-loved luxury designer brands and vintage couture pieces at prices that rival any high street budget, with designer pieces always at 50% less the original RRP. They stock outfits for every occasion, from everyday wear to special occasions including,



weddings, races and balls. The boutique is a one stop shop for anyone wanting to find something a bit different. It's a fashion follower's heaven for designer and vintage couture to achieve a truly individual look.

You can find Fascino at 1 School Lane. They are open Tuesday – Saturday 10.30am – 5pm.

[facebook.com/fascinodesignerboutique](https://www.facebook.com/fascinodesignerboutique)

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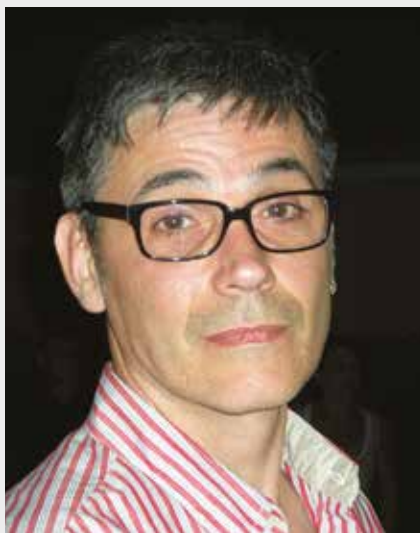
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New to Beverley



Name: Nicolas Chambras

Works as: Graphic artist, creative director and event manager

Best thing about Beverley: Being able to walk or cycle everywhere

Favourite hobby: Photography

Favourite thing about summer: Long days

Nicolas Chambras is a Beverley based, award winning graphic artist and creative director, with a certain 'je ne sais quoi'!

As a French man, with 30 years' experience in advertising, brand image and event management, he is unique in his approach to design and usually starts his work with a pencil and paper. The creative process cannot be rushed, and he often burns the midnight oil in pursuit of, what some have called, genius.

Prior to his move to the UK, Nicolas worked as creative director for a top Parisian agency, which specialised in event management, but also covered 360 degree marketing for an impressive catalogue of European and international brand names.

Nicolas has degrees in the History of Art and Marketing & Communication Strategy, and is a grand master of Photoshop, having been part of the team who road tested the original software.

You will not find a man more modest about his own talents though, and where he can create a logo, advertisement or an international campaign to sell your business, he is at pains

to sell himself. It's just as well then that, the quality of his work speaks for itself.

Currently Nicolas operates on a freelance basis, and is happy to work for clients of all sizes. Locally he has links with Beverley Chamber of Trade, and created the artwork for The Tour de Yorkshire in Beverley. He has clients who are small local businesses and charities, as well as collaborating with agencies for larger companies; he is currently working for sponsors of the Tour de France.

Nico said, "I moved to Beverley last August, but first decided to leave France in 2009. I moved to London to be with my partner, Lois. Any time I have moved beside this has been for work. Together, we moved from London to Peterborough for my daughters to go to school in a place with a higher concentration of English people. I thought 'if you're living in England, learning English, you should be around more English people than in London.' Since then we have moved slowly further up the country until we reached Hull, where Lois's friends are. From there it was a choice between the Avenues and Beverley. We only had two weeks to find somewhere, and Beverley won!"

You can find more examples of Nico's work on Facebook as [NicoWideDesign](#) and at cargocollective.com/NicolasChambras
You can contact Nico at nikoschambras@gmail.com or 01482 805058.



Name: Alice Thomson

Works as: Digital Marketing Executive

Best thing about Beverley: The Westwood

Favourite hobby: Trying new things, including hula hooping, knitting and learning the harmonica

Favourite thing about summer: The long days

Tell us a bit about how you have got to where you are now

I grew up in Hull, but moved to York 6 years ago to study English Language and Linguistics at university. I was always more interested in the creative side rather than the scientific and for the last 3 years I've worked in web content and social media for an online retailer in York. It's an exciting time for Hull and the surrounding area so I wanted to come back and experience that as a resident. Indicoll work with some fantastic local and not-so-local companies, it's great to be involved with them, updating their website content and building on their social media presence.

How do you spend your spare time?

At weekends I like to meet friends for coffee or some food, maybe do a bit of shopping and running errands at the market. If I'm feeling more energetic and the weather's nice I'll head out for a walk, there are loads of places to explore around here.

What made you choose Beverley to work in?

For me, Beverley is a mix of York and Hull and it's in an ideal location to work between them both! I've always felt at home here, since I was small I've spent many days at my Nana's house, messing about on the Westwood and running errands with her in town (bribed with a mint choc chip icecream from Burgess'!)

What do you like about Indicoll?

Although I left education a while ago, continuing to learn while working is important to me. Working at indicoll gives me the chance to use and improve on my skills as every day brings new challenges. The deli downstairs is a bonus, too!

You can find out more about the type of work Alice does at indicoll.co.uk or by calling 01482 871178.

Release your potential - If music be the food of love - play on!

So said Duke Orsino in William Shakespeare's 'Twelfth Night', which means that Beverley, with its rich, diverse musical offering must be full of love! Over the course of a year Beverley is home to many styles of music including folk, blues, early music, classical and chamber music, Americana, choral, jazz, rock, indie, gospel, church music, soul, trance and funk. I have heard all of these genres played live, in a variety of different venues. After each event I have come away feeling really good, with the feel-good factor increasing the more emotionally connected I felt to the music. Why is this? Why is a group of sounds arranged in a particular manner and delivered with a beat so psychologically affecting?

That is an important question because music is not traditionally considered necessary for survival. Scientists have shown that our brains release the neurotransmitter dopamine when we satisfy our survival desires by eating, sleeping or reproducing. But scientists at Mc Gill University in Canada have shown dopamine is also released when we listen to music. So, it could be argued that music is necessary for survival; music really could be the food of love! What did Shakespeare know that it has taken researchers so long to prove?

Music is an intrinsic part of our lives. Man survives because we have organised ourselves into emotionally-connected societies which communicate using sounds and rhythms arranged into speech and song. We use our vocal chords to talk and sing and create sounds using instruments made of wood, metal, skin, hides, gut and grasses – materials which do not appear in their raw state to be capable of making music. We seem to have a real subconscious need to create music especially as our brains reward us automatically when we do so by releasing dopamine.

Music is an intrinsic component of many therapies such as clinical hypnotherapy due to its positive effects on the brain. So if anytime you are feeling in need of a boost, turn on that radio, sing out loud and get that dopamine flowing!



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Email: linda@releaseyourpotential.co.uk
Web: releaseyourpotential.co.uk



Local company raise cash for disabled children's charity

Three team members of local payroll company, Stipendia Payroll Solutions took part in the Beverley 10k, raising over £900 for Beverley based charity, Go Kids Go!

The charity provides unique courses and workshops to equip young wheelchair users with the skills to become independently mobile so that they can enjoy the same activities as their able bodied peers.



Vicki Hone, Fundraising Manager at Go Kids Go! said: "We are extremely grateful to Lynne, Jonathan and Jack from Stipendia Payroll who ran the Beverley 10k on behalf of Go Kids Go.

"They have raised an amazing £940 which will enable Go Kids Go! to continue their work with local children and young people who are physically disabled and wheelchair users. This will include teaching them independent mobility skills alongside introducing them to wheelchair basketball and wheelchair dance."

Directors Lynne Auton and Jonathan Parkin took part in the race with marketing intern, Jack Baldwin. The team ran in personalised shirts designed, printed and donated by Hull business, The Promotion Company.

Lynne said: "We're extremely grateful to everyone that donated to the team and to The Promotion Company for providing our wonderful running tops! Every donation made is greatly appreciated by ourselves and Go Kids Go! so we'd like to say a big thank you to everyone that supported us.

"We had a brilliant day and it was great that we could raise this money for a great charity. Bring on next year!"



The Stipendia team has been involved in a number of charitable events since the business began trading in 2013. Next on the calendar, team members Anthony and Jack are taking on the Humber Bridge Sportive, a 98km bike ride raising money for Hull charity, The Echoes Foundation.

To find out more about Stipendia's services, visit www.stipendia.org.uk or to keep up to date with related news and charitable activities you can follow the company on Twitter, Facebook and LinkedIn.

You can find out more about Go Kids Go! by visiting www.go-kids-go.org.uk or calling 01482 887163. You can also find them on Facebook and Twitter.

Hidden treasures - St Mary's Arcade

Rags 2 Riches

British designer and celebrated fashion icon, Vivienne Westwood once said “you have a more interesting life if you wear impressive clothes”, a statement which has influenced the shopping choices of people worldwide.

A similar line of thought can be found in the reason behind the opening of Rags 2 Riches, one of Beverley's newest women's fashions stores. Opened late in 2014, Rags 2 Riches is run by mother and daughter team, Paula and Frankie Halder. We went along to find out what makes them stand out from the crowd.

Situated in St Mary's Arcade, the grade II listed building hosts a varied shopping experience, from unusual antiques, to modern hairdressing and fashion boutiques. They chose the North Bar to open their boutique as they considered the Georgian Quarter the natural home for the type of business they aimed to build.

Paula said, “our inspiration for opening a boutique came from our love of shopping and desire to wear pieces that are a little bit different.”

The pair believe that a mother and daughter duo enables them to cater for a wide range of ages, with each of them using their own unique sense of style to assist customers in choosing pieces which complement their desired style.

Paula continued, “we aim to help customers feel confident with their image and help them to broaden their fashion styles with our specially chosen clothing range.”

And this aim is precisely what makes Rags 2 Riches special. With personal shopper appointments available, Paula and Frankie are on hand to dish out their specialised advice on styles, shapes and colours to ensure each customer leaves with a renewed confidence in their appearance.

Shopping is often considered a social activity, with groups of friends looking for a new outfit together. Rags 2 Riches love this tradition and have nurtured it into clothes parties. Friends can get together and host a party, right there amongst the rails of carefully chosen fashion pieces, where Paula and Frankie are on hand to offer their shopping advice. Hosts of parties receive 10% of the takings to spend in store,



transforming the usual home party shopping experience into one that can be incorporated into a fun day out.

The boutique stocks brands including Lavish Alice, Ichi, Numph and Paisie, and offers fashion for both casual and formal wear, with a fantastic selection of pieces that were made with summer weddings and race days in mind.

You can find Rags 2 Riches at 6 St Mary's Arcade on North Bar Within.



LAVISH ALICE

Lavish Alice is the best kept secret in showbiz. From singers, to radio DJs and reality TV stars, the collection constantly graces the backs of the best national and international stars.

RAGS 2 RICHES

BOUTIQUE

Unit 6, St Mary's Arcade
North Bar Within
Beverley

www.rags2richesboutique.co.uk

£10 OFF

with this voucher

When you spend £50 or more.

*cannot be used with any other offer

ICHI

PAISIE

Paisie is a London-based fashion brand founded in 2010 by two graduates who gained their experience at leading fashion houses including Alexander McQueen & Vivienne Westwood. They create affordable yet stylish pieces for the fashion-conscious customer without compromising on quality.

NÜMPH

Offers



Check out this month's special offers

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 30th July 2015 by quoting JBRYPO2.

Rachel's Beauty World

Get six anti-aging oxygen facials for just £299 (normally £493), including one day cream, one night cream and one serum. Quote Just Beverley. To maintain that glowing look, come back every month for just £55.

Plus, call today to book a consultation and get a free skin analysis worth £45 when you quote Just Beverley.

Summer Sale at Minster Cycles

50% off selected clothing
Customised bike fitting from £50.
Enquire now on 01482 867950 and quote 'Just Beverley'.

Beverley Motor Works

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



Rags 2 Riches

Host a clothes party and get 10% of the takings to spend in store.
Get 10% off when you spend £50 with the voucher on page 33.

Inches Body Studio

Skin Deep Personalised Facial (includes eyebrow shape) - £25 (was £30).
Aromatherapy Back & Shoulder Massage (45 minutes) - £15 (was £20)
Call 01482 865229 and quote 'Just Beverley'.

Lempicka Café and Bistro

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

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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.



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.

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

Wordsearch

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

CREAM
 GARDENING
 HAMPER
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16 Dyer Lane, Beverley, HU17 8AE
 01482 67932
whiterabbitchocolatiers.co.uk

Gourmet drinks from The White Rabbit

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

AZTEC STYLE HOT CHOCOLATE

This age old recipe combines bitter chocolate with a blend of spices & water. Dark and intense. (No dairy)

GEORGIAN STYLE HOT CHOCOLATE

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

BELGIAN STYLE HOT CHOCOLATE

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

ARTISAN COFFEE

We use a South American Rainforest Alliance espresso blend by the husband and wife team at the York Coffee Emporium. This is a delicious and full bodied coffee, sweet, smooth and rich with a delightful mocha-chocolate aftertaste. The perfect accompaniment to our chocolates!

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

WHAT'S ON IN BEVERLEY

JUNE

Friday 26 June

Fishermen and fishing vessels in the Great War –
Beverley Conservative Club – 7pm
Austen the Musical – East Riding Theatre – 7.30pm

Sunday 28 June

Beverley Chamber Choir – St Mary's Church – 3pm
East Yorkshire Motor Services band in concert –
Beverley Memorial Hall – 7.30pm

Monday 29 June

Aspects of Beverley Minster –
Beverley Minster – 7pm

Tuesday 30 June

Mixed networking skills –
East Riding College – 5.30pm



Saturday 4 July

Sewing workshop: Garden charms table runner –
Treasure House – 9am
Monkey – East Riding Theatre – 2.30pm

Sunday 5 July

Beverley Armed Forces Day –
RAF Leconfield – 10am
Beverley Armed Forces Day Fly Past –
look up! - 2.20pm

JULY



Friday 3 July

The Big Racing Weekender –
Beverley Racecourse – 6.30pm
Gilbert Trio – Beverley Minster – 7.30pm



For more information visit justbeverley.co.uk/events
To submit an event email info@justbeverley.co.uk or call 01482 679947.

Monday 6 July

Woodcarving and Masons' masks –
Beverley Minster – 7pm

Saturday 11 July

Sewing workshop: sew a seascape –
Treasure House – 9am
Beverley Does Broadway –
East Riding Theatre – 7.30pm

Tuesday 14 July

Afternoon Racing – Beverley Racecourse – 2pm



Wednesday 15 July

Local produce market – Wednesday Market – 10am

Friday 17 July

Bats and moths at Beverley Parks –
Beverley Parks Local Nature Reserve – 9pm

Saturday 18 July

Sewing workshop: the messenger bag – 9am
Treasure House Children's Trail –
Treasure House – 10am

Monday 20 July

Go Racing – Beverley Racecourse – 6.30pm

Friday 24 July

Elite Circuit Race – Beverley town centre – 6pm



Saturday 25 July

Water works: mixed media art by Ebor –
Beverley Art Gallery – 10am
Seascapes – Treasure House – 10am
Raft Race – Beverley Beck – 11am

Sunday 26 July

NGS Open Allotments Day –
Queensgate & Kitchen Lane Allotments – 12pm

Tuesday 28 July

Family Fun Day featuring Frozen sing-along –
Beverley Racecourse – 2.25pm
Mixed neuro-linguistic programming –
East Riding College – 5.30pm

Wednesday 29 July

Let there be Light –
Beverley Minster – 7pm





Competition Winner

Last month we offered readers the chance to win a meal for two at the newly renovated **King's Head**.

We asked you :
'Who is fourth in line to the throne?'

The answer was
Princess Charlotte of Cambridge, who was born in May this year. Thank you to everyone who entered.

Congratulations to **Christine Benson**, pictured here with Kate, assistant manager at The King's Head. Enjoy your meal, Christine, and let us know what you think to the new menu!



This month you can win a collection of Shirley and Scruff accessories. Turn to page 26 to find out how to enter.



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