

**WOLDS WALKING
AND OUTDOOR
FESTIVAL**

**BEVERLEY DANCE
CHAMPIONS**
ANDREA AND CHANTAL

**BEVERLEY'S
GAME MASTER**
ASHLEY THUNDERCLIFFE

LYNNE AUTON
RAISES SMILES FOR GO KIDS GO!



- CINEMA KUBO GOODIES
- GEORG JENSEN HEART PENDANT FROM GUEST AND PHILIPS
- FAMILY CINEMA TICKETS FROM EVANS HALSHAW

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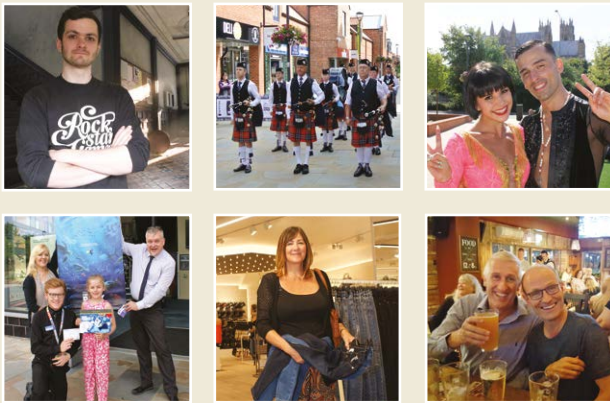
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Letter from the Editors



Whether you have been away or stayed at home in East Yorkshire, I trust everyone has had a lovely summer.

Here at **Just Beverley** we have kept you up to date with events around the town through our magazine, website and Facebook page. Whether it be a day at the races, watching polo at the Polo Club, enjoying our own Air Show or Raft Race, visiting the Westwood for a picnic with the kids or going to see the summer blockbusters at Parkway Cinema, Beverley can truly say it has something for everyone!

We now look forward to an action packed September! New businesses opening; children going back to school (or going to new schools), on to university or starting their first job of work; new events in the planning as we head towards autumn - times are changing and we will keep track of what is happening.

Here at **Just Beverley** we like to get behind the scenes and get the good news stories, the comical pictures, and the general feel of how people pull together to make a difference.

Enjoy your September and we look forward to hearing from you! Our contact details are listed below. Without your input, **Just Beverley** wouldn't be what it is - the most informative magazine in the area.

Julian.



I love September! That nip in the air in the mornings leading to warm end-of-summer days, the nights drawing in so that Mr J and I can sit out in the garden in the evening with the garden lights twinkling away. It's a great time of year to head off to the coast to watch the migratory birds, too, and as the harvest is gathered in, appreciate the season as a new cycle of farming begins.

A great way of appreciating our landscape, whether hard or soft, is to join in with the Yorkshire Wolds Walking and Outdoors Festival. Walking is such great exercise and when you have our beautiful town, villages and countryside to enjoy at the same time, then we can appreciate how lucky we are. See the article on Pages 10-11 or head off to the website to download the full programme: www.visithullandeastyorkshire.com/yorkshire-wolds/wolds-walking-festival.aspx

September is always a great time for a holiday, too. Now that the junior Johnsons have grown up and definitely do not want to holiday with Mum and Dad, we have the benefit of cheaper flights and package holidays. The article on page 23 about Las Vegas certainly makes a trip to America tempting. Note to self to apply for a new passport!

Whatever your plans for September, why not let us know what you are up to! Opening a new business or starting a new venture - do tell us about it and then we can tell others.

But whatever you do, stay happy.

Linda.

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Facebook: facebook.com/justbeverley



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Competition Terms and Conditions

Competition answers should be emailed to info@justbeverley.co.uk before the closing date with the competition title in the subject field. Include your name, address and daytime contact telephone number along with your answer. Winners will be notified within 1 week of the closing date and MUST be available for publicity purposes for Just Beverley magazine, website and Facebook page and the prize provider. The judge's decision is final. No cash alternative is offered. Details may be used for marketing purposes by Just Beverley and the prize provider and for website analytics by Just Beverley.

CONTRIBUTORS

Julian Minshall, Linda Johnson, Alicia Beet, Aaron Gilpin, John Fewings, Jane Dale, Richard Manville, Paul and Anne Fox, Colin Stamford.

You can pick up the magazine from:

Beverley Parkway Cinema, Beverley Tourist Information Centre, Beverley Library/Treasure House, Tesco, Morrisons, Browns café, Beverley News, Boyes, Tesco café, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, The Game Bird, Maple News, Leconfield PO, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, The Altisidora, Cherry Burton PO, Monks Walk, Health Centres, cafés, hairdressers and more!

Printed by: Jadan Press

Beverley Film Society moves venue - and evening!

After 10 years at The Masonic Hall on the second Friday of the month, the Film Society is moving to Parkway Cinema on the second Thursday of the month!

However, the programme is just as eclectic as ever, with films and documentaries from the world over, all of them film award winners or nominated for awards.

Membership of the society is just £15 for the year, with a ticket price of just £3 per film. Guests are welcome to attend with a member for £6.50/ticket.

Jan Simpson, Treasurer of Beverley Film Society said: "To avoid queues on the night, we would love people to join or renew their membership in advance of the first film on September 8th. You can pay electronically by emailing me at jsimoyk@gmail.com or email and I will let you know where to send a cheque."

Now the Film Society is at Parkway, it will also be possible to book films via the Parkway website: <http://beverley.parkwaycinemas.co.uk/browsing>.

The Society looks forward to a long and happy partnership at Parkway Cinema! Check out the Society website for more details: www.beverleyfilmsociety.org.uk/

Hemingway Bailey are UK Quickbooks Firm of the Future

Just being shortlisted in the Intuit Quickbooks Awards is an indication of the way Beverley Chartered Management Accountants Hemingway Bailey has embraced online technologies to grow the practice and meet the dynamic needs of their small business clients.

But to be awarded best in the UK is very special! This means Hemingway Bailey go forward to the Global Firms of the Future Award when they will be competing against firms from Canada, USA and Australia.

Alan Hemingway, MD of Hemingway Bailey told **Just Beverley**: "In the next couple of weeks a video team will be arriving from California to spend a day with the team making a video of how we work and what makes Hemingway Bailey so special. This video will be posted on line along with the other finalists' films, so that viewers can vote for their favourite. I'm hoping to get some good views of Beverley in to promote the town, too! The winner will be announced at the prestigious QBConnect Conference in California on October 22nd. Cross your fingers that I will be accepting that prize on behalf of Hemingway Bailey!"

We have everything crossed for you, Alan! Good luck!



Captain Mainwaring becomes Beverley Community Lift Patron!

Actor Toby Jones, who is well-known for his roles in Dad's Army, Harry Potter, The Hunger Games and Snow White and the Huntsman has joined Beverley Community Lift as Patron!

He has recently starred in the BBC's *The Secret Agent*, is currently filming the fourth series of *Sherlock* and is very much in demand as one of the UK's best-loved actors. The charity knows what it is like to be in demand! It provides a caring and supportive community transport service for people who cannot easily use other forms of transport, such as the elderly, disabled people and those living in rurally isolated areas. The number of requests for help is increasing so the need for enhanced awareness is vital to encourage more volunteers to get involved and to maximise fundraising efforts.



Speaking of his local links to the town of Beverley, and his appointment as Patron, Toby said: "I am very proud to be Patron of such a worthwhile and dynamic charity. Although my recent association with Beverley was related to filming *Dad's Army*, my family has long standing roots in the town. My mother Jennifer and my late grandfather Reginald lived in and loved Beverley. I hope to help this wonderful charity continue its excellent work."

CEO of Beverley Community Lift, Jan Stainforth, said: "We are absolutely delighted that Toby has accepted the role of Patron of our charity - we are great admirers of his work - he is such a talented actor! The fact that Toby can find time in his busy schedule to assist us is gratefully appreciated. He has agreed to lend his name to Beverley Community Lift to support us and help raise awareness of our charity's services."

Anyone who is interested in helping us to help get elderly and disabled people out and about is always most welcome. Please come and have a chat with us - the kettle's always on!" For more information visit: www.bclift.org.uk, email manager@bclift.org.uk or telephone **01482 868082**.

Peter Smith Award commemorates Viewfinder Photographic Society founder



Beverley resident, Peter, a gifted photographer and enthusiastic teacher who died in 2015, is to give his name to a new award in recognition of his legacy.

The award will be given to the photographer of the best monochrome image in this year's Viewfinder Photographic Society's annual exhibition in Skidby Village Hall, which runs over the weekend of September 30th to October 2nd from 10am - 5pm each day.

Visitors will be invited to vote for their favourite image as well as studying the exhibits and buying gifts from stalls selling prints and cards.

Just Beverley welcomes Alicia Beet to the team

Just Beverley is more than just the magazine you are reading!

The website www.justbeverley.co.uk is updated with news, articles and those important What's On events on a daily basis whilst our Facebook and Twitter feeds give you a platform to interact and share your own experiences. Alicia is joining us to ensure that our social networking platforms reflect what a treat it is to live and/or work in Beverley and its surrounding villages, enhancing the profile of this wonderful area. Alicia is a Molescroft resident who went to Molescroft and Longcroft Schools. She enjoys socialising, cycling and going to concerts. She also loves Parkway Cinema and thinks that having a comfy cinema with such incredible state-of-the-art projection and sound in our own town is amazing! So why was Alicia so keen to join **Just Beverley**? She said: "I've always been interested in social media but wanted to get a different perspective on life by being part of it, rather than sitting in a classroom just learning about it. I've worked with Aaron Gilpin, **Just Beverley's** **photographer**, and know how hard-working and forward-thinking the Just Beverley team is. I can't believe that I am now part of that motivational team!"

We are delighted we have such an enthusiastic new member of staff. Watch out for Alicia going out and about and do stop her and say hello!



East Riding Theatre Grows Up!

ERT has now installed a brand new on-line ticketing system which allows you to select your preferred seat for individual performances as well as make multiple bookings.

The system is future-proofed in that it is programmed for foreseeable future demands! Of course, telephone booking is also available, as is popping in to book in person when you can also enjoy the treats and ambience of the House Café!

Beverley Athletic Club runs The College Canter at Bishop Burton College

This popular trail/off road event was the brain child of Beverley Athletic Club's Andy Tate and Jayne Dale, who were keen to add to the Beverley 10k and Walkington 10k road races with 3-mile and 7-mile trails.

Many years ago, the college grounds were used for running events and after discussions with the college principal, Jeanette Dawson, the agreement was reached to use the equine hacking track used for exercising horses. Kim Knightly (Equine Director) has worked with the athletic club on course design and operational issues whilst James Earl has helped with providing the sports facilities. The equine feel is heightened as all 3-mile finishers are presented with rosettes, as are all 7-mile prize-winners. Students at the college are encouraged to take part in the race or marshal as part of their sports studies course. About 300 runners are expected this year, 100 for the 3-mile, 200 for the 7-mile. Last year, Peter Barker from City of Hull won in 42min 09 sec.

Andy Tate told **Just Beverley**: "If you want to try something different, away from the traffic and with great facilities, this could be for you! You could earn yourself a rosette or a bottle of 'Gallop Nag' from sponsors Wold Top, which has been specially commissioned. And everyone gets a piece of Jayne's delicious flapjack! We are grateful to our other sponsors, Pittaway, too, who even have some of their members of staff running the course, as part of a team-building day!"

Entries must be in by September 14th at www.sportsentrysolutions.com/allraces.php



New art gallery opening in Lairgate

A new collaboration between photographic artist Nigel Walker, contemporary still life artist John Balman and architects Bridget Hansford and Gary Hornsby of SALT opens on Monday September 5th at 54 Lairgate, Beverley, HU17 8EU on the ground floor of SALT's premises.

The new gallery, Creation, will show original painting, prints, photographs, ceramics and glass from Nigel and John as well as work from other artists with a rolling programme on an ongoing basis. Nigel and John will be around on Saturdays with Stella Squire manning the gallery during the week. The gallery will be closed on Sundays. Watch out for the new Facebook page which will post updates about artists and their work! For more information please contact John Balman at johnatcreation@gmail.com



2nd World Barge Pulling Championships to be held on Beverley Beck on September 25th

Last year's exciting inaugural Barge Pulling Championship saw a team from the BBC triumphant after pulling the 64-ton barge Syntan for a distance of 200 metres in the fastest time of any competing team.

Will they be triumphant this year, win the £200 cash prize (kindly donated by S&P Fabrications) and get their name engraved on the Teamac Marine Paints Trophy again?

Teams of 4 (entry fee £10/team) are invited to compete against the BBC, and each other, to gain the highest honour in the barge-pulling world! Teams can be sponsored with all monies raised going to the Beverley Barge Preservation Society for installation of a lift on the *Sun*. Entries should be made by printing off the entry form on *Syntan's* website and sent to the address as listed:

www.syntanbarge.org.uk/barge-pull



Hidden Beverley gems become accessible September 8th-11th

Heritage Open Days give access to buildings and places which are not usually open. There are 5 buildings to explore in Beverley.

- Beverley's Treasure House might be a reasonably new building, but on **September 10th**, you can explore behind-the-scenes, visit different parts of the building, see artworks not usually on display and find out about characters from the past who have shaped the Beverley of today. For younger visitors, there is a trail and hands-on craft activities. Tours are bookable on the day. On **9th September** at 2pm, there is a presentation of the Hull and East Yorkshire Local History Calendar in the Education Room at The Treasure House. The calendar is a social media blog with an entry on each date illuminating an event from local history. The blog goes back 1000 years! Medieval dynasties, forgotten saints, conspiracies, smugglers, coastline geology, stories of whaling and fishing, lost landmarks, impact on national and international affairs - it's all here. Suitable for over 10s. No booking required. Access the calendar at www.facebook.com/HEYhistorycalendar/

- St Mary's Church Bell Tower will be open on **September 10th** to watch some demonstration bell-ringing and even see the bells in action. Book a tour to confirm your place: rrhorton@btinternet.com.

- The Monk's Walk in Highgate will be open each **Open Day** between 12noon and 6pm allowing access to the first floor 13th century timber-framed walls and structure of the oldest non-church building in Beverley. Not suitable for under 7s.

- Beverley Guildhall and Community Museum will be open on **September 10th** where you can meet Elizabeth Clark, a 19th century woman from the local workhouse and watch archive films.

- On **Saturday 10th**, between 10am and 4pm, the beautiful Minster nave will be cleared of all its chairs to give a unique perspective of the building. The Yorkshire Sculptors Group will also be holding their summer exhibition in the Minster.

Find out more about Heritage Open Days being held all over the country at www.heritageopendays.org.uk







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AND
BISTRO**



**Introducing Lempicka's
NEW Belgian Style
Creperie and Waffle House Menu**




In addition to our original offerings of delicious breakfasts, tempting lunches, bistro sharing platters, homemade baked goods and renowned espresso based coffees, our crepes and waffles are served with your choice of savoury or sweet fillings.

Also serving our exquisite and luxurious afternoon tea with a Belgian twist. Awarded *'Top 3 Afternoon Tea in Yorkshire'* by the Yorkshire Post.

A full range of Vegetarian and Gluten Free meals and baked goods are available.

Enjoy an al fresco glass of fine wine, Belgian beer or continental cocktail in Lempicka's outdoor seating patio.

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T: 01482 866 960
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NORTH BAR TEA ROOMS






Introducing our 'not to miss' monthly events

First Thursday - **Alcohol Tasting Evenings** (1st Sept 2016)
 Last Saturday - **Adults Mad Hatters Tea Party - with alcohol** (24th Sept 2016)
 Last Sunday - **Kids Mad Hatters Tea Party** (25th Sept 2016)

More 'Pop Up North' (Masterchef quarter finalists) restaurant nights and entertainment in the pipeline Tea Lovers!

Pop in or follow us on:

 Facebook (North Bar Tea Rooms)
 Twitter (@northbartearoom)
 Instagram (northbartearooms)
 for regular updates, info and prizes.

41 North Bar Within, Beverley, HU17 8DG
Tel: 01482 534501

Piping for SSAFA - the Armed Forces Charity, East Yorkshire

At Flemingate on Saturday 20th August, the Beverley & District Pipe Band played in support of SSAFA, entertaining the shoppers.

They were supported by members of the service charity who spoke with visitors about the essential work that is done by this leading service charity.

SSAFA offer assistance to all three services and the marines, plus reservists which include, welfare advice and support for current serving personnel and their families and reservists.

This includes; housing for wounded, injured and sick serving personnel and their families, support groups for bereaved families and families of injured service personnel, mentoring for injured, wounded or sick service leavers, adoption for military families, additional needs and disabilities support, short breaks for children and young people from Forces families, Stepping Stone Homes for women and their children with a service connection, professional health care, personal support and social work for the RAF, independent service custody visiting, support available to veterans and their families, housing advice, debt advice, mobility assistance, providing household goods, support for homeless veterans, support for offenders and ex-offenders, residential housing and forces line helpline.

Sandra Staples, Branch Secretary, SSAFA East Yorkshire. Tel: 01964 552837



Competition Winner



The Kelly family were delighted to be invited to the Parkway Cinema for their daughter to receive the Prizes for the Finding Dory Competition. The winner received Cinema tickets presented by Cliff Baillie the general manager of Parkway Cinema in Beverley, a Finding Dory poster and a £15 gift voucher from the Entertainer, presented by Ellis Best.



EVERY THURSDAY AT 10.30am
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4 with drink and biscuits included. Aimed at 55s and over. (All films are subject to change).

Thursday 1st September -

Money Monster (15)

Mother's Day (12a)

Thursday 8th September -

Me Before You (12a)

Money Monster (15)

Thursday 15th September -

Elvis & Nixon (15)

Me Before You (12a)

Thursday 22nd September -

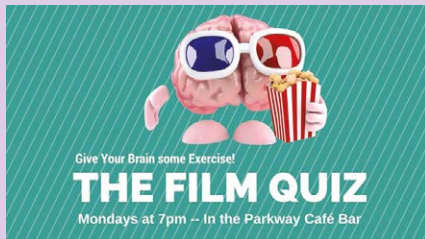
Independence Day: Resurgence (12a)

Elvis & Nixon (15)

Thursday 29th September -

Absolutely Fabulous (15)

Independence Day: Resurgence (12a)



Why not test your film knowledge at 7pm before the Mystery Movie Monday?

There are free film tickets for the winners!

MONDAYS @ 8.15pm

More 'what is it' than 'whodunnit'

Fancy a film but not sure what you want to see? Then try our Mystery Movie Monday! You won't know what it is until it starts! It could be a classic you love or a gem you have never seen; perhaps even the first screening of an upcoming film. The fun is in the discovery and it's only £4 per person. Look out for clues on our Facebook page and on Twitter @parkwaybeverley

Most screenings will be 15 and over only. However, and this is a big clue, some will be over 18 only due to content.



These are the films that will open in September. All films subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



2nd September



2nd September



9th September



9th September



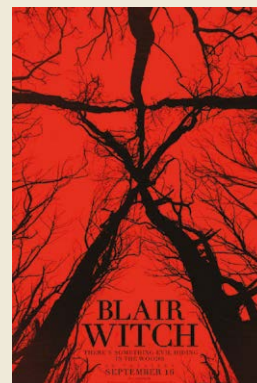
9th September



16th September



16th September



16th September



23rd September



23rd September

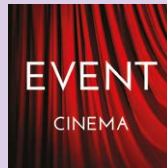


30th September



30th September

YOUR NEW INDEPENDENT CINEMA



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.

TICKETS NOW ON SALE
Thursday 1st September at 7pm - NATIONAL THEATRE LIVE: THE DEEP BLUE SEA (12a)

Thursday 15th September at 6pm - THE BEATLES: 8 DAYS A WEEK - THE TOURING YEARS Plus World Premiere Event

Thursday 15th September at 7.15pm - TURANDOT ON SYDNEY HARBOUR

Thursday 22nd September at 7pm - NT LIVE: THE THREEPENNY OPERA (15)

Sunday 25th September at 6pm - MICHAEL BUBLE - TOUR STOP 148 (12a)

Monday 26th September at 7.15pm - ROYAL OPERA HOUSE: NORMA

Wednesday 28th September at 7pm - ROYAL SHAKESPEARE COMPANY LIVE: CYMBELINE



EVERY SUNDAY AT 5.30pm

Films and documentaries from around the world for those with an independent spirit and inquiring of mind.

Sunday 4th September - Valley of Love
Sunday 11th September - My Own Private Idaho
(with introduction by Margaret Pinder on the Shakespearean themes of the film)
Sunday 18th September - Wiener-Dog

PARKWAY PENGUIN PARTIES



YOUR OWN PRIVATE SCREENING
 SEE YOUR CHILD ON THE BIG SCREEN
 FUN & GAMES WITH OUR PARKWAY PENGUIN

ONLY £170

For more information contact the Box Office or come in store and speak to a member of staff

Ladies Night

In aid of 

Private Screening of the new film..

Bridget Jones's Baby

Canapes and nibbles served by buff waiters...

Parkway Cinema Beverley
 18th September 18:30-22:00

For any bookings call 01482 968090
Booking fee applies

Special Live Entertainment from award winning Gina Jenkinson!

Glass of Fizz On arrival!

Registered Charity 51688

LIVE ON STAGE... NOW ON SALE!

Wednesday 31st August at 2pm - THE GIANT'S LOO ROLL



Sunday 13th November at 2pm - FATHER CHRISTMAS NEEDS A WEE

Sunday 4th September at 8pm - GIGGLES LIVE PRESENTS SUNDAY NIGHT AT PARKWAY

Sunday 27th November at 7.30pm - ALFIE MOORE - GETTING AWAY WITH MURDER

Saturday 22nd October at 7pm - BEVERLEY BLUES WEEKENDER - TOM ATTAH & THE BAD MAN CLAN

16th December - 1st January - THE PARKWAY PANTO - ALADDIN
 Early Bird tickets now on sale

Competition! Win KUBO Goodies!



This month's competition will see the lucky winner walk away with a KUBO goodie pack plus a pair of tickets to any film of their choice. The KUBO pack includes a bag, an origami set and pen and a poster! There are also 4 pairs of runner-up tickets courtesy Parkway Cinema Beverley.

Kubo and the Two Strings is released on September 9th. It's an epic adventure animation film set in a Japanese-style fantasy land from the award-winning studio LAIKA. LAIKA's previous films include BoxTrolls, Coraline, ParaNorman, Moongirl and Corpse Bride.

Directed by Travis Knight, Kubo and the Two Strings tells the story of Kubo who makes a living by telling stories. Unfortunately, he accidentally summons a spirit from his past which creates havoc trying to enforce an age-old vendetta. Kubo runs away from the spirit and his family, joining forces with Monkey and Beetle who help him solve the mystery of the vendetta and his father, who was once the greatest Samurai warrior the world has ever known. Kubo has a magical instrument called a 'shamisen' which helps him in his battles with gods and monsters. He also has to deal with the villainous Moon King and the evil Twin Sisters. Ultimately, Kubo is able to fulfil his destiny, reunite his family and be hailed as a hero.

Various parts in the film are voiced by some very famous actors, including George Takei, Matthew McConaughey, Charlize Theron, Rooney Mara and Ralph Fiennes. To be in with a chance of winning the KUBO goodie pack and tickets, just answer the following question:

In Kubo and the Two Strings, Ralph Fiennes plays the vengeful Moon King. Ralph Fiennes is well known for playing another famous villain in the Harry Potter series. Who was that villain?

Email your answer to info@justbeverley.co.uk by Wednesday 14th September. Include your name, address and daytime telephone number. See page 3 for full terms and conditions. Good luck!

WALKING & OUTDOORS FESTIVAL

10th - 18th September 2016

The Yorkshire Wolds Walking and Outdoor Festival 2016 is now in its 6th year. This year's varied programme offers over 80 walks and outdoor activities which highlight the wonderful landscape and rich heritage of this unique area.

Karen Betts of Visit Hull and East Yorkshire who has put the programme together said *"We have some great events lined up this year, some are old favourites back by popular demand, others are brand new, but all ages and abilities are catered for. The majority are absolutely free of charge, whilst some have a modest charge, but I would recommend that you book as soon as possible to ensure your place as numbers are limited. Walking and outdoor events are a great way to improve your health and wellbeing and to make new friends so what are you waiting for? You can grab a free programme at Beverley Tourist Information centre or download a copy at theyorkshirewolds.com."*

The festival would not be possible without the input of almost 30 partners, one of whom, the **Beverley Walkers are Welcome** group, have compiled an impressive 17 walks this year covering aspects of history in Beverley that you will probably know little about, tentatively entitled **'Beverley – an ordinary town?'** Well, no actually, according to **Carli Black** and **Colin Bradshaw** they, and a group of other enthusiasts will be leading walks around Beverley to show that the town is anything but ordinary.



Georgian life in Beverley had its glamorous and fashionable side but also had a dark, messy and dangerous underside. Different walks are planned to lift the lid from both sides. From the posh to the poor you can find out more about their lives.

Following the success of the film *Dad's Army* you will be able to find out how the people of Beverley added to homeland security during and after the war. There will also be an opportunity to view a unique short film at the East Riding Theatre after the walk.



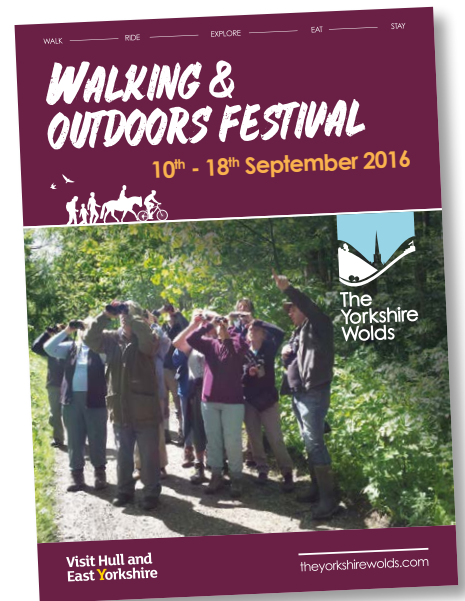


Throughout the centuries this town has developed and changed encompassing lifestyle, health, housing and trade and this is the same today.

Going back in history there will be a walk to delve into the subject of plays, plagues and patriots centred on Highgate. Charity and philanthropy played a major part in healthcare; there will be a chance to explore this during a walk.

Water is always a significant feature of historic towns. Rivers, streams, and canals were the motorways and access routes for people and trade and leisure. Three walks will centre on waterways and explore different aspects. The Yorkshire Wildlife Trust is hosting a walk to look at the wildlife of the water ways – looking for damselfly and dragonflies!

All the Beverley town walks last no longer than 2 hours and are no longer than 2 miles. Come along and enjoy sharing time and exploring this extraordinary town.



Ex-Beverley Grammar School Student heading for the top of the gaming industry

Many people, especially the more mature amongst us, will be amazed to know that the gaming industry is worth more than the film industry. Last year, the film industry was worth \$39.25billion; the gaming industry was worth \$91.5billion - more than double.

Working in the gaming industry is a real career option, yet when Ashley Thundercliffe realised the opportunity which his hobby offered, his school career advisor told him there were no real jobs in computer games. This was just 6 years ago!



Having completed his A-levels at Beverley Grammar, Ashley found there were only 2 universities offering degrees in Computer Games Modelling. He enrolled at Derby University and graduated 3 years later with a First Class Honours and the Brett Butcher Award for Contribution to Graphics.

Unsurprisingly, Ashley was in demand as soon as he left university! He took a job in Leeds with gaming company Rockstar, the biggest gaming company in the UK, who made the world's best-selling computer games series Grand Theft Auto. He worked on 2 projects which are soon to be released, but which he can't talk about as he has signed a non-disclosure agreement. Although he started as an art development assistant, he was promoted to Technical Content Artist within a year.

Ashley was already attracting interest from other companies who were recognising his talent, so he is now freelance. He is currently working on a project with a Californian-based company, 3D Motive, creating tutorials and training videos teaching the techniques used in the industry with a view to enhancing the knowledge base.

Ashley told **Just Beverley**: "There are huge numbers of people working in the gaming industry and the standard is improving rapidly. Of every 60 people taking a degree course, only 3-6 will get a job, because the standard is so high. Mindset is all important; you have to reach the benchmark and then go beyond it, which can take hours and hours of application. The tutorials help people to reach that bench-mark and it's then up to them to work hard to achieve their goal.

"The industry is now specialising. Programmers and designers write the code so you can see the game on a screen; modellers, texture artists, animators and riggers make the game look the way it does. I basically move boxes around to create the environments that characters in a game walk through. The details in games is becoming crazy! There's one game, Uncharted 4, where you can see male character's chest hair blowing in the wind! I particularly like old architecture and ageing objects - chipped paintwork, cracked tiles and a layer of dust are much more interesting environments than modern, minimalist places"



Gaming is growing rapidly in Sweden, Germany and France but is nowhere near as big as Russia, Brazil or South Korea. In S. Korea, professional gamers are bigger than football stars and more people play games than play or watch football! But even in this country, conventions attract thousands of people and the rapid rise in the number of people playing Pokemon GO is a reflection of gaming's popularity.

Ashley let on that he does have another permanent job lined up, but he won't say where. It's likely to be a long way from Beverley, where Mum, Lisa, runs Grovehill News and Convenience Store. Dad, Mark, is a butcher - he works in Hull - but neither Mum or Dad had any idea that they had such a talented son.





For someone who works in virtual worlds, created by computer code, Ashley is very grounded and generous in the real world. He's already been invited to speak to Computer Games students about his career at Derby, Falmouth and Anglia Ruskin Universities, is an assessor at Derby and helps mentor a few students on-line. If Ashley's chosen career has inspired you or anyone you know to take a leap into the gaming industry, you can read articles he has written on <https://80.lv/> and also on his own website www.athundercliffe.co.uk

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Survey says students happy with their higher education course

East Riding College has been named the College with the best higher education student satisfaction ratings in East Yorkshire.

Some 84 per cent of the College's students said they were satisfied with the overall quality of their degree or other higher level course, compared to the average score of 86 per cent for all institutions nationally, which includes 155 universities.

In particular, students said that staff were good at explaining things, enthusiastic and accessible, with over 90 per cent agreeing to these statements.

The National Student Survey, conducted by Ipsos MORI on behalf of UK funding bodies, drew responses from about 312,000 final year students at 155 universities and 190 further education colleges.

Paul Smith, assistant director for higher education at the College, said: "This is an excellent outcome for East Riding College and demonstrates the very high quality of teaching and learning across the full range of degrees, teacher training and other higher level courses.

"Our main focus is to ensure that students are challenged and stimulated by their higher education experience, feel they are getting excellent value for money and complete their course with a qualification that will help them to achieve their career goals. In particular, we know our students feel they benefit from the high levels of contact time with their tutors and



the excellent support and advice they provide."

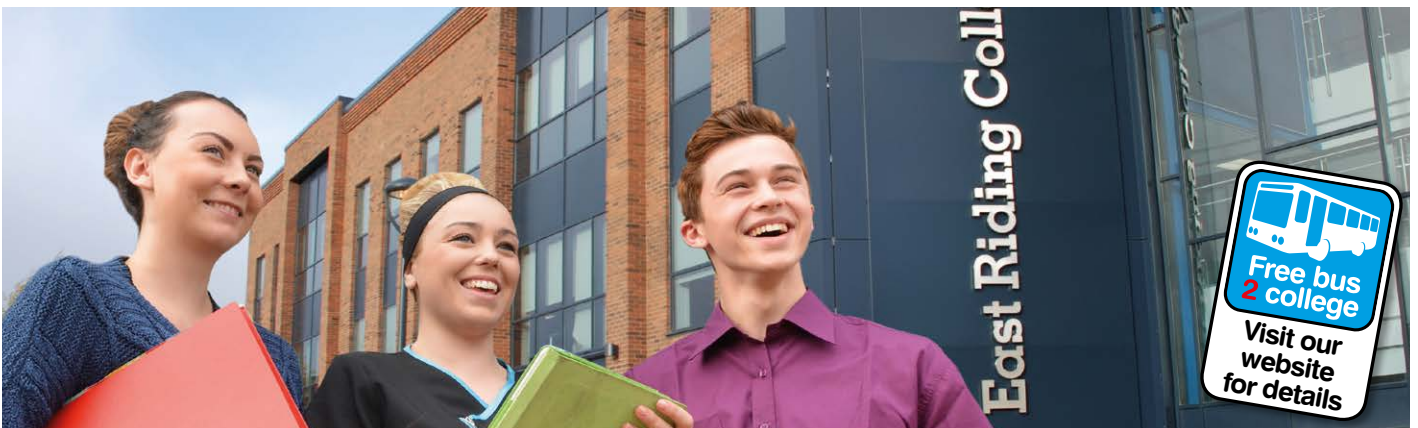
The survey provides valuable information for prospective students, and helps universities and colleges to further improve the education they provide. Colleges and universities are asked to encourage students to complete the survey but cannot influence their responses.

East Riding College offers a range of full-time and part-time higher level courses in a wide variety of subjects at its campuses in Beverley and Bridlington, and a smaller site in Hull. These include BA and BSc degrees, foundation

degrees, teacher training courses, BTEC higher nationals and, for the first time from September, a Masters Degree in Education.

The College offers degrees at fees which are 30 per cent lower than the typical university fee, with degrees and teaching training validated by the University of Hull and the University of Huddersfield.

For more information, visit www.eastridingcollege.ac.uk/higher-education or call **0345 120 0044**.



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Guest and Philips Competition



This month Just Beverley has a very special prize courtesy of Guest and Philips, who are celebrating their Golden Anniversary.

Guest and Philips was originally called Michael Philips when it was established in Saturday Market in 1966. Since then, the Saturday Market shop has expanded in size and Guest and Philips now have a chain of shops, the most recent being the second Guest and Philips shop in Beverley, their boutique store, which has opened in the prestigious Flemingate development.

More shops and more space means the range of jewellery, watches, gifts and antiques can expand. Along with well-established brands such as Cartier, Omega, Longines, Laliq, Mont Blanc and Georg Jensen, Guest and Philips now stock more contemporary brands such as Daniel Wellington, Trollbeads, Boss Orange and Ice-Watch.



In recognition of their 50 years, Guest and Philips are offering a fabulous prize of a Georg Jensen Heart Pendant (retail £110) to one lucky winner. For a chance to win this prize just answer the following question:

Which year was Guest and Philips founded?

Email your answer to info@justbeverley.co.uk by Wednesday September 14th. Be sure to include your name, address and daytime telephone number. Full terms and conditions are listed on page 3 of this magazine. Good luck!

Comfort and style for your feet at Fox Mobility

Have you ever felt that you are going somewhere special and you just don't have a nice pair of shoes to wear because your feet are larger or wider than the sizes stocked by most shoe shops?

Have you even been unable to wear stylish shoes because you have swollen feet? Maybe you have had an operation on your foot and need a single shoe while it heals? Or perhaps you simply need some comfortable slippers for around the house and can't find anything suitable in your shape and size? Help is at hand!

There are several different ranges of shoes, boots, house-shoes and slippers designed for every eventuality which are available in many different sizes and width fittings. It is important that you are measured correctly to make sure that you have the correct sized shoes or slippers because if you are not then that can cause as many problems as it resolves. So a visit to a specialist retailer is a must!

The choice of design is quite staggering! There are shoes, boots and slippers available which look classy whilst being practicable. There are dressy shoes for both men and women which are suitable for wearing with any attire. From weddings to walks to trips to the gym or the beach to pottering around the house, there is something for everyone.

Some of the shoes have velcro fastenings so that you can be sure that the shoes stay in place or can be adjusted if your feet swell or reduce in size. Some ranges can be bought as single shoes, too.

Fox Mobility on Walkergate can help you find just what you need! Paul and Anne Fox are trained in measuring feet so that you get the right size for you and have so many choices to help you find your perfect pair of shoes, boots or slippers. Pop into Fox Mobility at **112-114 Walkergate** or give them a call on **01482 887799**. You will be so happy to be able to walk comfortably!

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Fun-filled activities throughout the summer holidays at Flemingate

Flemingate is making its presence felt as Beverley's No 1 leisure and shopping venue by hosting a whole range of activities to keep visitors of all ages entertained throughout the summer break.

Flemingate's developers, Wykeland, believes physical, social and cultural regeneration are inextricably linked and works with partners and local people to ensure its developments deliver enduring community benefits. Hence the programme of ensuring the venue offers opportunities for enhancing the visitor experience.

Being big fans of fun here at **Just Beverley**, we love the idea of playing giant skittles, rugby and golf at Flemingate and we're really excited to learn that there will be a funfair and fairground attractions on the very last weekend before the schools go back.

So make a note of the following dates:

August 16th-19th - Summer fun activities with giant outdoor games

August 13th-20th - Pudsey Bear Treasure Hunt at Debenhams

Wednesday August 24th - 12noon-4.30pm - Fun and games with Hull FC and Beverley Braves

Thursday August 25th - 12noon-4.30pm - Rugby skills and ball games with Beverley RUFC

Friday August 26th - 12noon-4.30pm -

Tri-golf with Beverley Golf Club pro, Stewart Fraser

Saturday August 27th - Darth Vader and his Storm Troopers at The Entertainer

September 3rd-4th - Funfair and fairground attractions

Leading retailer River Island now open!

The newest addition to Flemingate has created 19 local jobs and enhances the shopping experience of visitors to Flemingate, complementing the other leading fashion retailers already open. It is the 6th opening this year and two further signings are soon to be announced!



River Island's 10,066 sq ft store at Flemingate follows the same format as the brand's flagship retail outlets in Oxford Street and Marble Arch in London. With over 60 years of fashion retailing experience, River Island is one of the best known and loved brands on the high street. Holly Fulco, spokesperson at River Island, said: "Flemingate's position at the heart of an affluent catchment area made it a very attractive proposition for us. It is a growing retail location that we are very keen to be a part of and we are delighted to open the store."



JUST BEVERLEY WELCOMES NEW BUSINESSES

Beverley Music and Dance/ Peter Hall Violins

There has been a music shop at 14 Norwood, Beverley HU17 9EZ for longer than most of us would care to remember, which is why there was such disappointment that the shop might close when the previous owner decided to retire.

So there has been a huge sigh of relief that the shop is being refurbished and relaunched by Sue Harker and that Peter Hall Violins is also expanding.

The building is around 270 years old, originally built as a cottage and a shop. The iron windows are believed to be original and are perfect for displaying items sold in the shop, the lay-out of which has been altered to better accommodate different elements.



On the left as you walk in are guitars, ukuleles, banjos, brass and wind instruments; to the right is sheet music, penny whistles, harmonicas, kazoos, metronomes and mugs.

Sue even has record players for playing those LPs, singles and 78s in stock! Admire the wall decoration of old sheet music before walking through into the dance section for ballroom, jazz, tap and ballet shoes and dance-wear.

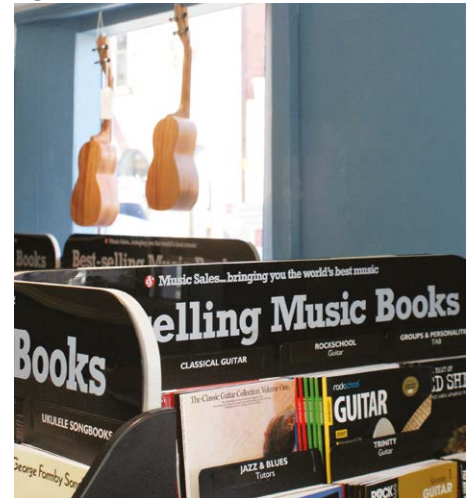
At the moment, this room also includes High School uniform, as Beverley Music and Dance is the sole stockist of their skirts, shorts and trousers.

Sue told **Just Beverley**: "I am in the process of building my stock, but what we don't have in, I can order. If you would like a specific make of guitar string for example, just ask! Need some sheet music for an exam - no problem! As a delivery and pick-up point for UPS, there is a constant flow of packages - and a constant flow of people in and out. It's a lovely, buzzy place. We welcome people coming in and trying out the instruments, too."

Sue can be contacted on **01482 881584**. Opening times are 9am-5pm Monday to Friday, 4pm on Saturdays.



Peter Hall Violins is now located upstairs, accessed across the courtyard to the rear of the building. Peter has now bought the building and is the inspiration for the remodelling of the shop. The work has all been carried out by local craftsmen.



Peter repairs, makes, sells and services stringed instruments and bows and supplies accessories. There is always a good choice of violins, violas, cellos and double basses in stock and he prides himself in ensuring that whether a student, amateur or professional player, you get quality advice and service. He runs workshops and courses, too, in group and one-to-one settings - anything from making your own instrument to bow restringing!

Peter can be contacted on **07901 591965**. peter@peterhallviolins.com



Rumis Bollywood Ball

Saturday 24th September

(Please note the date of this event has changed from Saturday 27th August)

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Mixed Fruit Chutney Recipe

Enjoy this mixed fruit chutney with khicuri, polau or biryani.

Ingredients:

- 1 cup of green mango, cut into cubes
- 1 cup of pineapple, cut into cubes
- 1½ cups of tomato
- 7-8 prunes
- 10-15 raisins
- 3-4 whole red chilli, halved
- ½ tsp. panch phoron whole spice blend
- ¼ tsp. black pepper
- ½ tsp. red chilli powder
- 1 tsp. salt to taste
- 2 tbsp. sugar
- 4 tbsp. oil
- Small amount of water

Method:

1. Heat the oil in a pan. Add the panch phoron when the oil is hot and allow to temper for a few seconds. Add the chilli peppers and fry for a few seconds.
2. Add the mango, pineapple and tomato one by one. Add the black pepper, red chilli powder and salt and mix. Add a little bit of water and cover the pan. Cook on a medium low heat until the fruits become soft.
3. Mix so that fruits break up. Add the prune, raisins and sugar and cover the pan. Cook for another 5 minutes and then turn off the heat and serve hot or cold.

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Ten Good Reasons to make a Will

'Make-a-will' fortnight during September highlights why you should make a will or review the one you already have. But if you need any more persuading to look into this important issue - read on!



- 1. If there's no will, rules do exist** - but maybe not what you think or want.
- 2. You choose when you make a will:** you can specify who needs to deal with everything, and who inherits.
- 3. Help your family:** a will can save time and cost for your loved ones.
- 4. Your wife/husband gets everything, don't they?** Not necessarily.
- 5. Are you co-habiting?** Your partner is not automatically entitled to any of your assets when you die - no matter how long your relationship has been in existence - unless you make a will.
- 6. Appoint Guardians for children:** if you don't it's up to social service to decide (not family).
- 7. Gifts and legacies:** to leave an amount or gift to a friend or charity, you have to make a will.
- 8. After passing everything to my spouse, everything will pass to my children, won't it?** Not necessarily; making a will can give different options.
- 9. Avoid disputes and family fall-outs:** remove any doubt about who you want to leave your estate to.
- 10. Inheritance Tax.** IHT is 40%. With specialist advice you can make plans during your lifetime to reduce IHT liability.

If you would like specialist advice and information, please contact **Jenny Fothergill AIPW, LLB (Hons)** of **APS Legal** on **07796 858289**. APS Legal and Associates are Professional Will Writing & Legal Specialist Estate Planning Practitioners.

Why should a business outsource their payroll?

The main benefit is to remove the hassle and create time for businesses so they can concentrate on doing what they do best - their core service or offering. Even running an in-house payroll can be more expensive than outsourcing.



Specialist payroll providers deal with all the red tape, taking away the pain of dealing with compliance matters and HMRC. They also ensure that your payroll is produced accurately and that it remains confidential. Employees can even have their payslips emailed to them via an app! There were some changes to payrolling benefits with effect from 6th April 2016. Employers can now payroll many benefits voluntary instead of entering them onto a year end P11D.

The only exceptions are vouchers and tokens, employee living accommodation and interest-free and low interest loans. Registration is mandatory for any employer who wants to start payrolling or is already payrolling on a non-statutory basis before the start of the tax year. From the employee's perspective, the benefits are entered onto their payslips with tax collected at that point rather than waiting for an amendment to their PAYE code in the following year.

Stipendia Payroll Solutions are experts in providing solutions which meet with your company's needs. Contact Lynne, Sophie or Liam on **0845 3082288** or visit their website www.stipendia.org.uk Stipendia have a **YouTube channel** with videos which may help you decide if outsourcing your payroll is right for you.

Watch www.youtube.com/watch?v=Y35NLS5HBTY or www.youtube.com/watch?v=Fzagw2KLVVY

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Changes to property tax issues can be costly

In April 2016 a new 3% surcharge was added to stamp duty if purchasing a residential property that isn't your main residence.

With so many property-development programmes on the TV, it can be tempting to set yourself up as a property developer, buying houses which need 'doing up' and then selling them on at a profit. Up until this year, properties with a purchase price of less than £125,000 would not have attracted stamp duty - but now it does! Stamp duty is now £3,750 on this level of investment. If your aim is to make £10,000 profit, this fee, which comes off the profit, represents a massive 37.5%!

The government have taken steps to ensure buying a second property through a limited company won't benefit the taxpayer and the additional 3% stamp duty would still be payable in this scenario. But what if you want to rent out your investment? There are new rules on this, too! Up to now, people buying to let have been able to claim tax relief on their mortgage interest payments at their marginal rate of tax. This means that a basic rate taxpayer would get 20 per cent tax relief, but those at a higher rate would receive 40 per cent relief, while top-rate taxpayers could claim 45 per cent. When the changes come in, tax relief will be a flat rate of 20 per cent. Landlords who pay basic rate tax would see no change, but those on higher incomes will find themselves losing much more in mortgage interest payments.

So what are the options for landlords? Hiking up rents to compensate is probably not a good idea, as most tenants are already paying as much as they can afford. But there are a few other things you can try:

- You could switch to shorter-term fixed rate deals to get lower rates of interest, although these mortgages carry more risk.
- You could place your property portfolio in a limited company structure so you would then pay corporation tax (which is lower) rather than income tax on your profits - but getting a mortgage could be difficult as fewer providers will lend to a company.
- If your spouse pays a lower rate of tax, you could transfer ownership of one or more properties to them (taking care this does not lift them into a higher tax band).

Only time will tell if this move against property developers and landlords is a good one. If landlords start to pull away from the market, then it won't be good news for the property market in general as they are an important part of the chain. If you are a landlord, thinking about becoming a landlord or would like to discuss this topic in more detail, then please contact Gareth Botterill on **01482 862240** or email gareth@botterillco.co.uk

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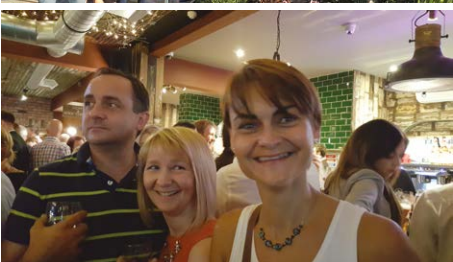


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Fears and phobias don't have to stop you in your tracks

Almost everyone has a concern about something, if they choose to admit it!

Whether it be mice, spiders, dentists or fear of flying, the thought of having to somehow engage with the source of that fear can cause a mild case of anxiety. But sometimes that fear can be so extreme that it affects someone's life or even livelihood. Then the fear is known as a phobia.

A fear is a natural response to a situation which could be painful, damaging or dangerous. For example, having a diagnostic blood test, getting butterflies when you look down from a high building or when confronted by a snarling dog.

Your mind's negative sensors are immediately triggered to release the stress hormones which put you into flight, fright or freeze mode. But they then disappear once the situation has been dealt with or has passed.

But phobias are different to normal fears. Phobias are extreme responses to a situation or an object, where a **Future Event Appears Really** dangerous, yet the actual situation or object poses little or no actual danger. A phobia is an anxiety state where the sufferer is constantly worried that they will encounter the situation or object that they fear - and if they do meet it, their stress response can be so extreme that they can have a panic attack which can mimic a heart attack.

So they do all they can to avoid the situation. This can include complete disruption of lifestyles!

Phobias often develop in childhood, but by no means all of them do. Illness, strangers, loud noises, and fear of the dark are common fears in small children which usually disappear as they grow up. But social anxiety, fear of public speaking, fear of driving, bridges and even fear of holes tend to develop through childhood and beyond as a response to both real and imaginary stimuli.

Here are ten common phobias!

1. Arachnophobia - fear of spiders
2. Ophidiophobia - fear of snakes
3. Acrophobia - fear of heights
4. Agoraphobia - fear of open spaces
5. Cynophobia - fear of dogs
6. Emetophobia - fear of vomiting
7. Astraphobia - fear of storms
8. Claustrophobia - fear of confined spaces
9. Mysophobia - fear of germs
10. Aerophobia - fear of flying

The good news is that phobias can be helped enormously through hypnotherapy. Phobias are constructs of the subconscious mind and hypnotherapy can tap into the subconscious to change thinking and response. Using a technique called Neuro-linguistic Programming (NLP) along with hypnotherapy is particularly powerful.



Positive visualisation, reprogramming the amygdala (which is the brain's negativity sensor) to prevent automatic release of stress hormones and re-imagining the stressor as non-dangerous can all lead to removing the phobia. Many clients* need only a single session of hypnotherapy to get the result they need - freedom to get on with their life!

If you suffer with a phobia, why not give me a call to see if I can help. Wouldn't it be great if you could take control and get your life back? Or you may know someone who could benefit - do let them know about me!

Be happy!

Linda

www.releaseyourpotential.co.uk

Tel: 07585 802035

*Hypnotherapy, as with any talking therapy, cannot be guaranteed as everyone is different.

Coeliac Awareness Event

We are the local support group for Coeliac UK and support people who suffer from coeliac disease which is an autoimmune condition only treated with the correct food which must be gluten free (GF).

It cannot contain wheat, oats, barley or rye. People who suffer the disease and do not eat gluten free, suffer with many different problems, including head-aches, bowel problems, stomach problems, and related pain. The aim of the day is to inform the public of Coeliac Disease and its related issues.

We are working with Coeliac UK and setting up a programme for the day with representatives from Coeliac UK, dieticians, the medical profession and also related organisations i.e. osteoporosis and diabetics. Manufacturers of Gluten Free products will also be attending to exhibit and sell their products and give any information people require.

The event will take place at **Bricknell Avenue Methodist Church, Hull, HU5 4TJ** from 10.30am until 2.30pm on **Saturday 24th September 2016.**

Please come along and meet fellow coeliacs who live with the disease. **Admission is FREE.** Tea, coffee and GF cakes will be available for a small cost. A chance to chat and sample products.

Contact Adrian on abenson@abenson.karoo.co.uk for further information.



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Las Vegas - the dazzling city in the Nevada desert

From the spectacular shows to the spectacular shopping, the infamous casinos that line the strip, the hundreds of exclusive nightclubs and the average 292 days of sunshine a year - the city of Las Vegas attracts visitors from across the globe in their thousands - and it's easy to see why.

Las Vegas makes travelling around the world possible in less than a day. Starting in Egypt - the iconic pyramid of the Luxor Hotel & Casino is an ideal place to stay for those wanting some R&R before the evening's festivities.

This hotel features one of the largest pool decks of all the Las Vegas hotels, and is an ideal place to sip coconut cocktails whilst enjoying the great summer weather of the Mojave Desert. Working your way up the strip you'll find Lady Liberty and the terrifying rollercoaster of the New York-New York Hotel - with its towers resembling iconic architecture from the Big Apple, such as the Chrysler and the Empire State Buildings.



This part of the strip is home to some of the largest shopping malls in the city, with their vast collection of international and designer brands, entertainment complexes and restaurants. You'll also find the Bellagio – with its incredible fountain display; the iconic Caesar's Palace Hotel and Casino, and the incredible Eiffel Tower found as part of the Paris Las Vegas. Just like the original, you can take a trip up the 46-storey replica - the 11th Floor Restaurant makes an ideal place for a romantic meal.



Continuing up the Strip you'll find the Venetian - one of the most impressive hotels in the city. A striking resemblance to the real Venice, the Venetian's quarter-mile long Grand Canal runs through the middle of this jaw-dropping entertainment complex and shopping mall. You'll find designer stores on the cobbled streets; as well as big name department stores, restaurants and bars and



casinos here - all under one roof. A gondola ride to St Mark's Square makes the whole experience even more authentic.

At the top of the strip is the Stratosphere Hotel - one for the adrenaline junkies. Its striking tower (similar to that of the CN tower in Toronto and the Space Needle in Seattle) has rides and rollercoasters that hang you over eight-hundred feet over the infamous Vegas Boulevard. Ultimate thrill-seekers may wish to do the SkyJump - similar to a bungee-jumping experience. However, for those wanting to enjoy the view with a little more comfort, there is no better place than the revolving restaurant, with a cocktail and a delicious meal.

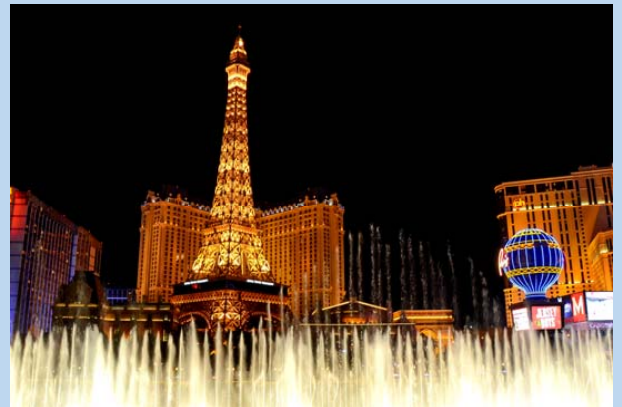
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In the garden...

Well, what a busy August I've had - lots of jobs in and around the garden completed that have been sitting on a list forever.

The shed is now tidy and involved a visit to the tip (how do I manage to collect so much stuff?) Please don't let my daughter answer that question. As is usual, the courgettes, green beans and runner beans have produced a glut of produce at the same time - thank goodness for friends and neighbours is all I can say.

Looking ahead to **September** - perhaps one of my favourite months, I love the misty, dewy mornings and warm sunny days we can so often have, and we see the start of autumn hues appearing in the garden.

The weather conditions are ideal for those of you that wish to lay a new lawn, and in particular sowing from seed (the ground is warm to germinate the seed quickly and there should be minimal need to water). However, whether you sow seed or lay turf preparation is the key:

1. Ensure the area is clear of weeds and debris and with no clods of soil.
2. Rake the soil so that the ground is as level as possible and if you are sowing/turfing up against a path or patio that the soil level is higher, as the soil will settle and make mowing more difficult.
3. Firm the soil by tramping over it evenly with your feet - check and fill any hollows.
4. Lightly rake over the soil to a fine tilth and scatter a general fertilizer.
5. Finally sow your seed - do not be tempted to apply too much seed, if you have a large area to seed divide the area and the seed up and apply as smaller areas
6. If nature fails, water as needed.

Tasks and Tips for September...

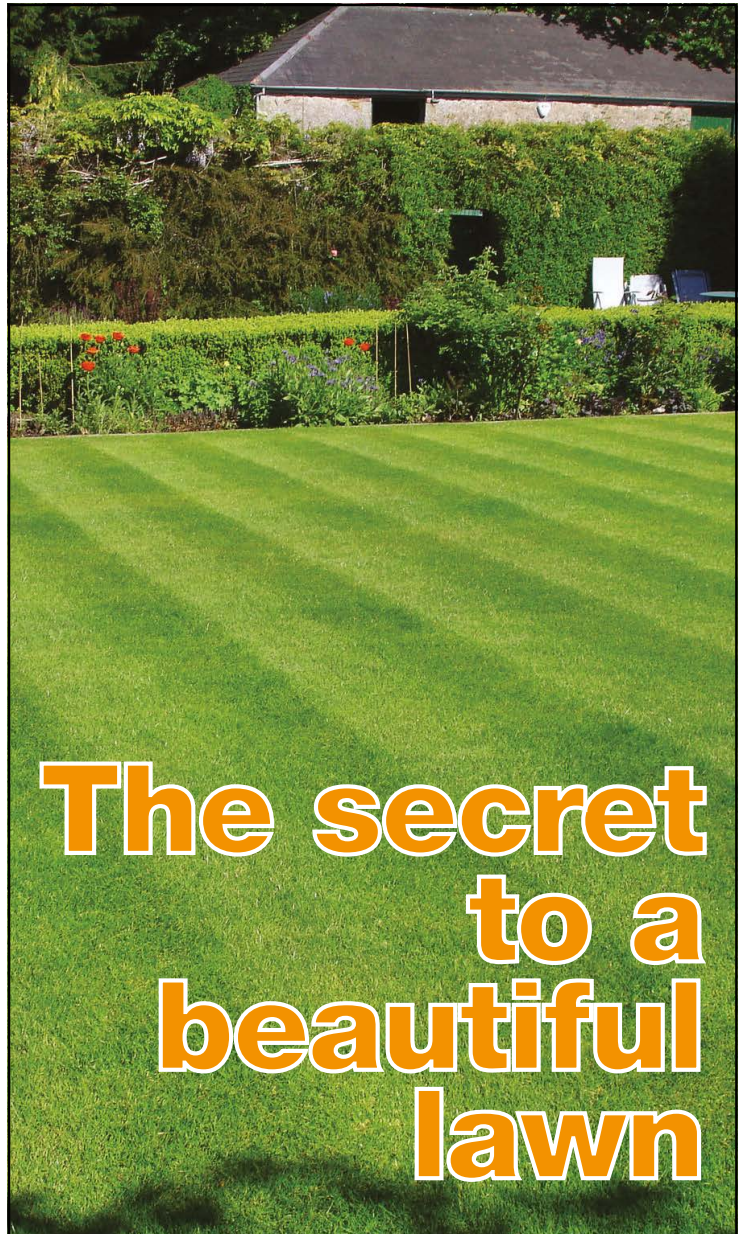
Not a busy month ahead, unless you want to lay a new lawn!

- Buy spring bulbs for next year - I've noticed in my travels they are already starting to be stocked in various establishments, so don't leave buying them too late or you won't have the best choice!
- Plant prepared bulbs for Christmas flowering - Prepared bulbs are simply bulbs that have been put in a cold store and 'duped' into thinking that have had a winter, and when they are planted in the relative warmth in our houses they think it's spring and need to get growing.
- Dead-head roses and trim back tall stems
- Harvest onions
- Rake lawn to remove debris, aerate and apply autumn dressing
- Continue to plant containerised trees and shrubs
- Keep feeding fish in ponds
- Sow new lawns - see above

That's it for this month - October 21st is 'Apple Day' in the UK, so next month's offering could be a bit fruity!

So until then, happy gardening, J.

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Could a Water Softener benefit your skin?

Some of the most enthusiastic endorsements Greens have for our water softeners are from softener owners who have suffered in the past from skin irritation, rashes and eczema.

After installing a softener, they have benefitted hugely from the softened water, which has relieved their symptoms. From their experience, Greens can safely say that people can and do see a massive difference to their quality of life. How can this be? While many do enjoy the taste of hard water, it has a high concentration of minerals such as calcium and magnesium. These minerals are naturally added to the water supply as it's filtered from the ground through layers of limestone and chalk. But these minerals can have a drying effect on the skin; this is why many people believe that hard water is the reason that they have eczema, why it won't go away or why it gets worse.

Another reason that eczema and skin rashes can appear is that households in hard water areas tend to use more soap and detergent when washing clothes and bathing - detergent manufacturers recommend using more product in hard water areas. Some products we know inflame the skin of eczema sufferers and using more can make things worse. Water softeners have an 'ion exchange' system which removes the calcium and magnesium salts from the water, thus completely eliminating the hardness thus needing less soaps and detergents and making rinsing clothes and bedding more effective too. Needing less detergent and removing the minerals is believed to be the reason why eczema, rashes and skin irritations improve.

To test this theory, the University of Nottingham looked at over 7,500 children to see whether hard water had an effect on the condition in children. They found eczema was 44 per cent more common in primary school children living in hard water areas than in those who lived in areas where the water was soft. Similar conclusions were found from studies in Japan in 2002 and Spain in 2006. This is encouraging news! Removing the hardness from the water reduces the incidence of eczema.

Water softeners do much more too! Plumbing and appliances are protected from damaging lime scale; crusty taps and water marks on shower screens and surfaces are eliminated and appliances and heat exchangers last longer and operate more efficiently with fewer repairs and replacements. The biggest luxury of all though, is bathing and showering in beautifully soft water - even the towels are softer!

For friendly, unbiased advice and information, just call Dave Parry at **Greens Water Services, 647 Anlaby Road, Hull HU3 6SX**
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Legal Q's and A's

Every month, Just Beverley invites a local team of legal experts to answer a question to which we don't know the answer.

This month the question concerns leasing arrangements.

Q. We live in a ground floor apartment in a block of four. The ground floor apartments own the front garden, and the upstairs apartments own the rear garden although historically everyone uses both. We have now received a solicitor's letter asking us to remove a small patio we built by our back door.

Coles the Solicitors have provided the following response.

A. The solicitors are primarily concerned for you to acknowledge that you have no right to put a patio on someone else's property. Without this acknowledgement there's a possibility that you could claim to own the area you have paved, or at least claim the right to use it as a patio area forever. You should agree to remove it, although you may wish to see if there are any further complaints before actually dismantling the patio.

If you have a question you need to know the answer to, why not give **Coles the Solicitors** a call?

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Tales from the Racecourse - a peep into the jockey's changing room

It's race day at the racecourse! It's 11am and the jockeys are starting to arrive ready for the afternoon meeting. Most of them have travelled from Malton or Newmarket and they know that preparation is key - they have to hit that declared riding weight of sometimes as low as 8 stones or even less! So it's into the sauna for 2-3 hours before weigh-in.

There are 100 clothes hooks in the changing room, but every jockey has his own hook. When Lester Piggott rode at Beverley, he had peg number 1 and Jo Mercer had peg number 2. Now Jo Fanning has peg 1, Franny Norton number 2 and Danny Tudhope has peg 3.



Around 6 valets work in the changing room, looking after up to 10 jockeys. They ensure the jockeys have their silks, breeches, hard hats, body protectors, boots, girths and saddles. There are washing machines, driers and lots of washing powder available for the valets to get the jockey's breeches clean. They earn about £10 per race per jockey - which can be a considerable amount if they have 10 jockeys each riding in 5 races. But it can be very hard work!

During the day, the trainers bring Colour Bags to the weighing room containing the coloured silks for their jockeys. There's a lot of bags scattered all over the floor, especially in races where there are 30 riders! When the jockeys return after a race, there is often a bit of banter and arguing about the race - what they should or should not have done - and a hard luck story or two.

The jockeys' dietary needs are well catered for. Yuff the cook dishes up plenty of protein in the form of meat, chicken, fish and sausages. There are also chips, sweets, chocolates and drinks - but no alcohol, which is strictly forbidden.



I once asked Lester Piggott what he had had for breakfast; his reply "A lettuce leaf and a black coffee." I wonder where he got his energy from?

Being a jockey can be hard work. After an afternoon's racing there is often an evening meeting which may be quite a long way away. But having worked with jockeys for 15 years, it's an exciting job for sure.



Next month are the last 2 racing days of the season at Beverley. I hope to see you there on the 14th and 20th September.



Don't forget to have a go at Beating the Bookie!

Colin Stamford



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Golf with Stewart Fraser

History was made by Justin Rose winning the 1st Golf Olympic Gold Medal in living memory! The inclusion of golf in the Olympics could well be a huge leap forward in participation worldwide.

And who knows what effect a British Gold Medal could have on the kids who were watching on terrestrial (rather than subscription) television? Worldwide TV viewing figures broke records and the golf drew the some of the biggest crowds of any Olympic event.

The Olympics can leave a lasting legacy. A London 2012 proved with other sports like gymnastics and diving, the success of Team GB caused an increase in participation and suddenly we went from rock bottom to world leaders in their sport.

This is now the perfect moment for golf to capitalise on the great publicity golf has received and guarantee GB's place at the top of the sport for years to come. To do this golf has to be more accessible to all by moving with the times. Over the years it has been held back by dress codes and rules and been presumed to be less affordable than a lot of other sports available to kids.

All you need to be able to play football is two trees as goal posts and a ball! There are many real football pitches all over the place,

with surfaces ranging from grass to astroturf that kids can use for free, too. Our job now has to be to make golf this accessible for millions of children worldwide if the game is to grow.

We have recently reduced the membership fee for children at Beverley Golf Club to £20, which includes a free coaching session once a week. We have relaxed dress codes so that kids feel more comfortable coming to play the game - and we are lucky to have members that are very supportive of the superstars of the future, doing what they can to encourage them.

Old sets of clubs and golf balls are often donated to the juniors for them to use to get them started. These little gestures can mean a lot to kids that don't have these things and go a long way to starting a new, young golfer on their path to an enjoyable life in the sport.

Who knows... you may be watching one of our juniors on TV in the future!



For the body you deserve

Each month, Sarah Evans, Health and Fitness Director at Gymophobics in Beverley shares her secrets on diet, health and figure improvement with our readers.

Did you know that dieting can make you fat? If you don't eat enough calories you can send your body into a kind of 'hibernation' when your body burns fewer calories to cope with your reduced food intake.

Then when you start eating more calories, you put on weight really quickly. Also, although dieting can help you become lighter, no diet can 'target' problem areas, so dieting won't necessarily give you the figure you want.

Last month, I described how just doing cardio exercise (jogging, cycling, swimming etc) also won't help you lose weight and achieve the figure you always wanted, as you need to exercise for about four and a half hours to burn just one pound of fat.

So what is the way forward? At Gymophobics we recommend healthy eating (which I will discuss another week) along with our form of isometric exercise called *Resisted Tension*.

Donna Hubbard, Gymophobics' founder spent more than 20 years developing the programme. She was a competitive swimmer

who needed to increase her strength. When her husband suggested trying some isometric exercises, she was amazed at the results - she was stronger and her body was far more 'toned'.

She used the same programme for just 20 minutes every day to lose weight after her daughter was born, too, and soon got the results she was seeking! She has kept the same toned figure now for 20 years. Over the years she has helped thousands of women achieve their goals using this system and she can help you do the same!

Isometric exercise involves pulling in a muscle, holding it in a contracted state for 7 seconds and then relaxing for a few seconds. That's one repetition (rep). Start by performing 12 reps with just a few seconds of rest in between - and then build up the reps. You will tighten, tone and strengthen the muscle and lose weight, too! I'll explain how next month why you lose weight, but until then you will just have to trust me!

Last month I gave you an exercise called The Tummy Tuck. If you have been doing it every day as suggested, you will already be feeling an effect and seeing a flattening out. Keep up the good work by doing Tummy Tucks every day and add in this month's exercise, which is for your bottom.



Gluteal Squeeze

Whilst sitting down, contract one buttock (gluteal muscle) as tightly as you can and hold for seven seconds. Relax. Repeat with the other buttock and relax. Now clench both buttocks simultaneously. This is one rep. Repeat twelve times.

If you would like to comment on any of the points raised above, I would love to hear from you! Email me hull@gymophobics.karoo.co.uk, telephone **01482 864414** or find me in Gymophobics at **24, New Walkergate, Beverley HU17 9EE**.

Chantal and Andrea - Beverley's own Dance Champions

Mark our words! Chantal from Beverley is soon going to be as famous as Kevin from Grimsby if not more so!

That's because she and her dance partner, Andrea Borrelli from Sicily are not only championed by Kevin Clifton's sister, the equally famous Joanne Clifton, but are coached by the world's No 1 Latin-American dancer, Gabriele Goffredo.

Chantal and Andrea have been in Beverley recently, staying at Chantal's parent's Molescroft home, raising their profile locally and seeking sponsorship and funding for their World Championship bid in China later this month, when they will be competing against their own coach!

Chantal and Andrea told **Just Beverley**: "We are so proud to have been selected as one of only two British couples to go through to the World Dance Sport Federation (WDSF) Latin-American Championships. There are 50 countries competing in what is a very technical sport, which demands high fitness levels. We are judged on 5 dances - samba, cha cha, rumba, paso doble and jive - with objective marking. The content and technicality of the dances has been codified to ensure couples are marked fairly without subjective artistic merit coming into it. This means lots of practice and training to get it spot on!"

The couple train at the world-famous Team Diabolo Academy in Molinella near Bologna in Italy, which is where Joanne Clifton trained, although her speciality was 'Standard' dances (waltz, tango, Viennese waltz, foxtrot and quickstep). It was Joanne who encouraged Chantal to go TO Team Diabolo - and that is where she met Andrea, on his birthday, November 11th, in 2011. As Chantal's lucky number is 11, this partnership was clearly meant to be! At the time, Andrea spoke very little English, but he was very keen to get to know Chantal better.

Chantal admits his English is better than her Italian, although she is learning the language. As Chantal said: "Although we train mostly as an individual couple with practice, coaching and gym training, the Academy offers classes with other dancers on theory, dance performance, psychology and teaching skills which are delivered in Italian. Although there is always someone who can translate, it's better to know the language first-hand. Plus, it's great to be able to speak with Andrea in his native tongue."



The WDSF is a member of the International Olympic Committee which is aiming at including dance sport in the Olympics within 8 years. If included in the 2020 Olympics we could be cheering Chantal and Andrea on as members of Team GB!

But to achieve their ambitions of becoming the world No 1 Latin-American dancers, they are in need of monetary support. Their competition clothes and shoes are sponsored, but they have to fund their own training, travel, visas and competition entries.

There have many opportunities for sponsors to display their logos on their kit, bags and website and they would be delighted to speak to anyone who could help them as they travel all over the world gaining ranking points to achieve their goal.

Chantal is most grateful for the support they have already had and continue to enjoy from East Riding of Yorkshire Council, which means they can train when in East Yorkshire.

Chantal and Andrea are keen to display their talents and skills to the public and are looking for bookings for shows and demonstrations when they are in the UK over Christmas and the New Year. If you would like this dynamic couple to appear in your venue in the near future, do get in touch!

Meanwhile they would ask potential sponsors to contact them at chantalgreen@msn.com or via Chantal's Mum, Joanna at joannagreen@jgreen1.karoo.co.uk. Individual donations are also very welcome on their Just Giving page <https://crowdfunding.justgiving.com/joanna-green-2>. Just remember you heard it from us - Chantal from Beverley is destined to be as famous as Kevin from Grimsby! And you never know, one day Chantal and Andrea could be on Strictly Come Dancing, too!



Charity Champions

Just Beverley loves to celebrate good news! We know there are many un-sung heroes in Beverley who do so much to help others, so here's your chance to let us know about your efforts.

Email info@justbeverley.co.uk or call 01482 679947.

Lynne Auton of Stipendia graces our front cover this week. Here she is with her staff handing over a cheque to local Beverley charity Go Kids Go.

The money was raised through sponsorship for the Stipendia team running Beverley Athletic Club's Beverley 10k in May.

Lynne told **Just Beverley**: "As a company we wanted to help this charity which helps disabled children integrate with able-bodied children and helps able-bodied children understand the challenges disabled-bodied children can face.

"Running incentivised us to do something for someone else and also helped developed our team-working. Go Kids Go encourages team-working, too, so we like the idea that their objectives are similar to ours.

"We also sponsor Motorvation, which provides friendly wheel-chair accessible transport to Hull and East Riding and as members of the Beverley and District Chamber of Trade sponsor Beverley Community Lift.

"Being able to put something back is important to Stipendia and these charities help so many people.

"We would like to thank our sponsors for supporting us in our aims."



Norwood Church Music Marathon raised £1040 in just 4 hours!

Cheques for £260 each have been presented to Beverley Against Poverty, Beverley Community Lift, East Riding Food Bank and Open Doors.



WESTWOOD by John Fewings



Fuzzy-felt moon

Stitched against a purple sky,

Lacquered black tower

Guarding sleepy pasture.

Cattlemen and traders,

Vagabonds and Flemish sailors,

All have trod these pathways

That wend across the Westwood.

To homes and embered hearths,

To taverns full for market day

Or, wearying their final trek

Along the path beside the Beck

That leads to leather-laden barges

Moored at Grevale haven.

And walking back from Walkington,

Something of their history,

Something of their industry,

Some part of their community

Hugs and close embraces me

As do those Minster towers,

Harbingers of sanctuary

Now lit with electricity

That gleam against a purple sky

And beam a "Welcome home".

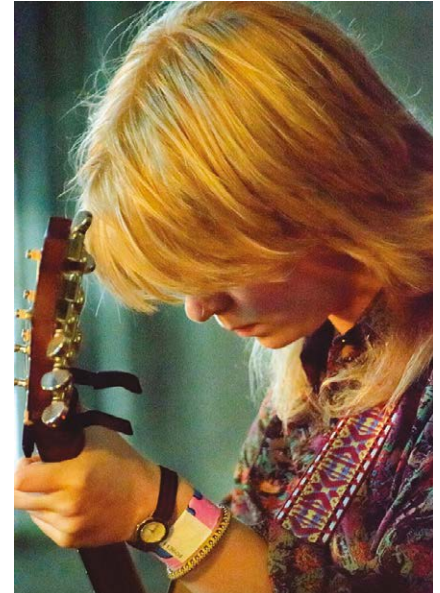
John Fewings is a member of the Argy-Bargy Poets as well as Just Beverley's Poet-in-Residence. Find out more about John on his website www.johnfewings.zone

Progressive Folk Artist, Katie Spencer, inspired by Yorkshire people and Yorkshire countryside - and a future star!

Katie Spencer belies her 19 years. She writes her own, incredibly-mature songs, playing her (self-taught) guitar, sometimes with original tuning and reverb, using her breathy voice as if it's another instrument.

It's no wonder she has been adopted by the John Martyn Group! Katie has just finished recording her first album; the band who accompanied her on the album is made up of musicians who are almost household names - Ted McKenna (drummer from the Rory Gallagher Band) and Foss Paterson (keyboard player with John Martyn and Jethro Tull) - which is why everyone should be sitting up and taking notice of this hugely-talented young lady.

Katie was initially inspired by Dad Mark (who always had a guitar in the house) and The Beatles. She remembers acting out Beatles songs, using clothes in a dressing-up box to become the characters. As she got older, she would pluck the guitar strings as she walked past and related the sound to a Beatles song. This led her to learning to play Beatles songs on the guitar and progress to the songs of people like Bert Jansch and John Renbourn, who she heard at the many festivals Mark and Mum Carol took her to.



Katie told **Just Beverley**:

"I enjoyed the enjoyment of the musicians on the stage and thought what a great idea it was to become a musician! I like to listen to the guitar particularly. Some of the musicians have given me great tips - Hull-based folk-roots artist Tim O'Connor has been a great mentor."

But guitar-style is only part of Katie's performance - her lyrics are some of the most original you will hear. Listening to Katie can be intense; she demands concentration as her word-pictures unfold, capturing emotion, being free and honest as to her subject matter. But that doesn't mean listening to her is hard work! Although she does covers, her reinterpretations can be startling in the passionate delivery, as the song has to mean something to her before she can perform it. If you've not heard Katie, head over to her YouTube channel to listen yourself!



So what of this album? Katie is in the process of making a video to release a few tracks on the album on an EP through Hull-based Warren Records with the intention of the full album release by a bigger label. There is every likelihood of this as her producer is Brian Young of Çava Sound in Glasgow. This is Katie's launch into the world of being a full-time musician - but as she has been nominated in no less than 3 categories in the Yorkshire Gig Guide Grass Roots Awards, chances are, she will soon gain a national and international reputation.

Meanwhile, you can follow Katie on www.katiespencer.net. She is available to play at gigs and parties (email: info@katiespencer.net) and welcomes approaches to get her music heard. She is due to support Martin Stephenson at Kardomah94 in Hull on September 17th, so that might be a date for your diary. And watch out for the release of her EP and album! Photos courtesy: Viceversarobbi Fotografia.

Carfan's British Classic Cars - the MGB GT

The MGB GT was built between 1965 and 1980. This was another good export earner for Great Britain! Many were bought by Americans who fancied a nippy, "typically British" sports car.

The mechanics of the MGB GT were quite simple. Largely carried over from the MGA, but with a larger 1800cc engine, the engine was relatively easy and inexpensive to maintain, with parts easy to obtain. The engine took the car to 60 mph from rest in only 11 seconds, which for its time was most respectable - which meant many a young man hankered after a "B", back in the days!

This was one of the first cars to feature controlled crumple zones for occupant safety, increasing the appeal to the Americans. Originally made with shiny chrome bumpers, the Americans insisted on ugly, plastic bumpers. These later made their way onto UK-bound models. Many British owners were more than happy to swap them back to chrome, although you still see some around with black, plastic bumpers.

The red MGB GT pictured is known by the owner's wife as 'Trigger's MG' because of the long list of parts which have been replaced on it. These include fuel tank and pump - and a conversion kit to enable it to be able to use unleaded petrol, brake discs and calipers, carburetors, alternator, seats and much of the interior. However, the car was produced in 1974 and is now 42 years old, so it isn't really surprising that it has needed a bit of refurbishment! With a total of over 523,00 variants of the GT, Roadster, MGC and V8 produced, there are a wide range of these classic cars available for sale. It could be a relatively inexpensive start for a first-time classic car buyer, although it might be a good idea to move quickly as some owners are asking prices up to £20,000. So if you are considering a purchase, it's a good idea to "B" as nippy as the car!



Carfan is the pseudonym of **Just Beverley's** Classic Car expert. He's a member of the East Yorkshire Thoroughbred Classic Car Club where he shows his Aston Martin DB716 Coupe. Some of you might think you know the true identity of Carfan - but we're saying nothing!

THE GREEN DRAGON

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Evans Halshaw Beverley call on kids to design their dream car

Looking to inspire the next generation of car designers and help entertain kids in the summer holidays, local Vauxhall retailer, Evans Halshaw Beverley, has launched a competition inviting children to design their own car.

The dealership on Swinemoor Lane is welcoming children under the age of 12 to get creative and draw, colour or paint their dream car for the chance to win cinema tickets for a family of six.

Entrants can submit their designs to the retailer in person or via post, alongside their name, age and contact details.

The competition will close at the end of September giving children plenty of time to hone their artistic skills.

Dealer Principal, Aron Brown commented: "We design our cars to be family-friendly but I can't wait to see what makes the perfect car in the eyes of a child. We want the children to get as creative as possible with this competition. Whether they draw a car with wings, a car that can time travel or even just their favourite Vauxhall model, we want to see if the next budding car designer is among our local children."

Kids have until 30th September 2016 to submit their entry and the winner will be

announced by Evans Halshaw Beverley after 2nd October 2016.

To submit your entry to Evans Halshaw's kids colouring competition, children can hand in their entry personally at the dealership at **Evans Halshaw, Swinemoor Lane, Beverley, HU17 0LJ.**

Alternatively, entrants can post their entries to the same address.

For further details of vehicles in the Vauxhall range and service offers, please go online to www.evanshalshaw.com/vauxhall.



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Evans Halshaw Vauxhall Beverley

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PUZZLE PAGE

The funny things they say... 'olympics'

Sudoku

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

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

Wordsearch

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

With talent shows now a staple of primetime TV, it seems everyone wants their five minutes of fame - and with opportunities for children greater than ever, what are the realities of 'playing the fame game' for youngsters and their parents?

Many weekend drama schools, including The Pauline Quirke Academy here in Beverley, have agencies attached to them that allow students access to professional auditions for stage, film and television. But before you get too excited by thoughts of red carpet premieres and A-list parties, there are a few things to bear in mind.

The first is that joining an agency is not a fast-track to fame and fortune - indeed the agency attached to PQA, Quirky Kidz (QK), makes a point of telling parents and students that if that's their primary motive for joining, they're likely to be disappointed.

"There's a phenomenal amount of competition out there," says James Aconley the Principal of PQA Scarborough, York, Beverley and Hull.

"Getting students through the door just for an audition is difficult enough and when you then consider all the other great kids they'll be up against for a part, the chances of being successful are incredibly slim.

"We encourage all our students to look at this positively and treat auditions as an experience that they should try to enjoy. Brilliant kids lose out on parts all the time - and often it's

something they can't do anything about, like being a bit too tall, or having the wrong colour hair."

So, what can be done to maximise your chances? Getting a good training is essential, so attending a weekend drama school can be the perfect way to hone your skills and pick up some tips that'll give you the edge.



"It's also about playing the long game," says James. "TV talent shows make it all look so quick and easy, but it's really not like that. It takes a lot of hard work, making yourself the best you can be, accepting the knock backs and learning from them. I've known young actors who have struggled for years to get a part and then eventually their time comes along. It can happen, but it'll almost certainly take time."

It's also advisable to be realistic when it comes to the money too. With the exception of one or two children who end up as leads in major

feature films, most children can expect to earn between £50-£200 for a job - not bad for pocket money, but a long way from buying your first yacht.

Despite the odds being stacked against you, QK have plenty of success stories to boast about.

The BBC's hit drama *Peaky Blinders* features Alfie Evans-Meese from PQA Wolverhampton and other students have appeared in *Casualty*, *EastEnders*, *Doctors* and *Les Miserables*, as well as countless pop videos for groups including One Direction.

QK clients have also had success on the stage, including two students who are in *Charlie and the Chocolate Factory* in the West End, and there has been a stream of clients who have won parts in commercials.

It seems if you're realistic, adopt a healthy approach and work hard, then the opportunities are there for the taking.

The Pauline Quirke Academy of Performing Arts, Beverley Grammar School, Queensgate, Beverley, East Riding of Yorkshire, HU17 8NF

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Principal: James Aconley.

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enquiries@pqacademy.com

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What's On IN BEVERLEY

Saturday 23rd July - Saturday 10th September

• **Treasure House Children's Trail**

Treasure House, Beverley. Free. Pop in during the holidays, ask for a trail sheet at the Museum reception on the first floor and take part in the trail to explore the treasures in the building. Prize draw!

Friday 19th August - Monday 29th August

• **The StorytEllas by Jessica Duffield and Annie Kirkman**

East Riding Theatre presents She Productions musical and comedy production about 3 little girls who are plunged into the pages of your favourite fairy tales. 11am* and 2pm. £28/£20/£9/£8.

www.eastridingtheatre.co.uk 01482 874050.

*August 19/20/21/26/27/28/29 only.



Saturday 27th August

• **Totepool Beverley Bullet Racing day and Charles Owen Pony Racing**

Beverley Racecourse. Various prices. Gates open 11.30am. The most prestigious racing day of the year. www.beverley-racecourse.co.uk

• **Beverley Bolt**

Flemingate. 12.30, 1.30 and 2.30pm. Free entry. Emulate the world's favourite sprinter, Usain Bolt by racing between Poundland and Deli No 1 at distances suitable for different children's age-groups. Entry forms available on the day. Runners must wear suitable footwear. Runners will be timed with winners announced! Enjoy barbecue food at Deli No 1 as Flemingate relives the spirit of Rio. Meet The Bear from Masha and the Bear at The Entertainer, too.

• **Folk in the Field**

Shiptonhorpe. £10/£5. Gates open 5pm, bands 6-11pm. Edwina Hayes, Nick Rooke band, Beggar's Bridge, Jack Patchett, The Heritage

Band. Bar. Bring a picnic.

Sunday 28th August

• **A Sunday Hop with live music, fairground and beer**

Beverley Racecourse. Various prices. Gates open between 10.30 and 11.30am.

www.beverley-racecourse.co.uk

• **Beverley Bolt**

Flemingate. 12.30, 1.30 and 2.30pm. Emulate the world's favourite sprinter, Usain Bolt by racing between Poundland and Deli No 1 at distances suitable for different children's age-groups. Entry forms available on the day. Suitable footwear must be worn. Runners will be timed and winners announced from the two days' racing. Flemingate relives the spirit of Rio. Free!

Monday 29th August

• **Bank Holiday Organ Recital**

Beverley Minster. 6pm. £6 on the door. Recital by John Scott Whiteley.

Wednesday 31st August - Friday 2nd September

• **Discoverer's Holiday Club**

Latimer Church Hall, Grovehill Road, Beverley. 9.30am - 1.00pm. For children from reception age to year 6. Music, bible stories and crafts. Lunch provided.

Friday 2nd September

• **Ruby and the Vinyl by John Godber and Elizabeth Godber, music by Ruby Macintosh**
East Riding Theatre Bar. 7.30pm. £8. A delightful and charming musical play returning from the Edinburgh Festival.

Sunday 4th September

• **Giggles**

Parkway Cinema, Beverley. £9/£8 in advance, £11/£10 on the door. Doors 7.30pm for 8pm start. An evening of live comedy variety with host Jed Salisbury.

Monday 5th September

• **The Hillbilly Troupe at The Processed Pea**
The Light Dragoon, Etton. 8pm £9. Help The 'Pea' celebrate its 47th birthday!

Tuesday 6th September

• **From Sewerby to the Somme**

Education Room, Treasure House, Beverley. 6.30pm. £5. Talk by Robert Chester about John Howson Graham, Butler of Sewerby Hall and his war record at the Somme.

Thursday 8th September

• **Beverley Film Society - Populaire (2012) Cert 12A. Comedy/Romance (France)**
Parkway Cinema, Flemingate, Beverley. 7.30pm. £3/£6.50. Membership available at £15 for the whole season.

Saturday 10th September

• **Heritage Open Day**

Email: info@justbeverley.co.uk

Telephone: **01482 679947**

For more events visit:
justbeverley.co.uk/events



East Riding Archives, Treasure House, Beverley. 9am-4pm. Discover a fascinating display of stories from our history; enjoy a behind-the-scenes tour of the Archives; join in with the children's activities (children must be accompanied by an adult). Free.

• **The Brookfield Wake - Murder Mystery**

ERT Bar. £25 to include 3 course meal. 7.30pm. Dress-code: anything suitable for a wake. You are invited to the party after the funeral of Lady Daisy Brookfield, who has died in a dreadful accident. The police are baffled. More than one partygoer has murder in mind - and not all will leave the wake alive. Can you solve this mystery of murders?

Sunday 11th September

• **Jacqui Dankworth and Friends - 'Shakespeare and all That Jazz'**

East Riding Theatre. 7.30pm. £18-£21. As this is the 400th anniversary of Shakespeare's death, Jacqui visits the musical settings of his poetry composed by her late father, John. www.eastridingtheatre.co.uk

Monday 12th - Monday 19th September

• **ERT Presents 'As We Forgive Them'**

East Riding Theatre. 8pm. £12-£13. November 2008: The US elections herald a new era of change and optimism. Directed by Andrew Pearson. www.eastridingtheatre.co.uk

Wednesday 14th September

• **Afternoon Racing**

Beverley Racecourse. Various prices. Gates open 12noon. www.beverley-racecourse.co.uk

Saturday 15th September

• **Beverley Connection**

The Hall, Beverley. Courtesy Wilkin and Chapman. 6pm. £5. Booking essential - julian.minshall@indicoll.co.uk

• **Humberside Police Band Concert**
Toll Gavel United Church. 7pm. Free. All welcome.

Saturday 17th September

• **Introducing Mary Elizabeth Braddon**
Treasure House, Beverley. 10am-12noon. Free. An introduction to the writer of 'Lady Audley's Secret' along with short readings in the Education Room.

Saturday 17th September - Saturday 12th November

• **Exhibition - Theatre, Crime and Sensation: Mary Elizabeth Braddon in Yorkshire**
Treasure House First Floor Exhibition Space, Beverley. Free. This 19th century theatrical and literary 'celebrity' shocked Victorians with both her writing and personal life. Her writing career was launched when she moved to Beverley, where she lived, unmarried, with her publisher!

Saturday 17th September - Saturday 12th November

• **Exhibition - The Prints of Wilhelmina Barns-Graham**
Beverley Art Gallery. Free. The exhibition explores Wilhelmina's different way of working as a printmaker from her first linocuts to the screenprints she produced at the age of 86.

Sunday 18th September

• **Play Writing with Jane Thornton**
East Riding Theatre. 10am-4pm. £25. Bafta award-winning playwright Jane Thornton helps you get that play you have always wanted to write down on paper, ready for the stage. www.eastridingtheatre.co.uk

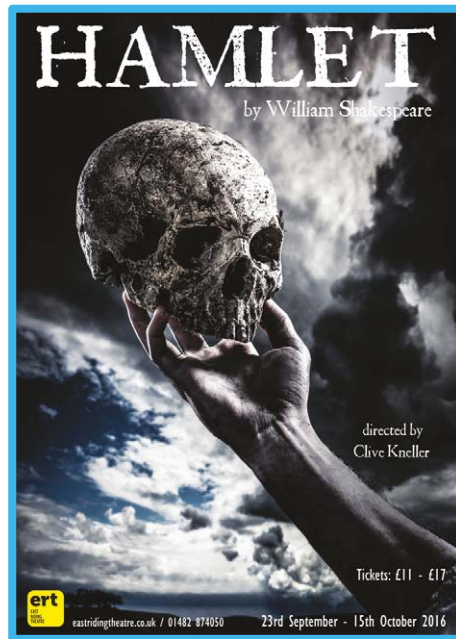
Tuesday 20th September

• **Season Closer**
Beverley Racecourse. Various prices. Gates open

12noon. www.beverley-racecourse.co.uk

Friday 23rd September - Saturday 15th October

• **ERT Presents 'Hamlet' by William Shakespeare**
East Riding Theatre. 7.30pm plus matinees. £15.50-£17. Shakespeare's seminal play directed by Clive Kneller. www.eastridingtheatre.co.uk



Friday 23rd September

• **Beverly Folk and Roots present Paula Ryan with support from Sarah Dean**
Norwood Methodist Church, Beverley. Doors open 7pm. £6. Music for the heart and soul. International singer-songwriter Paula Ryan has a new album 'Let me Fly' which demonstrates why she is one of the most engaging performers in

the Folk and Celtic music traditions. In support is harpist and vocalist Sarah Dean is known affectionately as 'The Incredible String Blonde'. More information from 01482 864979.

Sunday 25th September

• **Bishop Burton College Canter**
Equine exercise track at Bishop Burton College. 10am for 3-mile route - £3.50; 11am for 7-mile route - £10 + £2 for unaffiliated runners. Online entry only by 14th September: www.sportsentrysolutions.com/allraces.php

Tuesday 27th September

• **Creative Writing with Sue Wilsea - Script Writing**
East Riding Theatre. 10.30am - 12.30pm. £60. Start of a 6-week course suitable for complete beginners and those with some writing experience.

Wednesday 28th September

• **Creative Writing with Sue Wilsea - Poetry**
East Riding Theatre. 10.30am - 12.30pm. £60. Start of a 6-week course suitable for complete beginners and those with some writing experience.

• **Creative Writing with Sue Wilsea - Short Story**

East Riding Theatre. 1.30pm - 3.30pm. £60. Start of a 6-week course suitable for complete beginners and those with some writing experience.

• **Beverley and District Chamber of Trade**

East Riding College. 6pm. All businesses welcome. £50/annum membership fee. www.beverleychamberoftrade.co.uk



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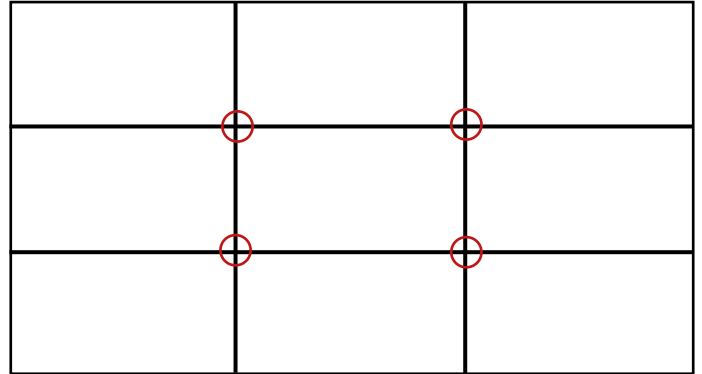
Composition tips for better photos

1. Fill The Frame / Cropping

If you are shooting a subject with busy backgrounds/surroundings, try and crop in tight around your main point of focus, eliminating the background so all attention falls on your main subject. Another way of dealing with this is to use a large small F-Stop like f2.8 to create a blurry background. This works particularly well with portraits when you're trying to capture something more intimate and focused or are shooting in a busy location where what's around them would just cause a distraction.

2. Understand The Rule Of Thirds

The most basic of all photography rules is about dividing your shot into nine equal sections by a set of vertical and horizontal lines (see below) With some camera models you may have the option to see this grid in the view finder. Place the most important element in your shot on one of the lines or where the lines meet. It's a technique that works well for landscapes as you can position the horizon on one of the horizontal lines that sit in the lower and upper part of the photograph.



3. Create Depth

Having a foreground element, as well as middle and background details will add depth to your image. Compositional elements that compliment each other for example: a beach and sky or lake with mountains in the background work really well.

Competition Winners



Louise Barrett won the Mini Tank Adventure.

Her son saw the competition in Just Beverley and couldn't get his mum to enter it quick enough!

Both had a fantastic time exploring the terrain in the mini tanks.



John Ward, who is an avid film buff, was delighted to have won the Suicide Squad competition. John keeps up to date via the Just Beverley website and looks forward to all the local news and events.

The four runners-up were Sian Grewcock, Dawn Page, Talisha Hall and Amanada Clarke.

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