

**FREE**

**just**

**ISSUE 109**

# BEVERLEY

IT'S YOUR MAGAZINE

Est.  
1866

# BEVERLEY

BUILDING SOCIETY

Building Better Futures

**60 Day Notice Account**  
**4.60%**  
 Gross\*/AER\*\* Variable...

**OPENING TIMES**

Monday	9am - 5pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	9am - 5pm
Saturday	10am - 12noon

STAFF TRAINING

Yorkshire Financial awards 2022  
**WINNER**  
Mortgage Provider of the Year

# MAKE YOUR SAVINGS WORK HARDER WITH BEVERLEY BUILDING SOCIETY

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

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## 6/7 SAVING WITH BEVERLEY BUILDING SOCIETY



## 5 ALBIES BAR



## 15 SSAFA - WE NEED YOU



## 16 RISE PHYSIOTHERAPY



## 21 DEVOLUTION: HAVE YOUR SAY



## 25 LOOK NATURAL



## 30 THE REFILL JAR



### Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Olubanke Coker, Andrew Cooper, Shane Cooper, Julie Dowding, Fran Dunning, ert, Josh Harrison, Emma Hetherington, Amanda McConnell, Navigation Wealth Management, Colin Raynor, Jamie Newson Smith, Tony Wallis, and Nathan Wilson. Beverley Building Society cover and contents images courtesy of R&R Photography.

**REMEMBER!** If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101.**  
**ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.**  
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**Disclaimer - All the information provided was correct at the time of going to print.**  
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# just BEVERLEY

## FEBRUARY LETTER FROM THE EDITORS

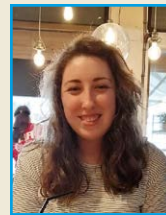


It's a leap year, while February is the shortest month of the year. This year it gets an extra day, Thursday 29th, so make the most of it.

We can look forward to an action packed time with various events going on in and around Beverley, so check the What's On page - there's the East Riding Rally or for a quieter experience, there's the Beverley Minister's illuminating art.

You can be active too, there's still time to enter the Pancake Race, burn some calories off then make a perfect pancake/crepe. Check Thierry's "crepe" recipe.

Whatever you are up to, get in touch, send in your pictures, and have a great February.  
**Julian.**



February already, where did January go? Are you still on track with your resolutions, having set realistic targets?

If the weather has caused a problem, reset and go again ready for the Spring ahead.

February is a transition month from Winter to the start of Spring and with love in the air, get out and celebrate Valentine's Day, be it family, friends or your partner, make time to tell someone how much you love them.

While you get ready for Lent, you can indulge in making time for pancakes, how do you like yours?

Have a great month, stay safe and enjoy the issue.  
**Olivia.**



'Community Publication Award'  
 Shortlisted Nominee  
 2017 & 2018



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

## GET IN TOUCH WITH US:

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**Email:** [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

**Telephone:** 01482 679947

**Facebook:** [facebook.com/justbeverley](https://www.facebook.com/justbeverley)

If you would like copies for your business to distribute to staff and customers, call Just Beverley on **01482 679947.**

# PREPARING FOR AND UNDERSTANDING SHROVE TUESDAY

**This year Shrove Tuesday or Pancake Day is Tuesday 13th February which is the feast day before Lent starts on Ash Wednesday.**

The 40 days before Easter (Lent) marks the time that Jesus spent fasting in the desert. Traditionally, Christians would spend this time praying and fasting, which meant not eating a range of foods including meat, eggs, fats and milk.

To mark the start of Lent, the food that people were not allowed to eat had to be removed or eaten to remove temptation. This was referred to as a Shrovetide. Collop Monday is the two days before Ash Wednesday. It is a day when slices of meat are served.



On Shrove Tuesday, it became a traditional custom to eat all the eggs, butter and fats, hence to make pancakes, fritters, crepes, etc.

Thierry, owner of TC Patisserie, provides an easy guide recipe to making a traditional Crepe.

**Crepe recipe - makes up to 12 crepes.**

- 140gm plain flour
- 200ml milk
- 2 eggs
- Oil or butter to fry
- Sift flour into a bowl and slowly whisk the eggs and milk to make a smooth batter. It is important to allow the mix to rest for 30 minutes.
- Heat a little oil or butter in your frying pan.
- Add a ladle full or 2/3 tbsp. of batter, to the hot pan turning so the batter thinly covers the bottom of the pan and allow to cook for around 30 seconds, then flip the crepe with a palette



knife and cook for another 30 seconds.

- Put on a plate to one side and continue making more crepes until all the mixture batter is used up. Hopefully about 12 delicious crepes.

Now decide how to eat them! Choose your filling and enjoy them or simply sprinkle with sugar or cover with syrup.

Have a good time making your crepes and why not get involved with the Great Beverley Pancake Race, Sunday 11th February in Toll Gravel/Cross Street.

## ART AND ARCHITECTURE COLLIDE IN A MAGICAL LIGHT SHOW AT BEVERLEY MINSTER

**From 13th - 17th February during half term, visitors to Beverley Minster will be able to immerse themselves in a stunning light and sound experience, taking them on an art journey from Baroque to Impressionism.**

Using every inch of the interior of this magnificent, medieval building, Illuminating Art is an unforgettable event that allows visitors to experience four centuries of art and 'new ideas' projected on the walls.

An amazing kaleidoscope of images will wrap the interior Minster architecture in projections from floor to ceiling, turning the space into a fully immersive experience and showcasing the Pre-Raphaelites (Burne-Jones, Millais, Rossetti and Holman Hunt) and the Impressionists (Monet, Van Gogh, Cezanne, Manet and Renoir).

Multiple large-scale projected artworks will also explore the changes through this period, including Brunel and the age of steam, early photography and Zoetrope (an early animation device).

Devised and created by the collaborative team of artists known as Luxmuralis, its artistic director, Peter Walker says: "It is wonderful to be bringing Illuminating Art to the Minster, one of the most beautiful buildings in the country.

"Visitors to our artwork can choose how they

want to experience the exhibition, either basking in glorious images and sound or digging a little deeper and contemplating the big ideas that emerged after the Renaissance. It is their choice.

"Many paintings we know and love will be there but there will be areas that investigate what was happening when those pictures were created."

Illuminating Art opens at 5.30pm on Tuesday 13th February and runs until Saturday 17th February. Entry is by pre-paid ticket that secures each visitor a timed entry slot.

Tickets are available on the Beverley Minster website: <https://beverleyminster.org.uk/illuminating-art/>

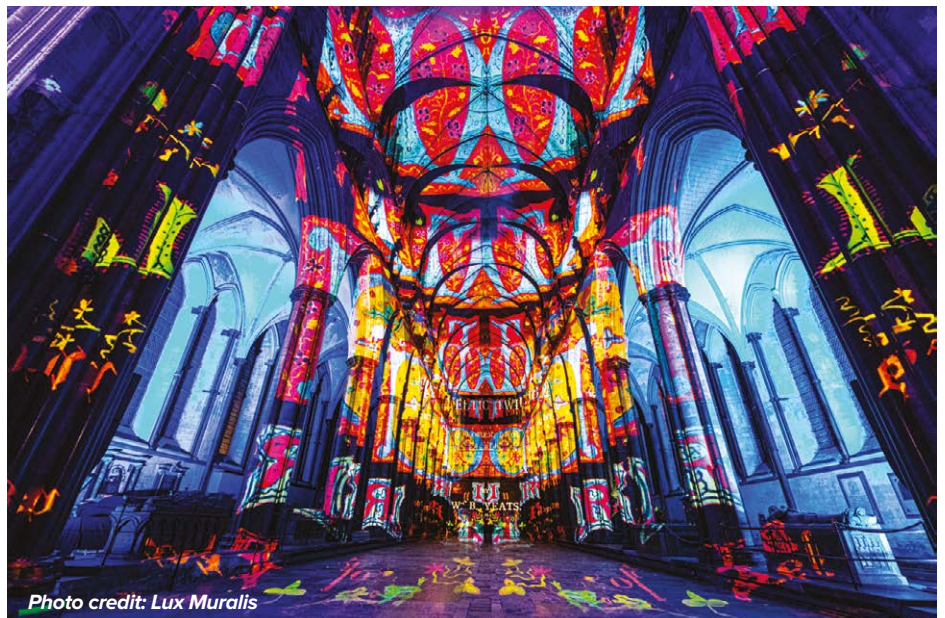


Photo credit: Lux Muralis

# ALBIES - AT THE HEART OF THE COMMUNITY

*Over the years a lot has changed on Lincoln Way, and some would say the heart had been taken away with the closure of the local pubs. Good friends Lenny and Rob are looking to put the heart back in the community at "Albies".*

The signs were there - Lenny is known as Albie to his family, Rob's dog "Albie" is soft natured with a lovely heart, and Rob's wife of 34 years who he met in Malta, "Qalbi" means 'My Heart' in Maltese.

The guys commented, "Lincoln Way and the surrounding area needs a community hub to put the heart back into the area. We want "Albies" to be at the heart of the community.

"We wanted to develop a family and dog friendly community hub, bringing in a family atmosphere, coffee mornings, bingo, quiz nights, and family entertainment, the location is ideal".

The joint owners mentioned, "Community hubs are essential for the health and wellbeing of families, building social connections. We aim to achieve this with the help and experience of manager Rob and Rachel. The aim is to provide a family atmosphere, a sense of belonging, for activities and interaction to build a vibrant community.

"With the assistance of entertainment manager Kev, we will keep everyone up to speed with



regular bingo sessions, karaoke, quiz nights, live entertainment and more".

To find out what's going on at "Albies" and be part of the community hub, go to **Facebook: albiesbar**

**Tel: 07802 848546**  
**Opening times:**  
**Monday to Thursday, 4pm - 11pm**  
**Friday to Sunday, Noon - 11pm.**

## BEVERLEY PHOTOGRAPHIC CLUB - FEBRUARY'S PROGRAM

**Sunday 4th February** - York Ice Trail. Meet Grimston Bar car park. 10am.

**Tuesday 6th February** - 7pm at the Rose and Crown, Beverley. Presentation by Ernie Howard.

**Tuesday 13th February** - 7pm at the Rose and Crown. Millennium Trophy selection. Judge Graham Marshall.

**Thursday 15th February** - Away for the Norman Trophy competition.

**Tuesday 20th February** - 7pm at the Rose and Crown. Club water splash competition.

**Tuesday 27th February** - Zoom presentation by Phil Savoie.

**Tuesday 5th March** - Presentation by Mike Norton. Iceland.

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/>

## LOVE IS IN THE AIR

*February, the month of love, culminates in the celebration of Valentine's Day on the 14th.*

This day honors affection, warmth, and romantic connections. Couples exchange tokens of love, from heartfelt cards to thoughtful gifts. It's an opportunity to express gratitude and appreciation for loved ones, fostering deeper connections.

Whether through grand gestures or simple moments, February brings a heightened focus on love, emphasizing the importance of cherishing relationships and spreading joy to those closest to our hearts.



## 29TH FEBRUARY 2024 - LEAP DAY!

*The 29th of February, occurring only in leap years, adds an extra day to our calendars.*

This adjustment aligns our annual cycles with the Earth's orbit around the sun, which takes approximately 365.25 days.

Without this extra day every four years, the calendar would gradually fall out of sync with the astronomical year.

The leap year system, introduced by Julius Caesar in 45 BCE and refined by Pope Gregory XIII in 1582, ensures that seasons and calendar dates stay in harmony.

This additional day, known as Leap Day, provides a necessary correction, maintaining the accuracy of our timekeeping systems. How are you going to make use of the extra day?

If it is your actual birthday date - *Happy Birthday - get in touch!*



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5.50% Gross\* / AER\*\* Variable

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## Summary Box - Key Product Information

Account name	Junior Cash ISA
What is the interest rate?	5.50% Gross* / AER** Interest is calculated daily and added annually on 5th April at close of business.
Can Beverley Building Society change the interest rate?	Yes, the interest rate for this account is variable. Refer to our Junior Cash ISA and General Savings Terms and Conditions for full details
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.

# 60 Day Notice Account

## 4.60%

### Gross\* / AER\*\* Variable

#### Summary Box - Key Product Information

Account name	60 Day Notice			
What is the interest rate?	<b>Annual Interest</b>		<b>Monthly Interest</b>	
	For Balances £5,000+	4.60% Gross* / AER**	For Balances £5,000+	4.55% Gross* / 4.65%AER**
	Annual Interest - Added at 31 December each year at close of business.		Monthly Interest - Added on last day of each month at close of business and immediately paid out to a different account of your choice.	
Balances under £5,000 will attract the lowest rate from the Instant Access Account.				
Can Beverley Building Society change the interest rate?	<p><b>Yes</b>, the interest rate for this account is variable.</p> <p>Refer to our General Savings Terms and Conditions for full details</p>			
What would the estimated balance be after 12 months based on a £5,000 deposit?	<b>Deposit</b>	<b>Annual Interest</b> (Assuming interest paid back into the account)	<b>Monthly Interest</b> (Paid to nominated account other than the 60 Day Notice Account)	
	£5,000.00	£5,230.00	£5,000.00 (Total monthly interest paid in 12 instalments over 12 months would be £227.50)	
These amounts assume no other transactions or rate changes.				
How do I open and manage my account?	<b>This account can be opened if:</b>			
	You are resident and tax resident in the UK. You pay in at least £5,000.			
	<b>How to open the account</b>			
	Fill out and sign the application form which can be obtained in branch, on our website or by calling us. Provide identification (examples in our "Verifying your Identity" list.) Send us at least £5,000 by bank transfer or cheque payable to yourself.			
<b>How to close the account</b>				
60 calendar day notice required (except in the event of death being registered with the Society for any party to the account).				
<b>Managing your account</b>				
This account can be managed in branch or by post. Please contact us if you need assistance from us or someone else.				
Can I withdraw money?	<b>YES</b> , by giving us <b>60 calendar days notice</b> .			
	No immediate withdrawals. <b>Notice:</b> Only one notice period at a time. After 60 days you have 7 further calendar days in which to take out the money. If your request or the 60th day falls on a non-business day, the next business day will be used. <b>Refer to our General Savings Terms and Conditions for more information on taking money out.</b>			
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. Income Tax - Tax treatment depends on the individual circumstances of each customer and may be subject to change in the future by HM Revenue & Customs.			

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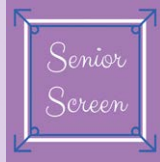
www.beverleybs.co.uk



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Protected



## 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 1st February -

#### The Royal Hotel

Starring: Julia Garner, Hugo Weaving.

#### The Great Escaper

Starring: Michael Caine, Glenda Jackson, Danielle Vitalis.

#### Next Goal Wins (Tickets £6)

Starring: Michael Fassbender, Oscar Kightley, Kaimana.

### Thursday 8th February -

#### The Royal Hotel

Starring: Julia Garner, Hugo Weaving.

#### Anatomy of a Fall

Starring: Sandra Hüller, Swann Arlaud.

#### The Boys in the Boat (Tickets £6)

Starring: Joel Edgerton, Callum Turner.

### Thursday 15th February -

#### Anatomy of a Fall

Starring: Sandra Hüller, Swann Arlaud.

#### Battle Over Britain

Starring: Vin Hawke, Callum Burn, Jeffrey Mundell.

#### The Boys in the Boat (Tickets £6)

Starring: Joel Edgerton, Callum Turner.

### Thursday 22nd February -

#### Three Musketeers Milady

Starring: François Civil, Vincent Cassel, Eva Green.

#### Battle Over Britain

Starring: Vin Hawke, Callum Burn, Jeffrey Mundell.

#### All of us Strangers (Tickets £6)

Starring: Andrew Scott, Paul Mescal, Claire Foy.

### Thursday 29th February -

#### Three Musketeers Milady

Starring: François Civil, Vincent Cassel, Eva Green.

#### The Colour Purple (Tickets £6)

Starring: Taraji P. Henson, Danielle Brooks, Colman Domingo.

#### All of us Strangers (Tickets £6)

Starring: Andrew Scott, Paul Mescal, Claire Foy.

These are the films scheduled to open in February - all are subject to change.  
Check out up-to-date cinema listings at [www.justbeverley.co.uk/cinema-times](http://www.justbeverley.co.uk/cinema-times)



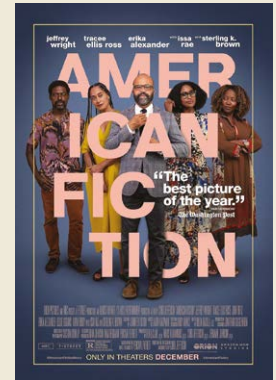
#### Argylle

From 1st February  
Starring: Henry Cavill, Bryce Dallas Howard, Bryan Cranston, Dua Lipa.



#### Migration

From 2nd February  
Starring: Kumail Nanjiani, Elizabeth Banks, Keegan-Michael Key.



#### American Fiction

From 2nd February  
Starring: Jeffrey Wright, Tracee Ellis Ross, John Ortiz, Adam Brody.



#### Jungle Bunch World Tour

From 9th February  
Starring: Gauthier Battou, Paul Borne, Philippe Bozo, Dawn Ford.



#### The Iron Claw

From 9th February  
Starring: Zac Efron, Jeremy Allen White, Harris Dickinson.



#### Les Misérables

(Re-issue 14th Feb for a week)  
Starring: Hugh Jackman, Russell Crowe, Anne Hathaway.



#### Madame Web

From 16th February  
Starring: Dakota Johnson, Sydney Sweeney, Celeste O'Connor.



#### Bob Marley One Love

From 16th February  
Starring: Kingsley Ben-Adir, Lashana Lynch, James Norton.



#### Wicked Little Letters

From 23rd February  
Starring: Jessie Buckley, Olivia Colman, Alisha Weir, Timothy Spall.



# YOUR LOCAL INDEPENDENT CINEMA



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

### ARGYLLE

Bryce Dallas Howard (Jurassic World franchise) is Elly Conway, the reclusive author of a series of best-selling espionage novels, whose idea of bliss is a night at home with her computer and her cat, Alfie. But when the plots of Elly's fictional books begin to mirror the covert actions of a real-life spy organization, quiet evenings at home become a thing of the past.

**From 1st February**



### THE IRON CLAW

The true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s. Through tragedy and triumph, under the shadow of their domineering father and coach, the brothers seek larger-than-life immortality on the biggest stage in sports.

**From 9th February**



### BOB MARLEY ONE LOVE

Bob Marley: One Love celebrates the life and music of an icon who inspired generations through his message of love and unity. On the big screen for the first time, discover Bob's powerful story of overcoming adversity and the journey behind his revolutionary music.

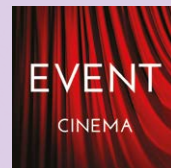
**From 16th February**



### PEPPA'S CINEMA PARTY

Come on everybody it's time for Peppa's Cinema Party! Featuring the voices of Katy Perry as Ms. Leopard and Orlando Bloom as Mr. Raccoon in an episode of the 3-part Wedding Party story, the whole family can enjoy 10 never-before-seen Peppa Pig episodes! And with 5 brand new songs, as well as 11 interactive entertainment shorts with Peppa and her friends playing, dancing and singing in the real world, you and your little ones will be moving and grooving with Peppa in a whole new way! So grab your coat and jump into your boots, let's be on our way to the Peppa Cinema Party!

**From 9th - 15th February**



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

**Thursday 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.

**Friday 9th February - Thursday 15th  
February, 11am & 1pm -  
Peppa's Cinema Party**

Come on everybody it's time for Peppa's Cinema Party! This year Peppa Pig celebrates her 20th anniversary and to mark such a HUGE occasion she is throwing the MOST EPIC PARTY EVER – and all of her friends are INVITED! (That's YOU!)

**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.

**Thursday 22nd February, 7pm -  
NT Live: Vanya**

Andrew Scott (Fleabag) brings multiple characters to life in Simon Stephens' (The Curious Incident of the Dog in the Night-Time) radical new version of Chekhov's Uncle Vanya.

**Thursday 7th March, 7pm &  
Sunday 10th March, 2pm -  
Titanic The Musical**

Winner of 5 Tony Awards (including Best Musical), based on the real people aboard the most legendary ship in the world, Titanic The Musical is a stunning and stirring production focusing on the hopes, dreams and aspirations.

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

*...about this month of February and how it has an extra day and, because it can be divided by four, is known as a Leap Year.*

It also has a unique invitation for the fairer sex to take matters into their own hands - let's listen to two old codgers discussing this strange state of affairs...

'So Bert, what do you think about this extra day they've given us this year. Are you going to do anything special with it?'

'What are you going on about Sidney? I know nought about an extra day and I've given up leaping about some time since. Are you sure it isn't something in that pint you've been drinking for the last half hour. I've never known a chap take so long to get a pint of good ale down. Although, when I think about it is your turn to get 'em in, right?'

The two old friends were in their usual place in the local pub which for some reason was called 'The Drunken Duck' or to most locals just, 'The Duck'.

Today was a quiet day so far and the two old boys were the only customers which didn't worry the landlord as he put another couple of logs on the fire. He knew it would get busier as the day went on. It didn't matter to him how much the two old boys drank. Both lived alone and the pub was their second home.

'It's nothing to do with leaping about or anything like that ya daft ha'porth. I sometimes do wonder about you Bert Wilson. Do you ever think about what's happening in the world around you? 2024 is a Leap Year and it used to be the tradition that on the 29th of February women could ask men to marry them rather than leaving it to the men all the time. You must have heard about that? I know. It's all changed and life is so different nowadays. But let's see. How old are you Bert? Maybe your memory isn't what it used to be and you've forgotten about such things.'

'Never you mind about my age. Or my memory. That's my business. As for women asking men strange questions about marriage I don't know what the world is coming to. Never heard the like.'

'Oh, I despair. Is that why you've never married?'

'Never married. I've told you before. I nearly did about fifty odd years ago and then I realised. What do you call it? The imperfections it would bring about in my life. I would have to change my order with the milkman and that there Susan had made it quite clear that my old dog could not sleep on't bed.'

'I don't think you mean imperfections. I'll try and think about what you really mean. But what did she say when you told her you were not going to marry her?'



'I didn't tell anybody, least of all her. Me and the dog went to Blackpool for a week. My mother always told me there was nothing like a bit of Blackpool air to clear your head and help you see things straight again.'

'So that's it then is it Bert? You and marriage and even you and women. End of discussion. Nothing more to be said on the subject?'

'Nothing of the sort Sidney. I could talk about women till cows come home but I might need another pint to get going. So don't take long about it.'

LEWIS NORTHEN  
FUNERAL DIRECTORS



MY FAMILY TAKING  
CARE OF YOURS



**Get In Touch**  
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www.lewisnorthenfuneraldirectors.co.uk  
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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.



# IN THE PICTURE WITH JOSH

As you've probably noticed, all the unpredictable weather lately hasn't made it particularly easy to get out and take photos, but there are still plenty of interesting things to see and photograph in-between the wind, rain and snow.

The storms have blown in some rarer visiting birds to the local nature reserves and I've seen countless deer in the snow covered fields around East Yorkshire.

The snow drops are also starting to appear in the woodlands and although the flooding has caused a lot of damage, it has been interesting to photograph!

For those of you that enjoy any sort of sports photography, the East Riding Stages Rally will take place later in February in Beverley and the surrounding area which is a great opportunity to test out your camera skills with lower shutter speed panning shots to capture the speed of the cars as they race past, and higher shutter speeds



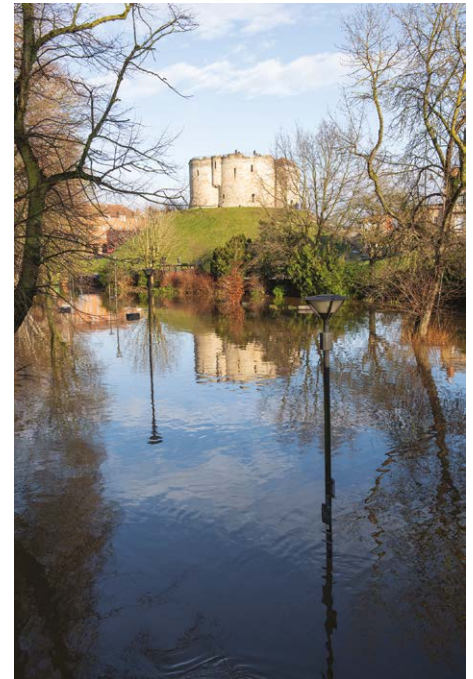
to try and capture them mid air if you're in the right location. There are plenty of cars coming past so it's ideal for testing out different settings and seeing what works best.

If you're still out enjoying some night photography through February, this year is the peak of sun activity in the solar cycle increasing the chances of seeing the Northern Lights around the UK, if the skies are clear, and the Snow Moon full moon will be later in the month.



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)  
 Facebook: [@JoshHarrisonPhotography](https://www.facebook.com/JoshHarrisonPhotography)  
 Web: [www.joshharrisonphotography.com](http://www.joshharrisonphotography.com)  
 Email: [info@joshharrisonmedia.com](mailto:info@joshharrisonmedia.com)



The  
Ferguson  
Fawsitt



## OPENING HOURS

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

## 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 - 9th February, Food and Craft Fair



TUESDAY TO SATURDAY:  
AFTERNOON TEA 12PM to 5PM  
[www.fergusonfawsitt.co.uk](http://www.fergusonfawsitt.co.uk)  
tel: 01482 526317

Valentine's Menu  
available 14th-16th Feb  
2 course  
£19.95  
3 course  
£23.95

## FOOD HOURS

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

# REFURBISHMENT COMPLETE - THE POTTING SHED IS OPEN, FRIDAY 2ND FEBRUARY

Located on Flemingate in Beverley following their £350,000+ refurbishment, The Potting Shed is open.

With a grand opening party on the 2nd February, live music and entertainment will set the scene.

As always the Potting Shed will continue to boast a wide range of creative cocktails and beer, a wood fired pizza oven, a rooftop terrace and Beverley's largest beer garden, perfect for enjoying a drink or dining al fresco in the warmer months.

Jess Everett, General Manager said, "Following the £350,000 refurbishment, we will be building on our current fresh food and cocktail offering, enhancing our popular quiz nights and our famous Saturday live bands night. We will be also launching some new events such as karaoke nights every Sunday, musicals, bingos, psychic nights and much more. Keep your eyes peeled for more information."

John Creighton, Managing Director said, "We're extremely excited with the investment in Beverley. The people of East Riding have fully supported us since we opened in 2016 and hopefully, they will love the improvements we have made to the pub."

John went on to say, "This is a thrilling time for the company and the evolution of The Potting Shed and Beverley will represent the company's largest refurbishment so far".



**Opening Times:**  
**Monday - Wednesday 10am to 11pm**  
**Thursday 10am to 12am**  
**Friday 10am to 1am**  
**Saturday 11am to 1am**  
**Sunday 11am to 11pm**

**The Potting Shed, 50 Flemingate, Beverley, HU17 0NU.**

**W:** <https://pottingshedbar.com/venues/beverley/>

**E:** [beverley@pottingshedbar.com](mailto:beverley@pottingshedbar.com)



AUCTIONEERS

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 North Yorkshire HG1 2TG  
 01423 531661  
[harrogate@tennants-ltd.co.uk](mailto:harrogate@tennants-ltd.co.uk)  
[tennants.co.uk](http://tennants.co.uk)



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**MKM**

# SETTING PERSONAL GOALS AND MAKING THEM HAPPEN

*How do you imagine your future? Cruising the Norfolk Broads by narrowboat, or relocating to the Bahamas? Maybe you've decided that you'd like to start that micro business you always dreamed of, or move closer to family?*

As humans, we're hard-wired to live in the present - it's part of our survival instinct. But we all need to be clear about the future life and lifestyle we want if we're going to get there.

As we get older, our priorities and our goals often shift, and getting them clear in our head can be elusive. You don't need to make a split decision, and you will want time to reflect. But you don't want to go into retirement without thinking about how you want to spend the rest of your life.

After all, if you're not sure where you're going, you may end up somewhere you don't want to be.

## How do I set my personal goals?

Some personal goals are linked to life milestones: stopping work before we're 60 or starting a family. Others are based on our dreams and ambitions; learning to fly or starting a small business later in life. We might want to give our children the best education we can, go travelling with them, or leave them a good legacy.

Some people have the good luck to see their goals quite clearly. But for most of us, goals change the more years we live. What we've learned through helping people achieve their life's ambitions, and goals, is that the really important personal goals that you set should be rooted in your personal values.

For example, many of us are passionate about protecting the planet, fighting poverty, or investing responsibly.

Understanding what you believe in, makes it simpler and clearer to set goals. Those goals are the foundation of every personal financial plan.

As financial advisers, we spend a great deal of time listening to our clients, helping them decide what's important to them, before even starting to create the plan that will get them there.

We all have different goals, which is why any financial plan should be individually tailored to you.

## Putting a plan into action

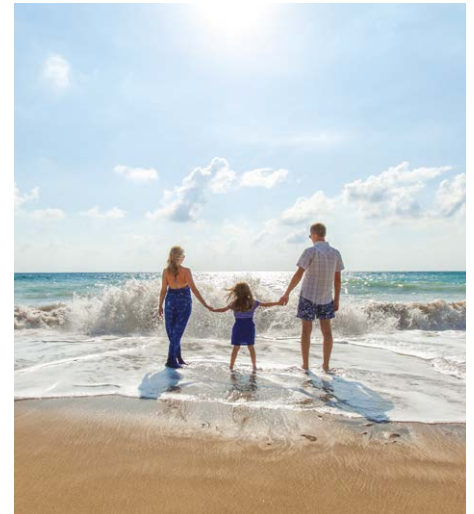
Talking those personal goals over with us is just the first step.

The next step is to look at your current financial landscape - what cash, savings, ISAs, or investments you have, and what different type of pensions you have. Whether you have a workplace pension or a Self-Invested Personal Pension or SIPP, for example.

Achieving personal goals is all about putting the money and assets you already have to work, so you can grow your wealth.

## What if my goals change?

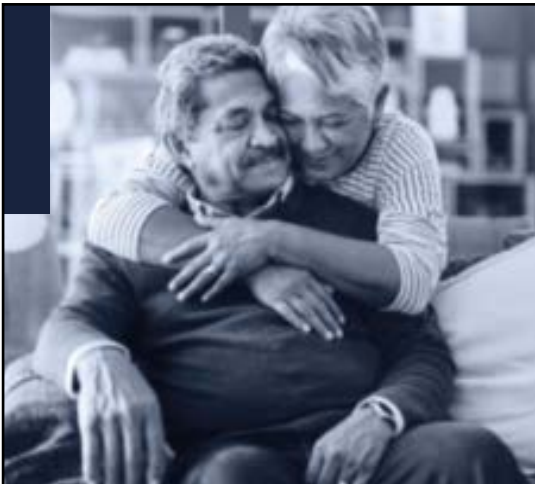
We can anticipate the future, but we can't predict it. A break-up, an unexpected change of job, or medical bill might put a spanner in the works. Our personal goals may change over time and



it's much easier to fine-tune a financial plan that already exists, rather than start from scratch. The longer your relationship with us, the better we can work through those changes together, and help you achieve financial wellbeing - and your goals.

If you'd like to talk through your own personal goals, or review your existing ones, please get in touch on **01482 379504** or by email: [navigationwm@sjpg.co.uk](mailto:navigationwm@sjpg.co.uk)

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



## Achieve the future you want

### We all imagine our future differently.

Whatever your goals, we believe there is value in taking advice from someone you trust. We will work with you to plan, grow and protect your financial future.

### Let's start a conversation.

Managing Partner Practice

**St James's Place**

### Navigation Wealth Management

01482 379504  
[navigationwm@sjpg.co.uk](mailto:navigationwm@sjpg.co.uk)  
[www.navigationwm.co.uk](http://www.navigationwm.co.uk)



Navigation Wealth Management is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website [www.sjpg.co.uk/products](http://www.sjpg.co.uk/products). The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

# SSAFA - THE ARMED FORCES CHARITY - WE NEED YOU

**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**  
Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)  
Website: [ssafa.org.uk](http://ssafa.org.uk)



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Armed Forces  
charity

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SSAFA are currently looking for volunteers to fill the following positions:

- Administration Assistant
- 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](mailto:eyorks.branch@ssafa.org.uk)  
Website: [ssafa.org.uk](http://ssafa.org.uk)

# RISE TO THE CHALLENGE AND REACH YOUR PEAK

*Physiotherapy is a vital healthcare discipline focused on restoring and maintaining physical function, mobility, and well-being. Through targeted exercises, manual therapy, and patient education, RISE physiotherapists help individuals recover from injuries, manage chronic conditions, and improve overall physical health, enhancing their quality of life.*

RISE has a team of skilled physiotherapists, employing various techniques to address musculoskeletal issues, promoting healing and preventing long-term complications. Through tailored exercise regimens, manual therapies, and targeted interventions.

Phil DuBoulay Lead Clinician mentioned, "Physiotherapy provides close support and guidance in times of injury and through detailed assessment, diagnosis and treatment we can work with people to achieve their goals and get them back to full function."



Alex Fletcher Practice Manager commented, "Physiotherapy contributes significantly to pain management, establishing a comfortable recovery experience."

"By addressing not only the physical but also the psychological aspects of an injury, reducing stress and anxiety our physiotherapists educate patients on injury prevention, empowering them with knowledge to avoid future setbacks. Helping you RISE to the challenge and reach your peak."



Alex continued, "Opening in Beverley has always been a dream of ours, growing up in Beverley, we wanted to set a clinic up in our own community, our expertise hands on physiotherapy is indispensable in the care of individuals recovering from injuries, an approach that not only restores physical well-being but also improves overall quality of life. We are excited about working with and helping people reach their peak."

RISE physiotherapy opened early in January offering a service through referral or self referred, they can already see a positive response and look forward to establishing themselves in the area



to fulfil people needs, based on Lairgate, very accessible and convenient to get to, welcome people to have a look at the facilities and treatments the clinics offer.

Services include: Physiotherapy, Clinical Massage, Pilates, Joint Injections.

### Small Group Pilates Classes

Within our private pilates studio we offer a Small Group Class on Thursday at 4pm. A class has no more than 3 participants meaning ample attention is applied to each person.

We will also be offering another class on a Monday morning but the time is TBC.

### RISE Physiotherapy, Helping you REACH YOUR PEAK.

**47 Lairgate, Beverley, HU17 8ET.**  
**Open Monday to Friday 8am to 8pm,**  
**Saturday 9am to 1pm.**  
**Telephone: 01482 238090.**  
**www.risephysiotherapy.co.uk**



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**Services Provided:**

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- Clinical Massage
- Pilates
- Joint Injections

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 Visit [www.risephysiotherapy.co.uk](http://www.risephysiotherapy.co.uk)





Scan to book

\*No need to enter a code, the discount is already applied to all of our services online and via telephone bookings.

## BEVERLEY AC - IMPORTANT DATES FOR 2024

Beverley's iconic 10kms race takes place on **Sunday 12th May**.

The Walkington 10kms will take place on **Friday 12th July**.

Further details on the Club's website.

New members, whatever your age and fitness level, are always welcome.

Details about the membership and what the Club has to offer can be found on the Club's website: [www.beverleyathleticclub.co.uk](http://www.beverleyathleticclub.co.uk)





# MAKING THE MOST OF THE YEAR AHEAD

Coming up to their 10th year in business makes Fox Mobility the most established mobility shop in and around Beverley.

Paul and Anne Fox ensure that their customers are kept in touch with what is best suited for their needs. They are conveniently located in Beverley on Walkergate, close to car parks and easy access for the shops and cafes.

Health and wellbeing is important to everyone irrespective of age, and Paul & Anne focus on what is right for the customer, so they can enjoy those days out or assistance in the home.

If you are looking for information about mobility, to get around the home, including upstairs and down, or to get out and about for a healthier mindset, then get in touch with Paul and Anne at Fox Mobility, they are there to help. Everyone is different and their needs are different.



**Fox Mobility - Mobility in and out of the home.**  
 110-112 Walkergate, Beverley, East Yorkshire, HU17 9BT.  
 Tel: 01482 887799.  
 Email: [info@fox-mobility.co.uk](mailto:info@fox-mobility.co.uk)  
 Website: [www.fox-mobility.co.uk](http://www.fox-mobility.co.uk)



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- Payroll
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 Mobile: 07966 051458  
 Email: [gareth@botterillco.co.uk](mailto:gareth@botterillco.co.uk)  
 Website: [www.botterillco.co.uk](http://www.botterillco.co.uk)

1st Floor Offices, 40 Norwood, Beverley, HU17 9EY.



**Tel: 01482 887799**  
**Email: [info@fox-mobility.co.uk](mailto:info@fox-mobility.co.uk)**

**110-112 Walkergate, Beverley,  
 East Yorkshire HU17 9BT**

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# FIRST PARKRUN OF 2024



# VIEWS OF BEVERLEY - DAY AND NIGHT



# AM I BARKING UP THE WRONG TREE?

**From a designer's perspective the winter garden can be transformed into a visual sculpture, the shapes and textures of an evergreen shrub hold the garden together when the leaves of the deciduous trees have fallen.**

However, there are many trees that will offer the garden both structure and colour at this time of the year. One that immediately springs to mind is *Acer griseum* more commonly known as the paperbark maple. The cinnamon-coloured peeling bark combined with areas on the trunk that are smooth are accentuated even more during the winter months when the sun is at its best.

Through the year the tree bears attractive dark green trifoliate shaped leaves, these then during the autumn months change to deep shades of orange and scarlet. Both the bark and the structure of the tree now take centre stage.

The paperbark maple is a small, slow growing, regular shaped tree that fits into a garden with limited space. The tree can reach a height of 10 metres in 20 years. If pruning is required, then do this in late winter or early spring.



Plant the tree in full sun if possible, however the photographs of this tree are from a small courtyard garden in Scotland that does not have direct access to the sun and has been planted in a raised bed proving that the tree is adaptable to many locations.

## The Garden in February

February although classed as a short month can be a very active and optimistic time. Do however be cautious with the weather, as it is not yet spring, and the chance of sharp frosts are still a risk. Snowdrops hopefully will have appeared in January, and if you want to increase the existing clumps in the garden then purchase and plant them as described 'in the green' in late February or March. Any existing large clumps can be split and divided every two to three years.

One vegetable crop I have grown for many years are potatoes in pots. The most successful variety I have found that grows well in a container is called 'Charlotte', a second early variety. The pots that I use are approximately 40cm deep and 40cm wide, all recycled that once contained large shrubs. Make sure they have drainage holes in the base which is essential.

Purchase the potatoes as soon as you can, preferably at the end of January or beginning of February and put them into egg boxes, with the point facing upwards. Position them in the house, not in full sun but in a light and airy location.

It will take 4-6 weeks for the sprouts to appear, they will then be ready to plant out between March and April.

To save space in my garden the pots are placed in an area that does not receive full sun throughout the day, another positive for growing potatoes if your space is limited.



When you are ready to plant, place 15cm of compost in the base and allocate three potatoes to each pot equally spaced. Cover with compost and as soon as you see the green growth appearing add another layer of compost, just enough to cover the foliage.

Continue to do this until the soil is approximately 10cm below the top of the pot. Keep watering and wait for the harvest from August onwards. There is nothing like the taste of home-grown potatoes. The picture below is of the harvest that was grown in five containers in 2023.



There is an article on my website that you can find in the garden chronicles called 'Potatoes & Rhubarb', it will give you any further information you require.

[www.ordinarygardener.com](http://www.ordinarygardener.com)

## 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.



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

### T C Patisserie Valentines 3 course reheat at home menu £27.95 pp

Wednesday 14th February 2024



**Tomato & Basil Soup**  
served with a bread roll

**Duck a l' orange Pate**  
served with a salad garnish and bread roll

\*\*\*\*\*

**Beef Bourguignon**

**Salmon & Cod Lattice**  
Fresh salmon & cod, weaved into a lattice, served with a creamy prawn sauce

**Main courses served with a selection of vegetables and gratin dauphinoise potato**

\*\*\*\*\*

**Passion fruit Opera**  
layered passion fruit mousseline and thin chocolate sponge, with a passion fruit glaze top.

**White Chocolate Cup**  
A cup made of white chocolate, filled with raspberry mousse and fresh raspberries.

To pre order please call us on 01482 860884 with your menu choices.

Add a bottle of Cremen de Loire for £14.  
Collection from our shop between 10 am - 4 pm.  
Full reheating instructions included.



# DEVOLUTION: TIME FOR THE PUBLIC TO HAVE THEIR SAY

**People across Hull and East Yorkshire can now have their say on devolution proposals for the region.**

East Riding of Yorkshire Council and Hull City Council have launched an eight-week consultation on the proposal to create a Hull and East Yorkshire Mayoral Combined Authority (MCA), led by a directly elected mayor. The leaders of both councils are urging all residents, businesses and other organisations to read the proposal and give their feedback.

Councillor Anne Handley, leader of East Riding of Yorkshire Council, said: "It's really important that people take part in this consultation and have their say. This devolution deal will bring in hundreds of millions of pounds to this region - much more than just £400m.

"Most importantly, it means we will no longer be left behind. Other regions all around us are reaping the benefits of devolution and we are missing out. This deal gets us out there on the national and international stage.



"But we need you, our residents, to get involved and come on this journey with us. So, today I am asking everyone across the region to take part in this consultation, back the deal, and help shape the future of Hull and East Yorkshire."

Councillor Mike Ross, leader of Hull City Council, said: "This is an exciting milestone in our devolution journey and we urge everyone in the region to get involved and have their say. Securing £400 million of game-changing investment will help to transform our region and move forward our city, whilst also giving us more local power to drive that ourselves.

"Both councils are backing these proposals, but we are clear the residents in the area need to support them too. Now is the time for the public to let us know what they think."

From now until 27 February, people can read the devolution proposal and give their feedback on each part of the deal at [heydevolution.com](http://heydevolution.com). Residents can also visit any East Riding library, or any Hull library or customer service centre, where they can get help completing the survey using a computer or completing the questionnaire on paper.

There will also be a series of drop-in events across the region, where people will be able to find out more about the devolution proposal. Dates, locations and times for these will be announced at:

- Devolution | East Riding of Yorkshire Council
- HEY Devolution
- Hull CC News
- and both councils' social media accounts

The Hull and East Yorkshire MCA would have powers to invest in areas such as transport, skills and housing, as well as an additional £400m of devolved funding over the next 30 years to invest in local priorities.

A combined authority for East Yorkshire does not mean the two councils would merge, only that they would collaborate on certain issues that affect everyone in the region. The councils and the delivery of day-to-day responsibilities would remain separate, and local services would not be affected. What happens next: the proposed path to devolution...

**02 January - 27 February 2024**  
Public consultation period.

**March 2024**  
Analysis and consideration of consultation results, with decisions taken on whether to progress the devolution deal.

**April 2024**  
Submission to the Secretary of State for Levelling Up, Housing and Communities.

**Autumn 2024**  
Hull and East Riding of Yorkshire councils consider and approve draft order. Secretary of State lays the order to Parliament after consideration.

**Winter 2024-25**  
Order made for the creation of the HEY MCA. Combined authority established.

**May 2025**  
Mayoral election.

[www.eastriding.gov.uk/devolution](http://www.eastriding.gov.uk/devolution)



## HAVE YOUR SAY

Visit [eastriding.gov.uk/devolution](http://eastriding.gov.uk/devolution)  
Consultation closes on **27 February 2024**



SCAN HERE



# PUT A SPRING IN YOUR STEP, TRY SOMETHING A LITTLE DIFFERENT

As we leave January behind us we can start to look forward to lighter nights and some warmer weather.



We're looking forward to the rest of the year and introducing even more new drinks to the people of Beverley and East Yorkshire, even more new breweries, new distilleries and always something a little bit different for you to enjoy.

We ended January with our first Northmen Spirit Whisky Club enjoying a pair of Campbeltown Whiskies. We'll be taking onboard the feedback from that evening and will host our next Whisky Club on Sunday 25th February (from 7pm).

If you enjoy your whisky and would like to explore a particular region please send us a message or drop into the bar for a chat

and we can build that into the calendar for the rest of the year.

We were also fortunate enough to host a Meet the Distiller event with the Ad Gefrin Distillery at the end of January. Ad Gefrin are a new distillery who have been building a strong reputation for the quality of their spirits.

Their Whisky Cream Liqueur was reviewed by The Telegraph just before Christmas, and we were delighted to be able to host this tasting evening in partnership with Step Through History who shared many tales of



Anglo Saxon history and the links between East Yorkshire and the site of the Distillery in Northumberland. We'll continue to stock the Ad Gefrin range and look forward to many more new additions in the future.

With Valentine's Day just a couple of weeks away (BIG HINT) don't forget to treat your significant other to something special this year! We have amazing Yorkshire sparkling wine available alongside our range of gin, rum, cider, beer and whisky.

To make sure you are aware of upcoming events you can sign up to our email updates via our website [northmenspirit.co.uk](http://northmenspirit.co.uk) or keep an eye on our social media accounts for regular updates.



## Upcoming events:

**Sunday 25th February**

The Whisky Club

**Thursday 21st March**

Mike Covell, Supernatural Beverley

**Thursday 28th March**

Rum Runner Tasting Evening

**Open from 11am Wednesday to Sunday.**

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

**Web: [www.northmenspirit.co.uk](http://www.northmenspirit.co.uk)**

**Tel: 01482 259988**

**Instagram: @northmenspirit**

**Facebook: @NorthmenSpirit**



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If you're looking for a unique and memorable beer-drinking experience, BAR SEVEN93 is the perfect destination. [www.northmenspirit.co.uk](http://www.northmenspirit.co.uk)

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

@northmenspirit @NorthmenSpirit

# W H Halmshaw Ltd



## FOLLOW THE DUCK!

See me on the back of our vans



#followtheduck

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



Our Hull and Beverley showrooms are open Monday to Friday 9am-5pm & Saturday 9am-1pm.

Our Hull and Beverley trade counters continue to open Monday to Friday 8am-5pm & Saturday 9am-1pm.

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# PREPARING FOR THE TIME OF YOUR LIFE: HOLIDAY 2024

*Planning holidays in 2024 requires a strategic approach to ensure a memorable and stress-free experience.*

At Travel Counsellors our ethos is all about making your experience with your very own personal Travel Counsellor a personal one. It is one where we put you first - your "TC" will ensure that they ask all the important questions to establish exactly what is important to you. They then use their knowledge, extensive experience, and key contacts to build you a holiday that is tailored for you.

When planning a holiday it is best to start by setting a budget, outlining expenses for travel, accommodation, activities, and meals. Let your TC know what your personal preferences are, considering factors like things you like to do and see on your holiday, any particular experiences or excursions you might like to prebook to avoid queues and avoid disappointment with availability. Tell your TC about your favourite experiences and what you liked about them, and if you have had some disappointing experiences explain what the issue was. Tell them about your interest and your hobbies - any requirements right down to avoiding certain room types. If you have any medical requirements that might cause you any issues during your journey.



Every detail really matters to us as we want to build the perfect holiday for you. The agent can then do all the research required saving you several hours which you might not have the luxury of having, or if you did have the time I am certain there might be other activities that you might like to be doing.



The first few months of the year many tour operators are offering several discounts and free child places and free upgrades all in a bid to win your business so it is a good time to get in touch with your plans for 2024 and beyond. As Travel Counsellors are completely independent we work with all major suppliers, such as Jet2 Holidays Tui and Easyjet holidays, however we also have many specialist suppliers which may well be more suitable for your needs.



Our duty is to ensure we research fully to check all our suppliers to then give you some suitable proposals - it is all about offering the right holiday for the customer. With such an extensive range of suppliers and offers hitting your emails/social media pages/newspapers/magazines it can be hard to know which to go with, so again contacting your local independent Travel Counsellor helps you to understand the different benefits of each offering and able to assist you in narrowing down the options.

While you are away be open to new experiences, immerse yourself in the local culture, and capture memories through photos and journaling. A well-thought-out plan ensures a smooth and enjoyable holiday, creating lasting memories in 2024. I am here to help you have the holiday of a lifetime.

**Amanda McConnell, Travel Counsellors.**  
Tel: **01482 770540**  
Email: [amanda.mcconnell@travelcounsellors.com](mailto:amanda.mcconnell@travelcounsellors.com)  
Web: [www.travelcounsellors.com/amanda.mcconnell](http://www.travelcounsellors.com/amanda.mcconnell)

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# LOOK NATURAL - THE SCIENCE OF RADIANT SKIN

**Look Natural Aesthetics provides insights into the new era of skin resurfacing, pharmaceutical skin care and microneedling with PHFormula & BioRePeel.**

Look Natural Aesthetics is a CQC-regulated aesthetics clinic near Beverley, led by Dr. Simon Gower and his wife, Zoe. (BSc Nursing)

During this time of the year, our skin can be adversely affected by harsh weather conditions and transitioning from outdoor environments to centrally heated homes and offices. Now is the perfect time to prioritise the care of your complexion with our range of in-clinic treatments, including skin resurfacing (commonly known as skin peeling), micro needling, and pharmaceutical-grade skincare.



Skin peeling dates back to Cleopatra's time, who used natural ingredients like sour milk and wine extract to treat her skin. Fortunately, modern skin peels have evolved to be gentler, safer, and more controlled, with minimal downtime or flaking, delivering remarkable results, leaving you with a refreshed and radiant complexion, requiring little to no downtime.

Skin resurfacing effectively removes dead skin cells from the surface and deeper layers of the skin. This process stimulates fibroblasts, promoting the production of new collagen and elastin, resulting in the emergence of a fresh and healthy layer of skin.

Combine skin resurfacing with micro needling to create microscopic channels in the skin, allowing customised products like hyaluronic acid, amino acids, and vitamins to penetrate deeply. This combination enhances collagen and elastin production, promotes deep hydration, and



addresses concerns beyond superficial exfoliation. At LNA, we offer a comprehensive range of skin resurfacing options and glow boosting facials, including superficial, medium, and deep peels from renowned brands like PHFormula and BioRepeel.

These cutting-edge systems utilise natural plant acids and enzymes to achieve optimal skin resurfacing results. We provide tailored treatment options for various skin concerns, including acne control, scarring, rosacea, redness, pigmentation, melasma, dark spots, sun damage, open pores, fine lines and wrinkles, dehydrated skin, unclogging pores, and reducing oiliness, among others.

To further enhance your skin's radiance, we offer skin boosters like The V.I.T.A. C radiance release system, which contains high concentrations of vitamin C in a highly absorbable formula unique to PHFormula.



This treatment is perfect for those with sun-damaged, lifeless, and tired skin with uneven tone. We also provide eye treatments with gentle dermabrasion, nano needling of vitamin A Retinol Transdermal Fluid, and a Peptide Eye mask. These treatments are ideal for addressing fine lines and wrinkles, dark circles, and tired eyes.

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For a deeper peel, BioRepeelCl3, a TCA peel that penetrates through the top five layers of the epidermis to the uppermost layers of the dermis. This peel requires minimal downtime, allowing you to resume your daily activities immediately. phformula is the first company worldwide to offer a range of cosmo-pharmaceutical prescriptive skincare



These products go beyond surface-level application, utilising a unique delivery system to penetrate deep into the skin layers where they are most needed. Formulated with pharmaceutical-grade ingredients backed by scientific research, these products target specific skin concerns at a cellular level, adheres to rigorous quality control standards and undergoes continuous research and development.

To maintain and optimise your skin's health and appearance, our homecare products work synergistically with our in-clinic treatments allowing your skin to continually repair itself and maintain a radiant glow.



While one-off treatments can provide an immediate boost for special occasions or self-confidence, addressing specific skin concerns typically require a course of approximately 4 to 6 treatments. We recommend accompanying these treatments with prescriptive skincare to achieve and maintain optimal results for your skin.

**Look Natural Aesthetics, 179 Hull Road, Woodmansey, HU17 OTR.  
T: 01482 861439  
M: 07525 642466  
Zoe@looknaturalaesthetics.co.uk  
www.looknaturalaesthetics.co.uk**



**LOOK NATURAL**  
*- Aesthetics -*

# VALENTINE'S DAY - LOVE IS IN THE AIR!!

*Valentine's Day, celebrated annually on February 14th, has its origins rooted in both ancient Roman and Christian traditions.*

The exact history is somewhat obscure, but one popular theory connects it to the Roman festival Lupercalia, which was held in mid-February. Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, and the founders of Rome, Romulus and Remus. During this festival, young men would draw the names of young women from a jar, and they would then be paired for the duration of the festival or longer, often leading to marriages.

The association of Valentine's Day with romantic love can be traced back to the medieval period. One of the earliest recorded connections is found in Geoffrey Chaucer's poem, "Parlement of Foules," written in the 14th century. Chaucer wrote about the mating season of birds on Valentine's Day as a metaphor for human romantic love. Over time, the celebration of Valentine's Day became more ingrained in European culture.



The Christian influence on Valentine's Day is attributed to Saint Valentine, a priest in Rome during the 3rd century. The most popular legend suggests that Emperor Claudius II banned marriages for young men, believing that single men made better soldiers.

Saint Valentine defied this decree and continued to perform marriages in secret. When his actions were discovered, he was executed on February 14th. Before his death, it is said that he sent a letter to a young woman he loved, signed "from your Valentine," a phrase that persists in modern Valentine's Day greetings.

The tradition of exchanging handwritten notes and tokens of affection on Valentine's Day grew over the centuries. By the 19th century, mass-produced cards became popular, and the tradition evolved into the celebration of love and affection as we know it today.

Now, why is chocolate commonly chosen as a gift for Valentine's Day? Chocolate's association with romance can be attributed to various factors. One key element is the belief that chocolate has aphrodisiac qualities.

Chocolate contains phenylethylamine, a chemical associated with feelings of happiness and well-being. Additionally, the act of sharing and savoring chocolate can be a sensual experience, enhancing the romantic gesture.

The introduction of chocolate as a Valentine's Day gift gained prominence in the 19th century, with



the rise of chocolate as a popular confectionery. Richard Cadbury, a British chocolatier, played a pivotal role by creating the first heart-shaped chocolate box in 1868. This innovation not only presented a delicious treat but also served as a keepsake box, contributing to the enduring connection between chocolate and romantic sentiments.

In conclusion, Valentine's Day has a rich history that combines ancient traditions with medieval and Christian influences. The use of chocolate as a gift on this romantic occasion has deep roots in its sensory appeal and associations with love and pleasure. The combination of these elements has transformed Valentine's Day into a celebration of love, marked by the exchange of heartfelt sentiments and sweet indulgences.

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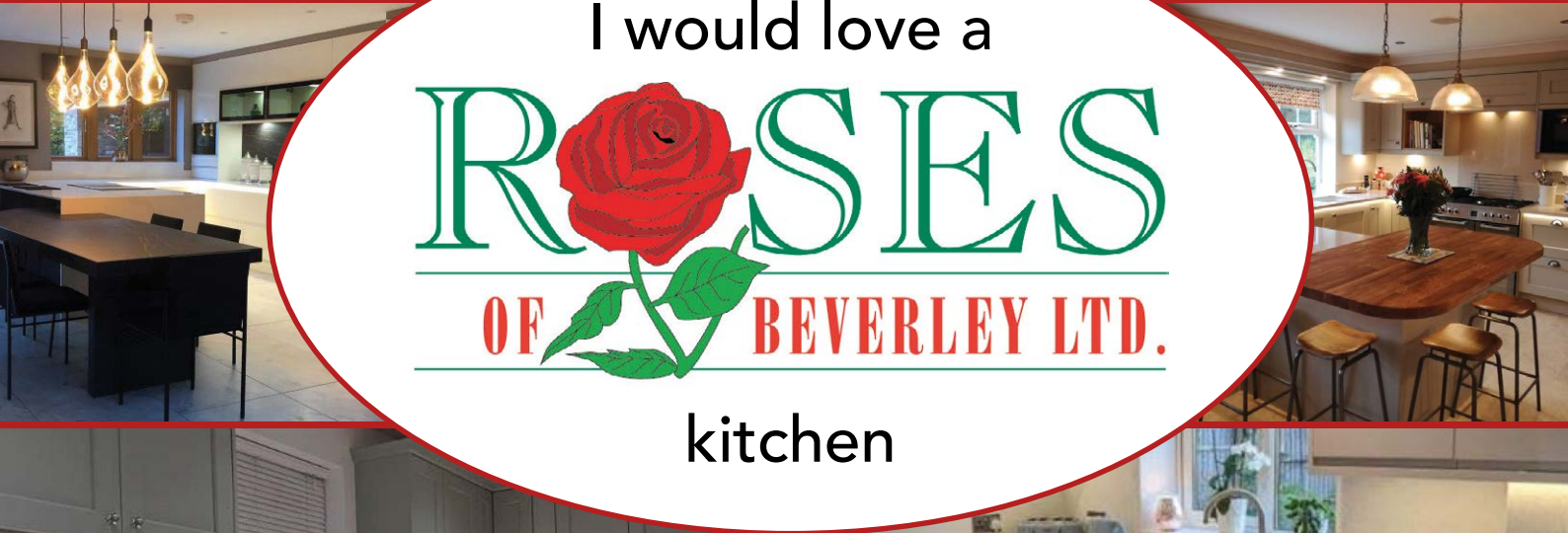
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# FEBRUARY, THE MOST ROMANTIC MONTH OF THE YEAR

*We've got through Blue Monday, the daylight hours are increasing every day, bulbs are beginning to appear through the soil and the robin keeps popping by to say hello, so all the signs are here that spring is on the way.*



The month of February brings with it St Valentine's Day, and the accompanying celebration of love and romance. Being lucky enough to live in the heart of "God's own country", Beverley provides a plethora of opportunities to express one's affection whilst enjoying the sights, flavours and cultural delights of the region.

If dining out is your way of enjoying a romantic occasion then there's everything from Michelin starred restaurants to a stroll to a bench on Beverley Westwood with your own picnic and bottle or flask of something to your taste.

Of course, as it's Valentine's Day, you may be thinking about asking someone out on a date and this can prove daunting. As a hypnotherapist, I am aware that many people think of hypnosis as being a powerful tool to help let go of habits such as smoking, overeating or anxiety but may not have considered a hypnotherapy session to overcome the fear of asking someone out.



I have helped many people overcome insecurities and build confidence and self-esteem in a very short period of time and enable them to look at all the positive aspects of themselves that they may not be aware of. If we feel good about ourselves and exude an air of self-confidence and a love of life then these qualities make us more attractive whether as friends, colleagues or romantic partners.

Hypnotherapy can help improve communication skills, allowing individuals to express themselves clearly and foster better understanding between partners. Having trained in NLP (neuro-linguistic programming - the field studying the link between our thoughts and consequent behavioural patterns), I help people enhance their verbal and non-verbal communication skills and build rapport easily and naturally, whether in the office, public speaking or in personal relationships.

Hypnotherapy along with NLP can allow you to let go of limiting beliefs such as:

- I'm not worthy of love
- All relationships end in heartbreak
- I have to be perfect to be loved
- I don't deserve happiness
- I can't trust anyone

These beliefs can easily be reframed using the techniques mentioned, bringing about that inner confidence and creating that safe container to let go of past trauma, emotional baggage or heartbreak and enabling you to take the learnings into the future with a positive spring in your step. In short, whether you think you can or think you can't you're right.

Whatever your gender, you may feel so confident that you'll be willing to take the plunge in this leap year and propose on February the 29th so enjoy your plans for the month, may I wish you a wonderful February 2024 with it's extra day.

**For more information and details on further techniques including hypnotherapy, visit [www.francesdunning.com](http://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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### Fran Dunning

Clinical Hypnotherapist & Provider of Mindfulness in the Workplace

Victoria Dock, Hull

Mobile: 07973 819867

e-mail: [info@francesdunning.com](mailto:info@francesdunning.com)

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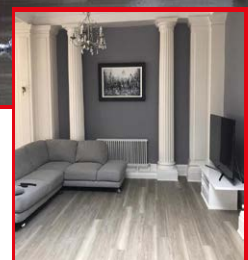
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 A U R H L F Z A N Y S G I C Q

CHOCOLATES  
 FEBRUARY  
 FLOWERS  
 HEART  
 HUGS

LEAPYEAR  
 ROMANTIC  
 ROSES  
 TWENTYNINE  
 VALENTINE

## WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 34.



## COMEDY CORNER

Things that make you laugh!



One tomato went past another tomato and shouted,  
 "Ketchup"

Memories!! What do you say when reversing the car?  
 "This takes me back"

My friends boat was not well –  
 He took it to the doc

Why did the children cross the playground?  
 To get to the other slide

**THOUGHT OF THE MONTH**  
 February,  
 short and sweet.

- Fondness
- Enjoyment
- Besotted
- Romance
- Understanding
- Affection
- Roses
- Young Love



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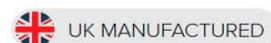
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# THE REFILL JAR - ECO FRIENDLY WISDOM

*In the charming town of Beverley, where tradition blends seamlessly with innovation, Nancy Birtwhistle stands out as a beacon of eco-friendly wisdom.*

A Sunday Times bestselling author, devoted gardener, and the celebrated winner of the fifth series of The Great British Bake Off, Nancy, originally from Hull, has been a catalyst for positive change.

With the release of her fourth book, "The Green Budget Guide," she continues to weave together the threads of green living and economical

practices. Her repertoire of books, rich in sustainable lifestyle tips, resonates deeply with the ethos of our Beverley community.

At The Refill Jar, we've seen a surge in demand for ingredients key to Nancy's recipes, particularly her 'Pure Magic' spray. This versatile cleaner, effective against limescale and mould, is a testament to Nancy's ability to create potent eco-friendly solutions from everyday items.

To make 'Pure Magic,' mix 200g of citric acid with 150ml of just-boiled water until dissolved. Once cool, add 20ml of eco-friendly dish soap and a few



drops of essential oil. Transfer this to a spray bottle for an effective, homemade cleaner.

Nancy's philosophy extends beyond eco-friendliness to practical, accessible sustainable living. Using 'Pure Magic' or adopting small daily changes aids in creating a healthier environment and a more mindful lifestyle.

As Nancy unveils her latest book, her ethos of living green on a budget is more pertinent than ever. In Beverley, this philosophy thrives, with residents embracing her tips and The Refill Jar supporting this sustainable journey.

A vital part of our mission at The Refill Jar is reducing waste. We're currently in need of empty bottles (excluding milk cartons) for our deliveries.

These bottles, which can be dropped off at our Flemingate location, are crucial in preventing waste from ending up in landfills or being recycled only once. By reusing these bottles, we further our commitment to environmental sustainability and support the community in making greener choices.



## GETTING READY FOR SPRING WITH VICKERS

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Hearing checks also promote cognitive health, reducing the risk of cognitive decline and associated untreated hearing loss which can lead to feelings of isolation and depression.

As we look forward to a good Spring ahead and enjoying our natural environment, now is the time to take proactive steps in preserving auditory health and a higher quality of life through improved communication and overall well-being.

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**Vickers Hearing Clinic, 4 Lord Roberts Road, Beverley, HU17 9BE.**  
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Dress in layers, starting with moisture-wicking base layers to keep sweat away. Insulate with thermal mid-layers and wear windproof, waterproof outer layers to shield against cold winds and precipitation.

Protect extremities with gloves, a thermal hat, and waterproof footwear. Ensure visibility by donning reflective clothing and adding lights to your bike.

Check weather forecasts, and avoid cycling during extreme conditions. Keep your bike well-maintained for reliability.

Stay hydrated, as winter conditions can be deceptively dehydrating.

Always prioritise safety and visibility.





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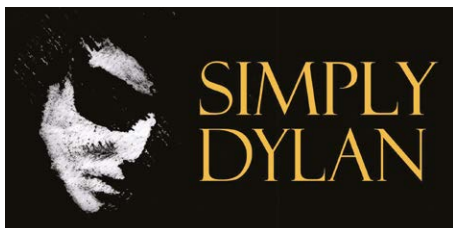
# ERT HAS GOT SHOWS YOU'LL LOVE THIS FEBRUARY!

**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. **February 3rd at 7:30pm, £18 standard.**

**An Evening with Louise Beech** - the bestselling author will be sharing 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 life or someone close to her. TECHNOLOGICAL AMAZINGNESS (and other titles that didn't make the cover...). **February 10th at 7:30pm, £14 standard.**

**Jo Caulfield** - the bestselling author will be sharing 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 life or someone close to her. TECHNOLOGICAL AMAZINGNESS (and other titles that didn't make the cover...). **February 10th at 7:30pm, £14 standard.**

**Alice in Wonderland** - kids are included 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



moment of magic and wonderland and make it safely home again- the only danger is, you may not want to leave. **February 13th, 11am and 2pm, £12 Standard, £8 child under 16.**

**Stage4Beverley Winter Festival** - heat up with Stage4Beverley's winter festival, filled with music and more. **February 11th-18th.** Visit [www.stage4beverley.com](http://www.stage4beverley.com) for details.



**Revenant** - Carter has found the perfect island location for his zombie movie but with only three days to shoot it, and no lead actor... until the mysterious Vardell appears. Find out how this visceral, blackly comic, and genuinely scary production ends on **February 21st-23rd, £16 standard, £15 concession (O65 & U23).**

**Simply Dylan** - a band led by Frontman John O'Connell will deliver a tribute to Bob Dylan celebrating the rich and diverse work of the award-winning artist on **February 24th, 7:30pm, £20 standard.**



**Bridge** - a pitch-black comedy about the fragility of men trying to survive 21st-century life. Exploring the pressures and challenges they face, and the power of talking to someone. **Tuesday 27th February and Wednesday 28th February at 7:30pm. £15 standard.**

Round off your February with **A Tale of Two Cities**, The Derby of words and song takes us back through the roots and heritage of Hull FC and Hull Kingston Rovers. #Standup historians Stan Haywood (HKR) and Mike Watts (Hull FC) take no prisoners with edgy versions of their glorious team's histories - written by Rob Bell. **Thursday 29th February at 7:30pm. £17.00 standard.**

To reserve your seats, visit our website at [www.eastridingtheatre.co.uk](http://www.eastridingtheatre.co.uk)





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## Sunday 11th February

### The Big Beverley Pancake Race

Flipping 'Eck! It's back! Get your batter mixed and frying pans at the ready. Beverley Town Council is proud to fund this wonderful community event and thanks the Rotary Club of Beverley for taking the lead on what will be a flipping fun family occasion. 11.30am.

## Sunday 11th to Sunday 18th February

### Stage4Beverley's Winter Festival

The Stage4Beverley Festival will be hosted across four venues: East Riding Theatre, Monks Walk Inn & Toll Gavel Church, bringing a celebration of music to the town to appeal to all tastes and ages.

## Tuesday 13th to Saturday 17th February

### Illuminating Art

Art and architecture collide in a magical light show at Beverley Minster. It will take visitors on an unforgettably stunning journey. Tickets are available on the Minster website: <https://beverleyminster.org.uk/illuminating-art/>

## Tuesday 20th February

### Beverley Anglo-French Society

Your chance to learn more about France. Interested in French language and culture? For the full 2023-24 programme of the Beverley Anglo-French Society and more information please visit: [www.beverleyanglofrenchsociety.org.uk](http://www.beverleyanglofrenchsociety.org.uk).

Next meeting: French film night.

Film: Le Grand Bain. Tuesday 20th February at The C Club. Wylies Rd, Beverley. 7.30pm. Non members £3.

## Sunday 25th February

### East Riding Stages Rally

Save the date - the East Riding Stages Rally will take place on the weekend of 25 February 2024. New for 2024, spectators will now be able to watch the competitors tackle a Superspecial Stage on Beverley Westwood, just ten minutes walk from the FanZone where the ceremonial start will take place in Saturday Market. Beverley & District Motor Club have worked with Visit East Yorkshire to make both the ceremonial start and the rally stage completely free to watch and all right in the heart of Beverley! [www.facebook.com/EastRidingStages](http://www.facebook.com/EastRidingStages)

## Saturday 9th March

### Norwood Church Open Day

11.30am-4.30pm. Refreshments and stalls.

## 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! Join Les, Ralph, Judd and Lucky Eric as they relive a night in a Yorkshire disco in the 80s.

Like a hideously funny Saturday Night Fever, the original Bouncers is back in town. Everyone will be there: the DJ, the girls, boys and the fish and chip van.

7.30pm and selected matinees.

[www.eastridingtheatre.co.uk](http://www.eastridingtheatre.co.uk)



East Riding Stages Rally



# FLEMINGATE BEVERLEY

FASHION | FOOD | FILM | FUN

# LOVE IS IN THE AIR AT FLEMINGATE

TAKE A PICTURE WITH OUR SELFIE FRAME THIS  
HALF TERM AND SHARE ON SOCIAL MEDIA USING  
THE HASHTAG

## #LOVEFLEMINGATE

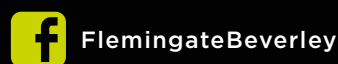
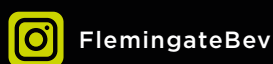
FOR THE CHANCE TO WIN A **£50 VOUCHER** TO  
A FLEMINGATE RESTAURANT OF YOUR CHOICE!

REMEMBER TO TAG US  
**@FLEMINGATEBEV**

*Good luck!*

BETWEEN  
SATURDAY 10TH  
& SUNDAY 18TH  
FEBRUARY

FLEMINGATE.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

EAST RIDING THEATRE

12TH - 23RD MARCH 2024

7.30PM AND SELECTED MATINEES

01482 874050

WWW.EASTRIDINGTHEATRE.CO.UK

John  
Godber  
COMPANY

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EAST  
RIDING  
THEATRE