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ISSUE 108

BEVERLEY

IT'S YOUR MAGAZINE



Happy New Year

**CRUISE INTO 2024 WITH BEVERLEY TRAVEL
AND ROYAL CARIBBEAN**

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

Wishing you a Healthy and Prosperous 2024



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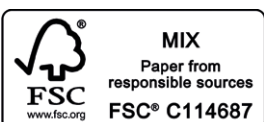


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REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101.**
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JANUARY LETTER FROM THE EDITORS



Happy New Year. May you embrace a New Year of personal growth and renewed positive attitudes.

The start of 2024 like all New Years signifies a chance to redefine goals, cultivate resilience, and embrace

the unknown with optimism. People worldwide embark on journeys of self-improvement, be it in health, relationships, or career aspirations.

The New Year is an opportunity to release the weight of the past, learning from experiences while stepping confidently into the future.

Why not start 2024 with intentions to forge new connections, and appreciate the unfolding chapters of life.

Whatever you decide to do, take small steps for BIG improvements.

Julian.



Happy New Year, Happy January readers.

New Year resolutions, laden with hope, symbolise aspirations for positive change. Keeping them requires a blend of determination, realistic goal-

setting, and adaptability. Breaking down large goals into manageable steps making the sense of accomplishment, more obtainable and sustaining motivation.

The key is to establish a routine and integrate resolutions into daily life to create consistency. Sharing goals with a support system encourages accountability, turning resolutions into shared endeavors.

Always remember to treat setbacks as learning opportunities and adjusting expectations help maintain momentum. Celebrating small victories along the way reinforces commitment.

As always, stay safe and enjoy the issue. Remember the success of your resolution involves a mindful balance of ambition, perseverance, and self-compassion.

Olivia.



'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
'Remarkable East Yorkshire'
Award Nominee 2016
'Best Newcomer'

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DON'T JUST GO FOR A WALK, GO FOR A NORDIC WALK

Have you been out on the Westwood recently and seen those people striding purposefully across the rough grassland, breezing up and down the dips and hollows, and brushing through the thickets and copses?

They're all wielding ski-type poles and they're taking everything in their extremely lengthy strides. In short, they look impressively fit and well, and cover lots of ground in no time at all.

These are Nordic Walkers and they're probably the Nordic Walking with Fitmums & Friends group, one of the biggest Nordic Walking groups in the area.

The group has over 60 members, three Nordic Walking leaders and one Nordic Walking instructor, all four of whom were trained by the renowned British Nordic Walking Association.

They're part of Fitmums & Friends, and the Nordic Walking sessions are just another wellness activity provided by this extremely popular and rapidly growing local charity. You may have seen their founder Sam Barlow on TV, picking up the Unsung Hero award from BBC's Gary Lineker, at

the BBC Sports Personality of the Year awards in December 2021.

Fancy having a go?

Everyone is welcome at Nordic Walking with Fitmums & Friends. They're happy to take complete novices of any age, and they say it's actually better if people have no experience and haven't picked up any bad technique.

They meet at Beverley Golf Club every Monday afternoon and each Nordic Walk takes around an hour. They also have a more challenging monthly weekend walk for experienced Nordic Walkers and this covers anything from six to ten miles.

You don't need any specialist equipment, just wear some loose, comfortable clothing and they will supply your Nordic walking poles. Best of all, you can try Nordic Walking for free.

So what is Nordic Walking?

If you can walk, you can Nordic Walk. It really is for everyone. It's an enhanced walking technique that uses specially designed poles to work your upper body as well as your legs, so it actually feels easier than normal walking, especially uphill.



It gives you a really good, all-over workout that doesn't feel like one. It combines the simplicity of walking, with core and upper body conditioning.

Do some Nordic Walking and you can:

- Burn around 20% more calories compared to walking without poles
- Release tension in your neck and shoulders
- Improve your posture and gait
- Strengthen your back and abdominal muscles
- Reduce the impact on your joints

Nordic Walking puts less strain on joints than other activities and is great if you have mobility issues or you're recovering from illness or injury. It's also good for toning problem areas such as the upper arms and abdominal muscles.

Whatever your age, from 18 to 80 plus, you'll enjoy getting out in the fresh air and discovering the many benefits of Nordic Walking with Fitmums & Friends.

To book your free Nordic Walking taster session with Fitmums & Friends, contact nordicwalking@fitmums.org.uk or visit their dedicated Facebook page at www.facebook.com/nordicwalkingfitmumsandfriends

It costs nothing to try and you don't need any special equipment, just a sense of adventure!



A NEW YEAR, A GREENER YOU: EMBRACING SUSTAINABLE CHOICES IN 2024

Welcome to 2024, a year where your New Year's resolutions can create a lasting impact on our environment. This year, let's focus on a critical yet achievable goal: reducing our reliance on single-use plastics.

In Beverley, a trendsetter in this movement is The Refill Jar, a local business that's been championing sustainability for over four years, now flourishing in its spacious new location at Flemingate

Imagine transforming your daily routine into an eco-friendly practice. When you opt for refillable containers instead of disposable ones, you're making a small choice with a big impact.

Picture yourself filling up your jars with pasta

or picking eco-friendly cleaning products, all without the guilt of contributing to plastic waste.

Your home in Beverley offers a unique advantage. Having a place like The Refill Jar in your vicinity is a reminder and an opportunity. Use it as a springboard to adopt more sustainable habits.

Start with one product - be it your morning coffee or your laundry detergent - and gradually expand your eco-conscious choices.

Remember, every sustainable choice, no matter how small, contributes to a larger movement.

Whether it's supporting local businesses like The Refill Jar or making personal changes,



your actions in 2024 can pave the way for a healthier planet.

Let's make this year about more than just resolutions. Let's make it about tangible, lasting change, with each of us playing a part in this global endeavour.

Together, we can redefine what it means to live sustainably.

FREE VALUATION EVENT WITH TENNANTS SPECIALISTS

A new date with Tennants. No appointment required.

For a free auction estimate, bring your items to the valuation event and our friendly and knowledgeable specialists will be happy to provide any information or advice you need about selling at auction.

If you have a larger item or entire house contents, we can arrange a confidential home visit to carry out a valuation; alternatively, you can email us a photograph of your item.

Tennants is the UK's largest family-owned fine art auctioneers, and a market leader with offices in North Yorkshire and London. Established for four generations, Tennants remains a family business with a well-deserved reputation for delivering unrivalled service and results.

ANTIQUES & COLLECTABLES
JEWELLERY, CERAMICS & GLASS



Wednesday 7th February 2024, 11.30am-4pm at St Mary's Church Hall, Beverley, HU17 8DL.

For details, please contact **Tennants Auctioneers (Harrogate Office), 34 Montpellier Parade, Harrogate, HG1 2TG.**
Tel: **01423 531661**
Email: **harrogate@tennants-ltd.co.uk**
Web: **www.tennants.co.uk**

STIPENDIA - KEEPING BUSINESSES ON TRACK

There are changes to holiday pay from April and possibly pensions from April too.

Holiday entitlement:

- Employers will be able to calculate holiday entitlement for irregular hours and part-year workers using the accrual method based on 12.07% of hours worked in the pay period.
- Rolled up holiday pay will be permitted calculated on total earnings in the pay period.
- A reference period of 52 weeks will be permitted.
- Current basic 4 weeks will be paid at normal rate and the additional 1.6 annual leave weeks paid at basic rate.



If you are unsure on how this works please do not hesitate to contact the team at Stipendia Payroll Solutions.

Pension Changes - Automatic Enrolment Pension Schemes:

Currently employees between the ages of 22 and state pension age, earning over £10,000 per annum are automatically enrolled into an automatic enrolment compliant pension scheme (subject to certain rules).

- Legislation has been brought in to lower the age for Automatic Enrolment to 18.
- The lower limit of £6,240 per annum (£520 per month, £120 per week) is to be removed meaning that both employers and employees will contribute more per pay period into their pension, which in turn should provide more when the employee retires.

The date of change has not been agreed however this may be April 2024 or April 2025. Also at a later date the amount contributed per pay period will increase from 8% in total to 12% in total, however the date of this has yet been confirmed. Contact us for any queries you may have:

Stipendia Payroll Solutions, 4-6 Swaby's Yard, Walkergate, Beverley, HU17 9BZ.
Tel: **0845 308 2288** Web: **www.stipendia.org.uk**
Email: **enquiries@payrollsolutions.org.uk**

BEVERLEY PHOTOGRAPHIC CLUB - JANUARY'S PROGRAM

Tuesday 9th January - Meet King William Statue, HU1 1RT, at 11am for some atmospheric photos. Subject to change.

Tuesday 16th January - Meet 7pm at the Rose and Crown for the Natural History print competition.

Tuesday 23rd January - Meet 7pm at the Rose and Crown for the second part of Tracey Lunds Wildlife Photography.

Tuesday 30th January - Meet 7pm at the Rose and Crown. Members fun digital images.

Sunday 4th February - Meet 9.45 at the Park and Ride, Grimston Bar, York. Bus into town to photograph the York Ice Trail.

The aim of the club is to share knowledge and experience amongst all members in a friendly atmosphere.

We encourage our member's interests in all aspects of photography by means of various events and exhibitions.

In Winter competitions are regularly held amongst our members and inter-club for both prints and projected digital images.

In Summer we have a full program of visits, photo walks, club nights, and an exhibition.

If you are interested in joining the club, please come along and meet the members. No commitments.

We are members of the Yorkshire Coastal Photographic Group, the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain.
<https://ypu.org.uk/>

If you are interested in photography please come along and meet the members. No commitments. More information and contact details can be found on the following sites.

<https://beverleyphotographic.wixsite.com/club>

<https://www.facebook.com/groups/beverleyphotographyclub>

<https://www.flickr.com/groups/1095249@N24/>

SAIL IN TO 2024 WITH BEVERLEY

Beverley Travel have established themselves as a leading travel agency in recent times, having won the coveted 'Number 1 Travel Agency in the UK' award for 2023, and they have just been nominated again for the awards in 2024, as well as being recognised for their focus on cruise, for both ocean and river.



It is exciting times in the world of cruising. "Gone are the days when cruising was seen as the reserve of the upper classes, dressed up to 'the nines' every night. There really is now a cruise for everyone, from young couples, families and adults from all generations and usually offering equal or superior value to a land-based holiday compared with similar standards and inclusions", says Karl Douglas, Co-Owner of Beverley Travel.

"In late January, Royal Caribbean will launch their 'Icon of the Seas', which will be the world's largest passenger ship, although it's well thought through design means that it will never feel like that whilst onboard, with different areas of the ship providing a different ambience for the wide range of guests aboard. It really will be a floating resort, taking it's guests port to port to experience the local culture and excursions", he adds.

Take one look at Royal Caribbean's 270+ destinations, and thousands of on and off-board experiences - they seem to have thought of everything.

First up the new Icon of the Seas, a first-of-its-kind Royal Caribbean adventure arrives in January 2024 sailing from Miami.

Then get ready for the second Icon-class ship, Star of the Seas, bringing unbelievable thrills, chill, and wows for the whole crew, sailing from Port Canaveral, Florida, beginning August 2025.

Every ship is a pioneering paradise, including those closer to home sailing from Southampton, Barcelona or Rome. Whether it's your first time or your fortieth, Royal Caribbean are always striving for new ways



to perfect your paradise, wherever they sail. The cruise industry is booming, with around 15 new ocean liners launched in 2023 and another 16 due to be launched in 2024, all with the latest technology to ensure maximum efficiency and a real focus on the customer experience. That's without the plethora of new river going vessels, another part of the industry that is enjoying



TRAVEL AND ROYAL CARIBBEAN



Photo by Harshil Gudka on Unsplash

a huge uptick as people want to experience multiple destinations, with high quality dining and accommodations, minus the hassle of packing and unpacking.

Beverley Travel are proud of their independent status, "...this means we can provide the best cruise, or other travel options, solely based on what's best for our customers and always at the best value, with amazing deals available for booking during the January 'peaks' sales season", adds Kelly Cheesman, Co-Owner.

Whether you are looking for a cruise or another type of holiday, the Beverley Travel team of experts are here for you, so be in touch to start your inspiring journey!

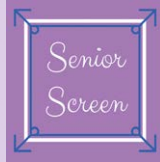
Web: www.beverleytravel.co.uk

Tel: **01482 33 44 50**

Email: VIP@beverleytravel.co.uk

Flemingate Centre, Beverley, HU17 0NQ.





EVERY THURSDAY

(Doors open 9.30am)

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

Thursday 4th January -

The Creator

Starring: John David Washington, Gemma Chan.

Napoleon (Tickets £6)

Starring: Joaquin Phoenix, Vanessa Kirby.

Thursday 11th January -

The Miracle Club

Starring: Maggie Smith, Laura Linney, Kathy Bates.

The Creator

Starring: John David Washington, Gemma Chan.

Wonka (Tickets £6)

Starring: Timothée Chalamet, Gustave Die, Murray McArthur.

Thursday 18th January -

Dream Scenario

Starring: Lily Bird, Nicolas Cage, Julianne Nicholson.

The Miracle Club

Starring: Maggie Smith, Laura Linney, Kathy Bates.

Wonka (Tickets £6)

Starring: Timothée Chalamet, Gustave Die, Murray McArthur.

Thursday 25th January -

Dream Scenario

Starring: Lily Bird, Nicolas Cage, Julianne Nicholson.

The Great Escaper

Starring: Michael Caine, Glenda Jackson, Danielle Vitalis.

Next Goal Wins (Tickets £6)

Starring: Michael Fassbender, Oscar Kightley, Kaimana.

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



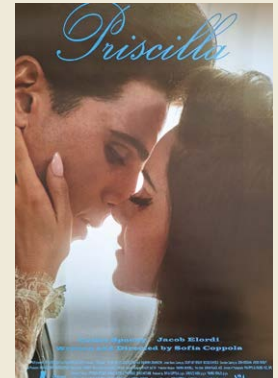
One Life

From 5th January
Starring: Anthony Hopkins, Romola Garai, Helena Bonham Carter.



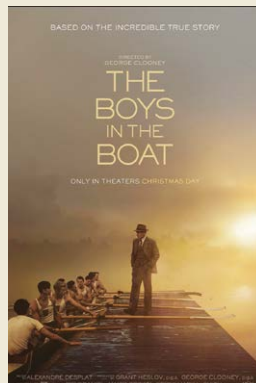
Night Swim

From 5th January
Starring: Wyatt Russell, Kerry Condon, Amélie Hoeferle.



Priscilla

From 5th January
Starring: Cailee Spaeny, Jacob Elordi, Dagmara Domińczyk.



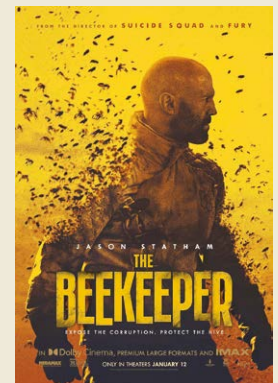
The Boys in the Boat

From 12th January
Starring: Joel Edgerton, Callum Turner, Peter Guinness.



Poor Things

From 12th January
Starring: Emma Stone, Mark Ruffalo, Willem Dafoe.



The Bee Keeper

From 12th January
Starring: Jason Statham, Emmy Raver-Lampman, Bobby Naderi.



Mean Girls (Previews on 17th / 18th)

From 19th January
Starring: Angourie Rice, Renée Rapp, Auli'i Cravalho.



The End We Start From

From 19th January
Starring: Jodie Comer, Katherine Waterston, Benedict Cumberbatch.



The Color Purple

From 26th January
Starring: Taraji P. Henson, Danielle Brooks, Colman Domingo.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG LIVE SHOWS THIS WINTER

ONE LIFE

One Life is a drama film directed by James Hawes. It is based on the true story of British humanitarian Nicholas Winton as he looks back on his past efforts to help groups of Jewish children in German-occupied Czechoslovakia to hide and flee in 1938–39, just before the beginning of World War II.

The film stars Anthony Hopkins and Johnny Flynn as Winton, with Lena Olin, Romola Garai, Alex Sharp, Jonathan Pryce, and Helena Bonham Carter in supporting roles.

From Friday 5th January



EL PREMIO OSCAR ANTHONY HOPKINS E LA CANDIDATA AL PREMIO OSCAR JOHNNY FLYNN HELENA BONHAM CARTER
ONE LIFE

PRISCILLA

When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend. Through Priscilla's eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage.

From Friday 5th January



POOR THINGS

From filmmaker Yorgos Lanthimos and producer Emma Stone comes the incredible tale and fantastical evolution of Bella Baxter (Stone), a young woman brought back to life by the brilliant and unorthodox scientist Dr. Godwin Baxter (Dafoe).

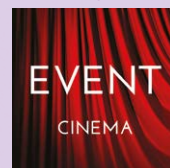
From Friday 12th January



MEAN GIRLS

From the comedic mind of Tina Fey comes a new twist on the modern classic, Mean Girls. New student Cady Heron (Angourie Rice) is welcomed into the top of the social food chain by the elite group of popular girls called "The Plastics," ruled by the conniving queen bee Regina George (Reneé Rapp) and her minions Gretchen (Bebe Wood) and Karen (Avantika).

**From Friday 19th January
(Previews on 17th / 18th)**



Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world. Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

Saturday 6th January, 5.55pm -

MET Opera: Nabucco

Ancient Babylon comes to life in a classic Met staging of biblical proportions. Baritone George Gagnidze makes his Met role debut as the imperious king Nabucco.

Wednesday 24th January, 6.45pm -

Royal Opera: Rusalka

Rusalka, a water spirit, lives with her family in the pure waters of the forest lake. When she falls in love with a Prince, she sacrifices her voice and leaves her home.

Thursday 25th January, 7pm -

NT Live: Dear England

Joseph Fiennes plays Gareth Southgate in James Graham's gripping examination of nation and game. The country that gave the world football has since delivered a painful pattern of loss. Why can't England's men win at their own game?

Saturday 27th January, 5.55pm -

MET Opera: Carmen

Acclaimed English director Carrie Cracknell makes her Met debut, reinvigorating the classic story of deadly passion with a staging that moves the action to the present.

Thursday 1st February, 7pm &

Sunday 4th February, 2pm -

Kinky Boots The Musical

Filmed at the Adelphi Theatre in London Tony, Grammy & Olivier Award-winning musical from pop icon Cyndi Lauper and legendary playwright Harvey Fierstein.

Wednesday 7th February, 7.15pm -

Royal Ballet: Manon

Torn between her desire of a life of splendour and riches and her devotion to her true love Des Grieux, the feckless and capricious Manon pays the ultimate price.

Wednesday 14th February, 7pm &

Sunday 18th February, 2pm -

My Favourite Things - The Rodgers & Hammerstein 80th Anniversary Concert

Featuring a 40-piece orchestra and international stars of the stage and screen, this special anniversary concert was filmed at London's newly restored Theatre Royal Drury Lane.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

As we move into January and a New Year it is not easy to find something that is so constant we can rely on it in such uncertain times.

So I want to write this month about what has been part of my life (and I know it is for many other people) for over seventy years.

If I use the word soap I am not referring to the item we use to wash our faces with, but a programme on the radio that began nationally in 1951. I am aware that I have probably excluded many of the current generation who do not listen to the radio (what is that?) and certainly not Radio 4 where our programme can be heard every night at 7pm.

That last clue will surely have made you ready for the "dum-di-dum-di-dum-di-dum" of the Archers, an everyday story of country folk. There have been a number of attempts to "bring the tune into the modern day" but of course the British were having none of that and rightly so. The introductory music is what immediately identifies the programme, so leaving it alone was the public outcry. Some things really are sacred and must remain so.

Like many other popular programmes the Archers began as a pilot project for five days and then only in the Midlands. By January 1951 the writers knew that they had a winner and on January 1st it began broadcasting nationally.

For the next twelve years the Archers script was written by the same writers who had successfully kept the nation on edge every night (for fifteen minutes) with daring exploits of a secret agent

and his pals Snowy and Jock. If you haven't guessed that one, I'll tell you later.

Within weeks of the voices of Tom Forrest and Walter Gabriel coming into the nations homes, the programme had an audience of over two million and that figure continues today, and many more at times.

I have heard it referred to as a programme without the often depressing news of the day and again it is true that in some respects it can be an escape from the real world. That is however only true in part because over its seventy odd years, the Archers has had story lines that mirrored many of real life tragedies both on a public scale and a more private and personal scene.

The fact is that in the Archers you can be angry, frustrated, sad and laughing all in space of fifteen minutes safe in the knowledge that it isn't real life and soon the music of the Maypole dance will close it down for another day.

People who are avid Archers fans will have their own memories and thoughts and some of those will in truth have affected their daily living. Let me share two of mine. Like all good soaps the Archers has an omnibus. When our children were still young we went each Sunday morning to a church in the middle of Huddersfield knowing the journey should take about half an hour.

We also knew that if the voice of Tom Forrest began the omnibus edition it was 10:30 and we were late for church. Our second family memory concerns our beloved Uncle Joe who was



convinced that Ambridge existed and all the folks who lived there were real people.

Uncle Joe led a simple life and the troubles of the world did not affect his daily living. So I thought it only right that on the day of Uncle Joe's funeral the familiar strains of the Archer's signature tune should ring out as Uncle Joe left this mortal coil.

Did you recognise the characters from Dick Barton Special I mentioned above? This was one of my favourites and so totally different from the Archers.

If you can recall the Devil's Gallop as the signature tune I think you will agree it would be out of place in a funeral parlour - or would it?

LEWIS NORTHEN
FUNERAL DIRECTORS



MY FAMILY TAKING
CARE OF YOURS



Get In Touch
1 Lincoln Way, Beverley, HU17 8RH
info@lewisnorthenfuneraldirectors.co.uk
www.lewisnorthenfuneraldirectors.co.uk
01482 888 658



Born and raised in **Beverley**, we are proud of the funeral services we offer to our local community.

As a family business we want you to have confidence in us to support you from the first point of contact, throughout and thereafter. The moment your loved one comes into our care they will be treated with care and respect. We offer a comprehensive range of funeral services ensuring you receive the perfect funeral service for your loved ones.

We are available 24 hours a day, 365 days a year, we will guide and support your family throughout.

My family taking care of yours

Giving the personal touch to funeral services in Beverley and surrounding areas.

Funeral plans, memorial jewellery, available 24/7 365 days a year.



COUNTRYSIDE MATTERS WITH SAM WALTON

It is so easy to get bogged down with what happens to Farming in the UK, when there are many problems in most other countries too. You read about pig prices going up and down in various countries, so you then realise that the UK is not the only one to be on a see-saw system.



I suppose it is like most foods though which we produce, the outlets selling what we produce, only pay us the price at which they can make a profit on and if their market outlets vary for whatever reason throughout the year, we are the ones who suffer!



Farming is a business where we buy in our requirements at retail price and sell everything at wholesale and it is sometimes a hard job to negotiate any difference. Just occasionally when an outlet has a sudden demand for a particular product and there is likely to be more margin, they will somewhat reluctantly offer a bob or two more!

Having said that, this year could be different because of all the rain we have had, there will likely be a shortage of cereals, wheat in particular, as many acres will not be sown now. I have NEVER known such a wet season and it is the first time since I came to this farm 51 years ago, that I have not drilled the full acreage of Winter Wheat.

I know that some people blame the Supermarkets for their pricing to ensure there is a profit in what they do, which is quite understandable but at times it makes it hard on the farmers and other suppliers to them.

Having said all that, I still would not want to change my occupation.
HAPPY NEW YEAR.

Tc Patisserie

We are now no longer a café, but still make our own patisseries and Tc Patisserie is now a French food shop to compliment our own products.

We have a daily selection of freshly made croissants, breads and patisseries.

We make reheat at home meals which can be bought over the counter or pre ordered, via our mailing list or messenger.

We can cater for any occasion, buffets, dessert tables or full 3 course meals can be arranged.

We are open Tuesday-Saturday 9am - 4pm.



❄️ *Wishing you a happy and prosperous 2024* ❄️

10 Lairgate, Beverley, HU17 8EE
Tel: 01482 860884



The Ferguson Fawsitt



OPENING HOURS

MON & TUE:
16:30 - LATE
WED - SAT:
09:00 - LATE
SUN: 12:00 - 22:00

Happy New Year! What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

1st Friday of the Month - Quiz Night from 8.45pm

2nd Friday of the Month - 12th January, Food and Craft Fair



TUESDAY TO SATURDAY:
AFTERNOON TEA 12PM to 5PM
www.fergusonfawsitt.co.uk
tel: 01482 526317



FOOD HOURS

WED - SAT:
09:30 - 19:30
SUN:
12:00 - 18:30

IN THE PICTURE WITH JOSH

Resolution for 2024: get up early and enjoy the world before the world wakes up!!

As we head into the New Year it's usually a time to set new goals and while I've never been big on New Year resolutions, I do use it as an excuse to go and visit new places, starting with a New Year's Day walk. I also like to try new photography ideas which I've had on my list for a while but never got around to.

A couple of recent examples are a long exposure shot of the light trails across the North Yorkshire Moors taken at the Hole of Horcum, which I'd tried to capture a few times but the weather was never ideal, and capturing the Northern Lights on the Yorkshire Coast which I managed to do recently at Flamborough.

One shot I'd like to get this Winter is a Red Squirrel in the snow. I have plenty of shots of them in Spring and Autumn but none of them in the snow so hopefully I can manage to get that photo in the new year. I also like to plan some trips to new places whether that's in the UK or abroad, there



are so many incredible places I want to go, it's sometimes difficult to decide on a destination, but as long as I can get out and explore with my camera, I'm usually quite happy.

Whatever sort of photography you enjoy, I'd always recommend you try some other area's and get out of your comfort zone.



If you're a landscape photographer, go and try some wildlife photography. If you're a wildlife photographer, try some portrait photography.

I think each area gives you insight into techniques which you can apply to all areas of your photography.

You can find more information about my work and full portfolios on my website and my social media pages and if you have any questions don't hesitate to get in touch.



Instagram: [@joshharrison.photography](https://www.instagram.com/joshharrison.photography)
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Email: info@joshharrisonmedia.com

AS WE MOVE INTO 2024, A NEW YEAR, NEW POSSIBILITIES AND EXPERIENCES?

What are the things you would like to achieve this year? For me, I don't know about you, but New Year's resolutions are often a quick flash in the pan, starting off really well, but then fail after a few days or, a few weeks if you are lucky, and the weather doesn't help!

But what could help you this year to think differently and achieve all that you want to do. Last year someone asked me, what are the 23 things that you would like to be, do or feel in 2023? And this has really made me think differently and about my approach to making changes in my life. It's not always about giving something up, but about doing more of something, feeling different, but most importantly, really thinking about the things I wanted over the whole year, and by continually working on them week by week, and month by month. Setting and reviewing my goals and aspirations over the year made it more achievable, as you are in control every step of the way and whatever happens, it's always, OK, what can I do now?

Reflecting on my 23 for 2023, there is only one thing I didn't achieve; fly business class to Australia and that one was impacted by my health and out of my control - oh and the cost being prohibitive!! We have friends who live in Australia and last year my friend had to come back to the UK to see her mum urgently and this was the only flight available. 'Business Class!' Yes it wasn't cheap but was so amazing, and we joked about going out to see them in 2023, well

maybe business class for me but economy for my husband, but 22 out of 23 isn't bad is it?

Where to start?

- Find some time for yourself, and take some time to reflect on your life, your goals, beliefs and aspirations.
- Create your 'hygge' - this is a Danish way of being, but for me means creating a small space that is comfortable and cosy that engenders a feeling of warmth and contentment, always with a cup of hot tea. 'Me time'
- Now it's time to think about the 24 things you want to be, feel or do. (Some of mine are to be more creative, feel joy in my life every day, and do parkrun every weekend). Big or small it's what is important to you and of course it's always about what do I need to do differently now to achieve this?
- Is your life in balance? When you have the right balance, there is calm, feeling grounded, clear-headed and motivated.
- Are there things you want more of or less of in your life?
- Thinking about the Life Wheel is helpful here; here are some examples: Health, Family, Career/Business, Finances, Me Time, Well-Being, Friends, Personal growth, but think about what you need in your wheel. Where are you now (1-10) and where



do you want to be (1-10)

- Now it's time to think about setting some goals; writing them down, really helps achievement. Writing down my goal to walk every day at 9am over 3 years ago really helped me achieve it and I still walk everyday around this time. My goal has now become a habit.
- Now it's time to think about the things you need to do to make these things happen, break it down into small steps, again, always things you can do on a daily or weekly basis.
- Think about any resources you will need to help you achieve them.
- Sharing your goals with a friend, or someone who might become your accountability buddy really helps too.
- Lastly celebrate the achievement of the small steps as you move forward with achieving all that you want to be, do or feel.
- 24 for 2024, have fun, laugh, love and live your best life every day.

Allyson Kent

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BUILDING GOOD MONEY HABITS IN 2024

Getting into smart money habits means you'll have more confidence and control managing your personal finances.

Get 2024 off to a tax-smart start

The start of a new year is a perfect time of year to break old money habits and make some new ones. Getting into good tax and financial habits help make your life so much easier. The key is to form new habits that make your good intentions stick, so they become second nature, to the point where you don't even notice you're doing them.

Good money management habits are really important right now, with prices and interest rates still high. Good money habits help us plan our long-term goals as well as our short-term family finances. And if we feel in control of our money and our budget, we feel more financially confident overall. They're at the heart of personal financial wellbeing.

These are our top five tax-smart habits to get into before the end of the tax year, 5 April:

Make the most of your allowances

Do you know how many tax allowances you're entitled to - and are you sure you've used them? Many of us remember to top up our ISAs as much as possible before tax year-end, but there are ways to save tax that are sometimes overlooked and left unused.

Make sure you're not missing out on the allowances that you can benefit from. Are you using what you're entitled to, such as 'carry forward' on your annual pensions allowances, or your gifting allowance?

Did you know for example that, in addition to the £60,000 tax relief allowance (or 100% of your earnings, whichever is lowest) on pension payments, HMRC will let you carry forward any unused allowances from the three previous tax years - starting with the earliest tax year first.

Or that you can make up to £3,000 worth of gifts in a single tax year that won't be counted as part of your estate when it's time to pay Inheritance Tax?

Making the best use of your tax allowances helps to make your money go further. Do talk to us to find out what's available and what you could benefit from. You don't want to miss out on a real tax-saving opportunity.

Breaking the 'last-minute' tax habit

The 2023/24 tax year may not end until 5 April, but there's no need to put yourself under unnecessary deadline stress by leaving everything until one minute to midnight on the 4th.

There are sound, practical reasons for sorting your taxes and year-end finances in good time too. It can take much longer for providers to process transactions if there's a last minute rush at tax-year end.

Check whether you need to top up your ISA or review your mix of Cash and Stocks and Shares. Or put cash into extra pension contributions. Don't feel guilty if you can't put away that much this year either - it's keeping the regular saving habit going that's important in the long run. We're always happy to talk through your options and adjust your financial plan if you want to.

It's worth carving out time now. You'll feel more organised, which lowers your stress levels and blood pressure. Besides, you don't know what else might be on your to-do list by April.

Get your paperwork in order

Many more of us are self-employed, which means many more of us are filing self-assessment tax returns. The end of January deadline for online self-assessment returns can spark a last minute panic search for records, receipts, missing statements, and other information that you need to make sure your return is accurate and complete.

It's especially important for sole traders to be organised and get advice. It's easy to miss the deadline and incur penalties that you might otherwise avoid. If you're self-employed, your personal finances will be closely linked to your business, so you've got more work to do. We offer a dedicated Business Advisory Service tailored to support for small business owners.

If you get into the habit of keeping your paperwork up to date, you'll make life a lot easier come self-assessment time. Plus, you'll give your accountant less chasing to do, which means a lower fee.

Using the HMRC self-assessment app keeps you organised.

Simply knowing your correct tax codes and other official information, saves you time and last-minute searching for information at tax year-end. Downloading the HMRC app is a good place to start: It's a very useful resource.

You can use it to keep track of your records and



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Let's start a conversation.

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stay on top of things such as your tax code. It will take the stress out of the deadline.

How a financial adviser can help

If you're not already taking financial advice, this is perhaps the best habit to get into. Financial advice helps you stay on track for your long-term goals, it gives you clear, practical advice if you hit a financial downturn or need advice managing your family finances short-term. It's the step that drives other good financial habits, and ultimately your financial wellbeing.

A regular check-in with your adviser will give you the impetus and momentum to keep on top of everything. They help guide and support your decisions, remind you of your options, and ask the questions you need to think about.

If you have a family, setting your own good money habits sends a clear signal to your children that managing your money needn't be stressful, or scary. Make 2024 the year of the good money habit.

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than the amount invested.

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WE NEED YOU - SSAFA

SSAFA, the Armed Forces charity, plays a crucial role in supporting the well-being of military personnel, veterans, and their families. However, the effectiveness of their mission relies heavily on the dedication of volunteers.

By giving **YOUR** time and skills, volunteers contribute to SSAFA's ability to provide practical assistance, emotional support, and financial aid to those who have served in the armed forces.

Volunteering with SSAFA offers a unique opportunity to make a positive impact on the lives of individuals who have sacrificed for their country. Whether it's offering a listening ear, helping with administrative tasks, or participating in fundraising events, volunteers play a vital role in strengthening the support network for military communities.

Joining SSAFA as a volunteer is not just an act of kindness; it's a commitment to honoring and uplifting those who have served their nation.

Consider becoming a volunteer today and make a difference in 2024.

Contact SSAFA on: **01964 552 837**

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Website: ssafa.org.uk



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Your Veterans Need You!

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- Branch Fundraiser or Coordinator
- Branch Volunteering Coordinator
 - Caseworkers
- Divisional Secretarial Support
 - Mentors
- Recruitment Coordinators
 - Treasurer Support



If you think you can help, please get in touch:

Tel: 01964 552 837

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk

NEW YEAR SPIKE IN DEMAND FOR HOME CARE

The Christmas season is a wonderful period for spending quality time with the family. It's a time when we can be together with ageing relatives for longer than usual, often with them coming to stay for a few days.

These visits sometimes spark concerns amongst family members who spot signs of decline in health, cognitive ability or general disposition; indicating that they may need some support to keep them safe and well. Mum is perhaps more forgetful than last time you visited and is repeating stories. Dad has lost weight and is off his food. A parent living on their own complains of being lonely and not getting out to see friends as often. These are some of the more obvious signs of decline, but what are the more subtle changes that family members should look out for?

- House is untidy, unclean or both
- Post remains unopened
- A bruise on an arm or leg indicating a fall
- Food in fridge well past sell-by date
- Don't recognise names in Christmas cards
- Resisting social activities that they once enjoyed

It's observations like these that trigger a search for support, after all prevention is better than cure, and why home care companies like Home Instead, often see a significant spike in enquiries at this time of year. If you have concerns or questions about someone in your family please give us a ring to find out if a little bit of care and support at home might help them remain independent. As a responsible care company, we have been ramping up care professional recruitment since the end of the year to meet the increased demand.

We are now actively seeking even more people to join our fantastic team of Care Professionals to ensure that we have a healthy pipeline of people whose skills are suited to supporting our clients in the winter months ahead. We currently have 10 vacancies for care professionals and anticipate that we will need 25 across the year ahead. All you need is a genuine caring nature and a willingness to learn, and we will teach you everything else.

Give us a ring to find out why we've been named a Workbuzz 5 Star Employer for 3 years running. To find out more about Home Instead Beverley and Hull's home care services and career opportunities, call **01482 231145** or visit www.homeinstead.co.uk/beverley-hull

MORE THAN "THE ORDINARY GARDENER"

I have been a garden designer for many years. Every garden and every client is different, and I believe it is important to establish a good relationship to ensure the best possible design can be created. Please do take a look at my website and if I can be of any help then do contact me.

The monthly column I will be writing will include ideas for design in the garden, different plants to use and simple changes that can make a difference. I will also cover the growing of vegetables and fruit, which will target all readers whether you have a large plot or just a windowsill. For even in the smallest of spaces food can be produced.

There will be a monthly garden calendar informing you what tasks need to be done and when the weather does not allow us in the garden, there will also be a section on the history of gardening and how it has evolved over many years.

www.theordinarygardener.com

Julie Dowding



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STAGE4BEVERLEY GETTING SET FOR ANOTHER GREAT WINTER FESTIVAL

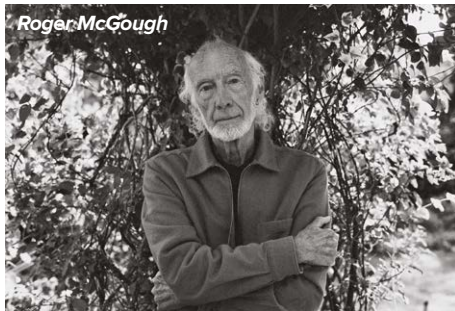
As Stage4Beverley gets ready for its 7th year it has quickly become an important feature in the festival calendar, bringing some top music, comedy and poetry to Beverley to brighten up the dark winter months.

The festival is proud to present some leading national performers as well as offering the best of emerging artists the chance to perform in front of a festival audience.

With its base at the East Riding Theatre in Beverley, it is gradually embracing more of the town giving festival goers the chance to explore different venues, from formal seated spaces at Toll Gavel Church to an informal setting at the Monks Walk pub and a standing event for a dance performance at Beverley's Memorial Hall.

With a broad programme the festival organisers are looking to offer all age groups the opportunity to enjoy a week of top quality entertainment. Programmer Chris Wade said, "We want to give everyone the chance to have a great time of whatever age or interest."

Some of the highlights this year include the legendary Liverpool poet, former member of the band Scaffold and presenter of BBC Radio4's "Poetry Please", Roger McGough who will present his performance entitled "Alive and Kicking" and BBC Radio DJ Andy Kershaw who will bring to the festival his African, Caribbean and Latin Dance Night. For those wishing to participate themselves, there will be opportunities to write their own poem in a Poetry Workshop, or to have a go at Handbell Ringing, and lots more.



Roger McGough

With relaxed sessions and a Late Night Festival Club to finish off the weekend evenings in the informal atmosphere of the East Riding Theatre Café Bar, it's a week not to miss.

Other artists performing over the festival are - Keith James presenting the music of Yusuf - Cat Stevens"; O'Hooley & Tidow renowned for their music for the series "Gentleman Jack"; the Sam Kelly Trio award winning folk group; and Britain's finest Bluegrass band, The Often Herd.



Morganway

We are delighted to welcome back festival favourites Holy Moly & The Crackers who will return to perform their Sold Out concert as the last festival in their last tour for a while: legendary Bluesmen Dave Kelly with Bob Hall; and to finish of the week of entertainment the dynamic band Morganway who will bring the party to a close with only great memories and anticipation for the 2025 festival.

As well as the formal concerts and dance there are some more informal events at the Monks Walk Inn on Highgate. with the return of the ever popular sessions led by local artist, poet and historian, Robin Horspool, who will be presenting his personal view of "Winifred Holtby and her Yorkshire Roots, a Family Connection". Another local poet, Chris Sewart, winner of the Larkin Poetry Prize amongst many other awards, will lead



Andy Kershaw

a Poetry Writing Workshop at the Inn to kick off the festival and participants of that will be invited to perform their poems over the festival weekend.

The regular relaxed festival Concert of Music and Song, also in Monks Walk, will feature music from festival regulars, Pete Bolton and Swing 42 and a very special guest from Ukraine, Anastasiya Voyktyuk who will be playing a traditional Ukrainian instrument the Bandura. Anastasiya will also be presenting a lunchtime concert on the Sunday in the East Riding Theatre Café Bar, "The Folk Music of Ukraine, Past & Present" on the Bandura and will be talking about the music in the past and how today the musicians are continuing to perform and spread their music.

As the festival is keen to involve local organisations in the programme and young musicians, this year it will be hosting the Beverley Town Handbell Ringers for a concert on the Sunday. The performers will demonstrate the art of handbell ringing and will be inviting the audience to come and have a go!

The rising stars of tomorrow will be performing on the Saturday to show that the music scene is in good hands and the future looks bright for live music. The YouthLincs group are travelling over from the South of the Humber to demonstrate their skills along with other local young emerging artists starting out on their musical careers.

Finishing off the Weekend sessions will be the Late Night Club in the East Riding Theatre Café Bar, where audiences can chill out in a relaxing atmosphere to some fine music from festival guest artists, with some great beer and good company.

For more details of the programme and further artists and to purchase tickets go to www.stage4beverley.com or visit the East Riding Theatre and call the Box Office on **01482 874050**.

BEVERLEY - WESTERN AUSTRALIA

A resident of Beverley, on his travels to Australia, came across a small little place in Western Australia, "Beverley", and decided to do a little research. They discovered a lot of similarities.

Beverley in Western Australia is a town believed to be named after our Market Town in East Yorkshire. It is a charming rural town with a rich history and a population that values its agricultural roots, situated 83 miles south-east of the state capital, Perth.

Beverley was established in the 1830s, and boasts heritage-listed buildings, including the renowned railway station, showcasing its significance in the development of Western Australia's transportation network.

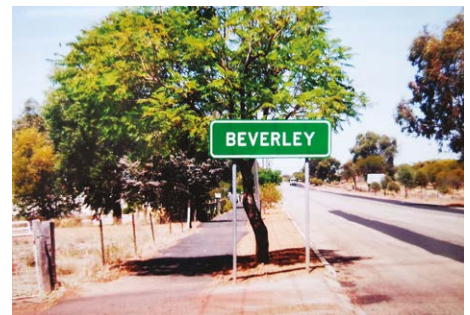
The town is nestled along the banks of the Avon

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River, providing picturesque landscapes and opportunities for outdoor activities.



Agriculture plays a pivotal role in the local economy, with wheat, barley, and sheep farming being prominent. The annual Beverley Agricultural Show celebrates the region's agricultural prowess and community spirit.



Residents and visitors alike can explore the vibrant arts scene, enjoy local cuisine, and experience the warmth of a tight-knit community. Beverley, with its historical charm and agricultural vitality, stands as a testament to the enduring spirit of regional Australia.

On your travels in 2024, send in your pictures and potential connections to our little market town. We look forward to hearing your story.



HAPPY NEW YEAR FROM BEVERLEY AC!

Beverley AC's December and Christmas festivities started off with the popular local Rudolph's Romp Challenge event, organized by the Long-Distance Walkers Association (LDWA), when 11 members completed the popular 24.3 mile route in the Yorkshire Wolds.

Then the Club's annual Santa Run around the streets of Beverley, where over 100 members suitably dressed in red and white instead of the usual blue and yellow, looped around Beverley stopping for a photo outside the home of Club member, Pete Naylor and his wife Phillipa who created the stunning festive Christmas window display in North Bar Without.

Then it was on to much welcome refreshments at the Beaver pub on North Bar Within, before heading off to the Minster for carol singing and a photo shoot and finishing at Beverley Cricket Club for final refreshments.

The Santas would like to say a big Merry Christmas and thank you to the many people who cheered and waved as they passed. The run was also an opportunity to raise funds for the Club's nominated charity, the East Yorkshire Food Bank, and over £200 was raised. The Club was represented at the Beverley Minster Festival of Christmas Tree Festival where Laura

Egan and her team of helpers created a stunning tree adorned with baubles of photos of members in a festive relay, complete with a running track and with Bertie Beaver adorning the top of the tree. Thank you to Laura and team for organizing!

The East Yorkshire Cross Country League continues in the New Year with races taking place at Sledmere in January and at Drewton in February. The 6th and final race will take place in March at Sewerby. The Juniors ended the year well continuing with their strong performances over the season and raced in the last West Yorkshire Cross Country event. Despite the super muddy conditions, there were some great results and well done to everyone. Next stop for the juniors is the Humberside Cross Country Championships in Scunthorpe!

So what do we have to look forward to in the New Year? To help everyone with their health and fitness-related New Year's resolutions, the Club is delighted to announce that the next cohort of its' successful Couch25k programme will be starting on Monday 29th January 2024.

This popular running programme takes people from being non-runners to completing their first 5kms event in 13 weeks of training and will culminate in a graduation race at Beverley



Westwood Parkrun on Saturday 4th or 11th May. The cost is £15 and includes a memento T-shirt and discounted membership to Beverley Athletic Club in the first year. For further information and to sign up, please go to the Club's website: www.beverleyathleticclub.co.uk

Important 2024 dates for your diaries: Beverley's iconic 10kms race takes place on Sunday 12th May 2024 whilst Walkington 10kms will take place on Friday 12th July 2024 and further details can be found on the Club's website. New members, whatever your age and fitness level, are always welcome and further details about the membership and what the Club has to offer to its members can be found on the Club's website: www.beverleyathleticclub.co.uk

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AIDAN WELCOMES YOU TO THE KINGS HEAD

Aidan, General Manager of The Kings Head in Saturday Market Place, Beverley, has spent the last few months getting to know Beverley and the surrounding area.

He looks forward to 2024 and invites everyone to pop in and experience The Kings Head.

Aidan had visited Beverley in the past as a chorister. He said, "I sang in the minster several times in my younger years. My family are based in West Yorkshire, and it's always been an ambition to be closer to my family whilst my son grows up. The town and surrounding areas are gorgeous and being a keen outdoors enthusiast, I love how close we are here to the coast but also to the real countryside. When the opportunity came up at the Kings Head, I grabbed it with both hands".

Aidan, originally from a small market town called



Hitchin in North Hertfordshire, has moved around the country quite a lot, picking up new skills and learning his craft, spending time in Birmingham, Sheffield, Nottingham and Derby. He has learnt that in order to succeed it is essential to have a good work ethic. Working very hard to try and be the best version of himself and the best manager to his team.

With his soft southern accent and having worked in hospitality for nearly 15 years, starting out as a cleaner, kitchen porter and working in every capacity from housekeeping, head cheffing, up to general manager, he is able to relate to everyone within the business and bring much experience to the position.

The Kings Head has had a level of consistency over recent years which has led to its continued success and being at the heart of Beverley's hospitality sector.

Aidan said "I'd love to build on what's already here and become the hub of the town. I'd love to showcase a lot of the local live musicians and artists through various avenues. I'd love for us to be "the place to be" for every occasion".

New for 2024 is the bottomless brunch offering which is very competitive within the local area. £39 for 2 hours of bottomless prosecco and other drinks, along with an item from the brunch menu.



Times are quite tough, especially in hospitality. Aidan said, "I'd like to offer a comfortable setting for people to enjoy all occasions, having had a great festive season, building up to Valentine's Day, Mother's Day and Easter. I anticipate a very busy race season. We hope to get some great events going on for the people of Beverley."

With a specialty menu which includes the burger and pizza section, Aidan mentioned, "Our team of chefs work very hard to deliver delicious meals. This new menu has been designed to be a bit more approachable and accessible to everyone. Whether you're popping in for a quick working lunch, or treating someone on a date night, in short throughout the day and night we will have something for everyone".

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What would the estimated balance be after 12 months based on a £1,000 deposit?	£1,055.00 This figure is for illustration purposes only and assumes no further deposits, transfers in, withdrawals or interest rate changes.
How do I open and manage my account?	Available to UK Residents and UK Tax Residents aged under 18, who do not hold a Child Trust Fund or another JISA of this type for this young person in the same Tax Year as this Cash JISA is subscribed to. Complete the application form, relevant declaration(s) and provide necessary identification then forward together with the initial deposit, payable to the young person (account holder), to the Society's office. The minimum opening deposit is £1. Contact us to transfer the full balance to/from another provider. The maximum deposit per Tax Year is set annually by HM Revenue and Customs. For the Tax Year 2023/24, the maximum deposit is £9,000. This account can be operated by a young person over the age of 16 or by the registered contact with parental responsibility, and can be managed via post and branch. The Society will be in contact regarding the options at maturity of the account, as the JISA will not continue past the young person's 18th birthday.
Can I withdraw money?	Withdrawals are not permitted from this account.
Additional information	* Gross rate - the contractual rate of interest to be paid on a savings account without any deduction being made in respect of potential tax liability. ** AER - stands for Annual Equivalent Rate and illustrates what the interest rate would be if interest was paid and compounded once each year.

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BEVERLEY 21

NEW YEAR RESOLUTIONS - WHEN DID THEY START AND WHY?

The tradition of New Year's resolutions has a rich history dating back to ancient civilisations.

The practice can be traced to the Babylonians, who, around 4,000 years ago, made promises to their gods at the start of each year, typically involving paying off debts or returning borrowed items. The concept evolved over time, with various cultures adopting their own versions of resolution-setting rituals.

In ancient Rome, Julius Caesar established January 1 as the beginning of the new year in 46 B.C., aligning it with the start of the month named after Janus, the god of beginnings and transitions. This choice of date symbolised a fresh start and the opportunity for personal improvement. Romans would make resolutions, often centered around moral conduct and self-improvement.



As time progressed, religious influences also played a role in shaping New Year's resolutions. For Christians, the beginning of the year provided an occasion for reflection and repentance. The practice became more widespread during the Middle Ages, and people began making promises to lead more virtuous lives in the coming year.

In the 20th century, the tradition of setting resolutions became increasingly focused on personal development. Resolutions expanded beyond moral or religious goals to encompass a wide range of self-improvement areas, such as health, education, and career. This shift in focus laid the groundwork for the modern-day emphasis on health-related resolutions.

One of the most common New Year's resolutions revolves around adopting a healthier lifestyle, and a significant aspect of this commitment is the decision to eat healthier. There are several factors contributing to the popularity of this resolution.

Firstly, the timing aligns with the cultural phenomenon of New Year's resolutions. The start of a new year serves as a psychological marker, prompting individuals to reflect on their habits and set goals for positive change. The symbolism of a fresh beginning encourages people to take proactive steps toward healthier living.

Additionally, the Christmas season, which precedes the new year, often involves indulgent



feasts and festive meals. Many individuals find themselves feeling the need to counteract the excesses of Christmas by making health-conscious choices in the new year. The contrast between the festivities and the desire for a healthier lifestyle creates a natural momentum for setting dietary resolutions.

Moreover, the pervasive awareness of health and wellness in contemporary society has contributed to an increased focus on nutritious eating. With access to a wealth of information about the impact of diet on overall well-being, individuals are more informed and motivated to prioritise healthy eating habits. The rise of fitness trends, nutritional education, and social media influence further reinforces the idea that adopting a healthier diet is a desirable and achievable goal.

Stuarts of Driffield, Lincoln Way, Beverley, HU17 8RH.

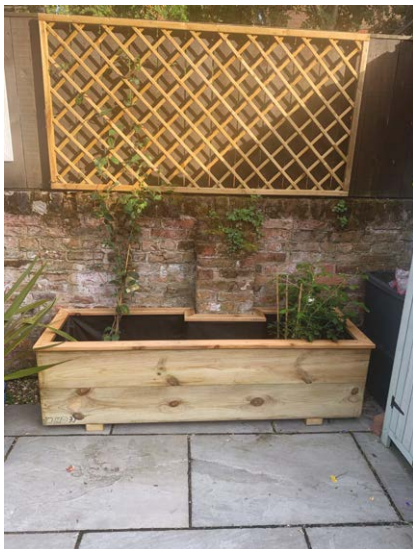
IAN HARRISON MAKING YOUR DIY JOBS COME TRUE IN 2024

In 2024, the DIY landscape continues to evolve, reflecting a mix of innovation and timeless craftsmanship. Ian can help those DIY jobs come to fruition.

Gardening remains a popular DIY pursuit, with a focus on creating green and sustainable outdoor spaces. The resurgence of traditional crafts, like woodworking, takes centre stage as individuals seek hands-on, creative outlets. Ian can help where perhaps the DIYer has taken on more than he can chew!!

DIY enthusiasts leverage online platforms and communities for inspiration, tutorials, and sharing their completed projects. Whether it's revamping living spaces or experimenting with the latest tech, the DIY spirit in 2024 embodies a blend of modern and traditional craftsmanship, to foster a sense of accomplishment. Whatever your DIY goals, Ian can take them to completion or be there to do the job for you.

I know strictly DIY is to do it yourself, but a professional handyman like Ian, can now be seen as fulfilling your DIY projects.



Ian

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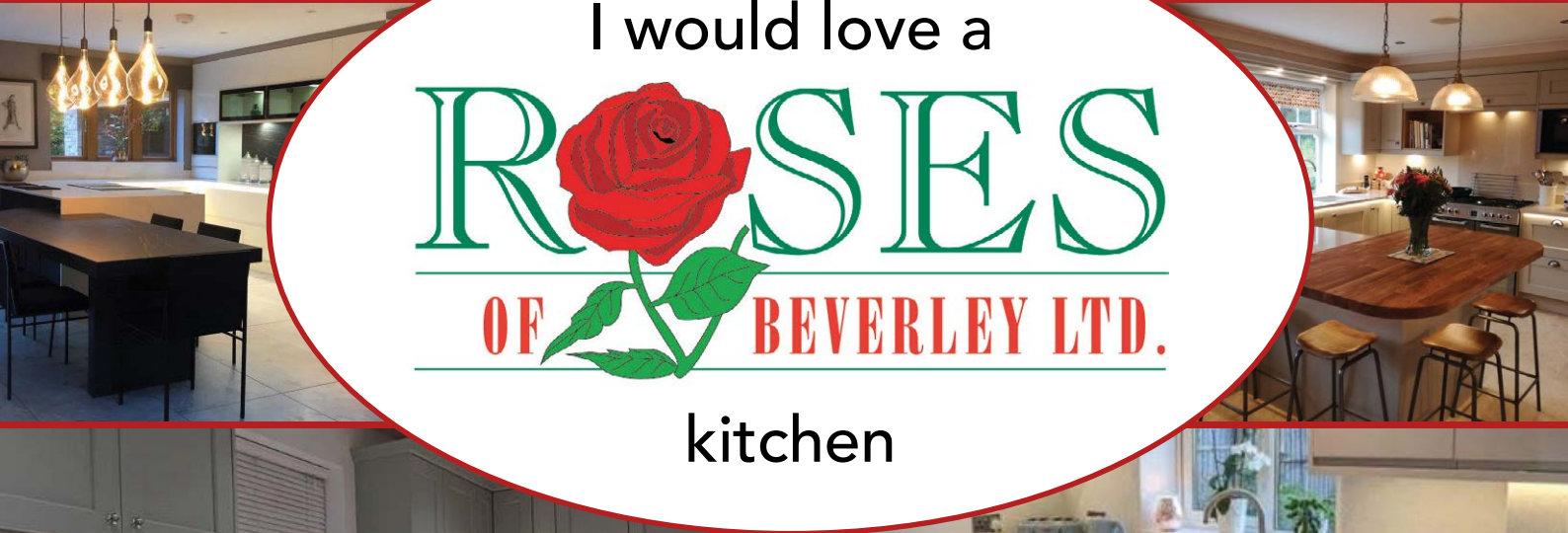
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KICK START 2024 WITH A NEW YEAR'S REVOLUTION

Another word for revolution is transformation and as 2024 unfolds, it brings with it a sense of renewal and an opportunity for positive change so ask yourself what changes can I make today to transform my life?



New Year's resolutions often include health-related goals and incorporating mindfulness can significantly enhance the success of these aspirations and stop self-sabotage.

It's one thing making a decision to change, knowing all the benefits you are going to feel when you lose weight, give up vaping or eat energising food but many of these habits are ingrained. Hypnosis and mindfulness can help sustain those pledges we make to ourselves and get us to the tipping point where the results of the new behaviour feel so good that there's no desire to go back to the old habit.

Practicing mindfulness helps us recognise exactly how we feel, moment by moment... stressed, anxious, angry, frustrated, bored... and then to sit with the feeling rather revert to an old behaviour to change the way we feel. Sugar, caffeine, alcohol and nicotine are addictive substances and change brain chemistry which is why these habits can be difficult to stop. Hypnotherapy can assist in breaking unhealthy behaviours by targeting the subconscious mind and help reprogram it to enable positive change to happen. A skilled hypnotherapist will include a number of underpinning strategies such as enhancing confidence and motivation to ensure the change in behaviour sticks and starts to rub off in other areas of your life too.

Set realistic goals, broken down into manageable steps so you stay committed and celebrate your progress along the way. Be flexible and adapt your goals when necessary.

Here are some suggestions across various aspects of life that you may wish to consider:

1. Health and Fitness: Make healthier eating choices. Drink water. Reduce processed foods.
2. Mindfulness and Mental Wellbeing: Meditate - begin with just 5 minutes a day. Start a gratitude journal.
3. Personal Development: Read more. Learn a musical instrument. Take up a new hobby or skill.
4. Career: Review your career goals. Switch jobs. Enhance skills. Change career.
5. Financial Resolutions: Set a budget. Reduce debt. Save.
6. Relationships: Dedicate quality time to friends, family and significant others.
7. Reduce Carbon Footprint: Recycle. Re-use. Re-gift. Spring clean and be ruthless - if you haven't worn it for a year, let someone else wear it and take it to the charity shop. Win-win!
8. Community Involvement: Volunteer. Litter-pick. Incorporate random acts of kindness, big or small, in your daily life.

And of course, in the words of Spike Milligan... remember to smile!
*Smiling is infectious, you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin.
When he smiled I realised I'd passed it on to him.
I thought about that smile, then I realised its worth.
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected.
Let's start an epidemic quick, and get the world infected!*

For more information and details on further techniques including hypnotherapy, visit www.francesdunning.com or contact me, Fran Dunning on 07973 819867.

All About You Hypnotherapy

Helping You Get Peace of Mind in Practical Ways

I've been helping people of all ages increase their levels of confidence and improve their life for over 20 years using hypnotherapy.

I can help you reduce anxiety, get rid of fears and phobias and embed positive habits to increase your levels of health and wellbeing.

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Let me help you to enjoy a new sunrise

Fran Dunning

Clinical Hypnotherapist & Provider of Mindfulness in the Workplace

Victoria Dock, Hull

Mobile: 07973 819867

e-mail: info@francesdunning.com

website: www.francesdunning.com

TRAVEL IN 2024 - SOMETHING FOR EVERYONE

In the eagerly anticipated year of 2024, holiday plans are envisioned with a blend of adventure and relaxation.



Travel enthusiasts are looking forward to exploring diverse destinations, from exotic beaches to cultural landmarks.

Families may plan memorable vacations, creating bonds through shared experiences and creating lasting memories. Some may opt for eco-friendly and sustainable travel, contributing to the preservation of our planet.



Adventurous souls may seek adrenaline-pumping activities like hiking, skiing, or scuba diving, while others might prefer the tranquility of wellness retreats. Additionally, unique and immersive travel experiences, such as cultural exchange programs and culinary tours, gain popularity as travelers seek authenticity.

The holiday season in 2024 is envisioned as a time of rejuvenation, exploration, and embracing the joy of new horizons, allowing individuals to unwind, reflect, and forge connections with the world around them.

Whatever your holiday dreams are in 2024 give me a call.

Amanda McConnell, Travel Counsellors.

Tel: 01482 770540

Email: amanda.mcconnell@travelcounsellors.com

Web: www.travelcounsellors.com/amanda.mcconnell

WORDSEARCH

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COMMUNITY
 FUTURE
 FITNESS
 NEWYEAR
 WELLBEING

HEALTH
 RESOLUTIONS
 PARKRUN
 EXERCISE
 JANUARY

- Joy and good will
- Another year of fun
- New Year
- Unity
- Amazing Year Ahead
- Resolutions
- Yippeee its 2024



THOUGHT OF THE MONTH

It's time to let go when things get heavy.

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 30.



COMEDY CORNER

Things that make you laugh!



Knock, knock. Who's there? Hannah.
 Hannah who? Hannah Happy New Year!



Knock, knock. Who's there? Snow.
 Snow who? Snowbody!

Knock, knock. Who's there? Lettuce.
 Lettuce who? Lettuce in, it's freezing out here!

Why do birds fly south for New Year's Eve?
 Because it's too far to walk.

What does a snowman like to do on New Year's Eve?
 Chill out.

Not to brag, but I already have a date for Valentines Day.
 It's February 14th!

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- **Tuesday QUIZ** • **Wednesday FOLK**
- **Everyday Drinks & Chatter**



WE LOOK FORWARD TO SERVING YOU!



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Email: gareth@botterillco.co.uk

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FOLLOW THE DUCK!

See me on the back of our vans



#followtheduck

tweet us a pic when you spot the duck to @whhalmshawltd



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BOUNCERS BY JOHN GODBER IS COMING TO THE EAST RIDING THEATRE IN MARCH!

Local touring theatre company, the John Godber Company is delighted to be bringing John Godber's iconic northern play "Bouncers" to the East Riding Theatre in March, after their smash-hit 2023 tour!

Lucky Eric, Judd, Les and Ralph are the original men in black as they tell the tale of one night in a Yorkshire disco in the 80's in this outrageous parody of Saturday Night Fever! All the gang are out on the town, the boys, the girls, the cheesy DJ, the late-night kebab man, and the taxi home, all under the watchful eyes of the Bouncers.

John Godber said: "We are delighted to be taking Bouncers back to the hey day of disco and the 1980's. Looking back there was so much wrong with the decade but also so much to celebrate, this new production dances a balance between what was great and what is cringe-worthy now!"



The play is widely studied across GCSE/A Level and University syllabuses and has been regarded as a 'social phenomenon' by The Guardian. It's one you don't want to miss!

The show features northern actors George Reid and Frazer Hammill, who are returning performers for the John Godber Company, as well as newcomer Tom Whittaker.

The John Godber Company Present Bouncers at the East Riding Theatre, March 2024. www.eastridingtheatre.co.uk/bouncers

WILSON WHEELS ENCOURAGE YOU TO RIDE INTO 2024

As the New Year unfolds, cycling enthusiasts eagerly embrace the opportunity to pedal into fresh adventures and fitness goals.

January marks a rejuvenating season for cyclists, with crisp air and a sense of renewal propelling them onto roads and trails.

Cyclists set resolutions to conquer longer distances, tackle challenging terrains, or participate in exciting events.

The New Year brings a chance to upgrade gear, explore uncharted routes, and foster a deeper connection with the cycling community.

Whether it's embracing a healthier lifestyle or seeking the thrill of speed, cycling in the New Year signifies a dynamic journey of personal growth, well-being, and exhilarating rides.

Make 2024 the year to tackle your cycling goals.



www.justbeverley.co.uk

Opening on 8th January 2024

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@sportsabilityfe SportsabilityFitnessEducator



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VICKERS - WISHING YOU A HAPPY AND HEALTHY 2024

As we embark on a New Year, making those resolutions, towards health and fitness, think about your hearing health through regular hearing checks.

As we get older, hearing checks become increasingly important. Hearing plays a vital role in our overall well-being, impacting communication, relationships, and cognitive function. Detecting hearing issues early can prevent potential complications such as social isolation and cognitive decline.

As we enter into the New Year, take the time to schedule regular hearing checks, so any emerging issues can be dealt with promptly, leading to improved quality of life.

As we age, the risk of hearing loss increases, making routine assessments crucial for early intervention and management.

Additionally, hearing health is closely linked to mental health, as untreated hearing loss is associated with an increased risk of depression and anxiety.

To get the New Year off to a great start, have a look at our New Year offer, pop in have a chat, we would be delighted to go through how we can help, take that positive proactive step towards maintaining overall health and ensuring a more vibrant and fulfilling life.

Vickers Hearing Clinic, 4 Lord Roberts Road, Beverley, HU17 9BE.
Tel: 01482 867891
Book online: www.vickershearingclinic.com



Not only will we be celebrating our **2-year birthday** but we are also celebrating our **new premises!**

We have relocated to **4 Lord Roberts Road, Beverley, HU17 9BE.**

We will be running a **January sale** with **£200 off** any platinum hearing aid bundle.



We cannot wait to welcome all customers, new and old, into the new clinic.

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NORTHMEN SPIRIT - A NEW YEAR, A NEW START

Thank you to all our customers over the last year, we appreciate the support and encouragement we have received and look forward to bringing you even more events and new and exciting drinks for you to enjoy throughout 2024.

We hosted a number of events throughout 2023 and are planning on expanding the number in the coming year starting with the return of Mike Covell on Thursday January 18th for an evening of Murder, Mystery and Intrigue! Mike will bring us tales of old Beverley for all to enjoy.



We all enjoyed the first batch of the Ad Gefrin Whisky, and the Cask Strength Islay expression, we have invited this new Northumberland Distillery down to East Yorkshire to showcase their Whisky, Gin and Whisky Cream Liqueur.

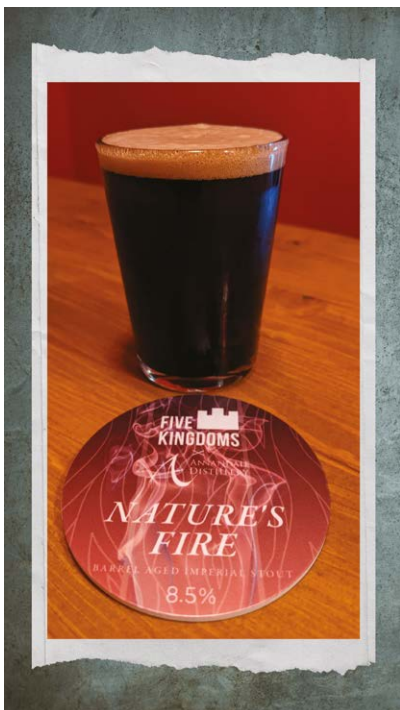
Tickets are now available for this event that will take place on Friday 26th January. We will also be joined by Graham from Step Through History for an evening of Anglo Saxon history featuring King Edwin as the Ad Gefrin Distillery and Visitor Centre is located on the site of his Royal Court.



In December we brought you the opportunity to taste the Five Kingdoms x Annandale Distillery collaboration, this 8.5% Stout was aged for six months in Annandale Whisky Casks before being bottled for distribution.

Ad Gefrin®

Since August we have been the only BottleShop in England to stock the range of Five Kingdom beers and were offered the opportunity to have the only keg of this Stout on our Bar. A truly excellent Stout and only available to our customers here in Beverley!



With so much interest in Whisky over the last year we will be launching a Whisky Club on the last Sunday of every month, starting on Sunday January 28th. Each month we will bring our customers a whisky that is either not usually available or that is more difficult to acquire. For more information keep an eye on our Social Media Channels, Facebook and Instagram.

Throughout 2023 we worked hard to bring new Breweries, Beers, Wines and Spirits to you the people of Beverley, we were the first to bring you the Yorkshire Aperitif, Somer, the Norwegian Whisky, Vanaheim and Alfheim, from Bivrost the Northernmost Distillery in the World, the amazing range of rums from Twisted Roots Distillery in Bridlington, the first Sparkling

Wine from Laurel Vines Vineyard in Aike, Mead from Pocklington (made with 100% Yorkshire Honey) and a whole range of Beers from Zapato, Five Kingdoms, Wishbone and Durham Brewery.

January Events

Thursday 18th January - Mike Covell, Murder, Mystery & Intrigue
Friday 26th January - Meet the Distiller, Ad Gefrin
Sunday 28th January - Whisky Club

Open from 11am Wednesday to Sunday.

2-3 Cross Street, Beverley, East Yorkshire, HU17 9AX.

Web: www.northmenspirit.co.uk

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Scan here for the Meet The Distiller event



Scan here for the Evening with Mike Covell event



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LEAP INTO THE YEAR WITH EAST RIDING THEATRE

ERT welcomes you into the New Year with spectacular events to look forward to:

January kicks off with **Edwina Hayes** on Saturday, 13th January at 7:30pm, Edwina brings together English folk, Americana and the rich Northern singer/songwriter tradition to create a sound that's truly her own. Catch her at the main auditorium, with support from **Emily Slade**, £15 standard.

Skill up with **ERT's Wound SFX workshop** by Esther Ruth MUA on the 20th of January. All materials are included and you get to leave with a digital portfolio, £70. Only ten slots available so hurry before they get sold out.

Simon Yates, one of the most accomplished exploratory mountaineers of all time will be giving a talk, which features spectacular images and videos from some of the most remote and rarely visited mountain ranges of the world. It promises to be engaging, entertaining and inspiring, £18 standard, concessions £17. Saturday 27th Jan, 7:30pm.

Saturday, 3rd of February at 7:30pm, **John Otway**, an English singer-songwriter with a surreal sense of humour and a self-deprecating underdog persona will be thrilling audiences in the auditorium. £18 standard.



Get ready for an **Evening with Louise Beech** as the bestselling author shares the stories behind the stories focusing on her four most personal books: *End of Story*, *Eighteen Seconds*, *This is how we are Human*, and *How to be Brave*.



These stories are inspired by her own life or that of someone close to her. **TECHNOLOGICAL AMAZINGNESS (and other titles that didn't make the cover...), An Evening with Louise Beech** will happen on Saturday 10th February, 7:30pm. £14 standard.

Jo Caulfield brings in trouble on Sunday, 11th February, 7:30pm. Get ready for belly laughs as Jo does what she does best: Pure standup comedy. £18 standard

Kids aren't left out as they get to experience **Alice in Wonderland** in a way they haven't before. No matter how young or old, everyone will find their own moment of magic and wonderland and make it safely home again- the only danger is, you may not want to leave. 13th February £12 Standard, £8 child under 16.



Edwina Hayes

Don't miss one of the finest female singer/songwriters this country has produced in years

ALL TICKETS £15

ert
EAST RIDING THEATRE

WITH SUPPORT EMILY SLADE

Saturday 13th January 2024 @ 7.30PM

East Riding Theatre | 10 Lord Roberts Road | Beverley | East Yorkshire | HU17 9BE

Stage4Beverley will turn up the heat with an amazing line up for their winter festival happening from the 11th of February to the 18th of February. Music and more in the cafe bar and the auditorium at ERT.

Find out more at www.stage4beverley.com

Wrap up the month of February with **Revenant**, a play about Carter, a gifted but volatile director who finds the perfect location to shoot his zombie movie set during the Irish famine, with only three days to shoot and the sudden departure of his lead actor, Carter is forced to make a crucial decision.

Find out how it plays out, from the 21st -23rd Feb £16 standard, £15 concession (O65 & U23)

To reserve your seats, visit our website at www.eastridingtheatre.co.uk

WHAT'S ON IN BEVERLEY

Tell us about your event!
Email: info@justbeverley.co.uk
Telephone: **01482 679947**



Thursday 18th January

Mike Covell - Murder, Mystery & Intrigue
Northmen Spirit. Mike will bring us tales of old Beverley for all to enjoy.

Friday 26th January

Meet The Distiller - Ad Gefrin
Northmen Spirit. We have invited this new Northumberland Distillery down to showcase their Whisky, Gin and Whisky Cream Liqueur.

Sunday 28th January

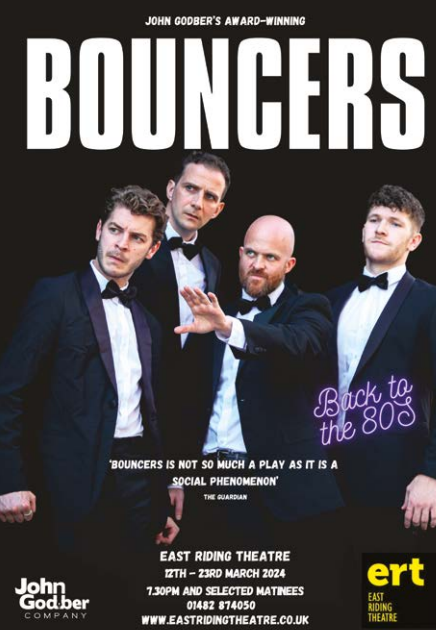
Whisky Club
Northmen Spirit. Bringing our customers a whisky that is either not usually available or that is more difficult to acquire.

Tuesday 12th - Saturday 23rd March

Bouncers
John Godber's iconic northern play "Bouncers" is coming to the East Riding Theatre in March, after their smash-hit 2023 tour! 7.30pm and selected matinees. www.eastridingtheatre.co.uk

JOHN GODBER'S AWARD-WINNING

BOUNCERS



Back to the 80s


'BOUNCERS IS NOT SO MUCH A PLAY AS IT IS A SOCIAL PHENOMENON'
THE GUARDIAN

John Godber COMPANY

EAST RIDING THEATRE
12TH - 23RD MARCH 2024
7.30PM AND SELECTED MATINEES
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EAST
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2024

Have a Happy New Year

From East Riding Theatre