

just

ISSUE 63

BEVERLEY

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People with weak immune systems are more likely to catch coronavirus (COVID-19), and more likely to suffer life-threatening complications if they become ill with it.

Because of this we are self-isolating and/or practicing social distancing as a preventative measure.

STOP

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UNITED IN TIMES OF NEED

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

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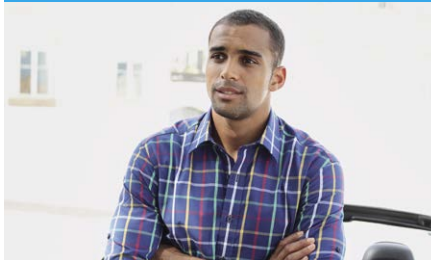
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PLEASE SEE WEBSITE FOR COMPETITION

Contributors: Julian Minshall, Lara Blythe, Rich Manville, Carfan, Jane Dale, Veronica Farrar, Rich Hayes, Ed Hawkes, Jackie Heffer, Lauren Middleton, Colin Raynor, Ian Richardson, Sam Walton, Nathan Wilson, Sam Young.

REMEMBER!

If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. POLICE - Emergency 999, Non-urgent 101.

ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.

You can pick up the magazine from:

Flemingate, Tesco, Morrisons, Beverley News, Mace News Saturday Market, Co-op Food Lincoln Way.



Please pass your Just Beverley on or recycle it responsibly.
Printed by: Jadan Press.

LETTER FROM THE EDITORS



Spring has sprung and nobody expected us to be facing what we now have in front of us. As you may imagine these are going to be difficult times ahead for everyone, and it is at times like these that we all need to pull together, to work together, and to be there for each other.

So, accordingly our front cover and feature article is testimony to how Beverley can pull together and help each other. Read 'Beverley COVID-19 Mutual Aid' and get involved as much as you can. Who knows? You may need assistance yourself.

Just Beverley promotes positive news and attitudes and with that in mind, we can and will get through this and keep smiling. Send in your stories - I am sure you will have some good news! We look forward to a longer brighter future head. Stay safe and healthy, and follow the guidelines. **Julian.**



Spring is here! Brighter, warmer days are with us, with plenty more on the horizon. Trees are well into bud and birds have already started building their nests. Spring is a wonderful time to be outdoors, even if it's just getting some fresh air in your own garden!

It's a challenging time for all of us, and adhering to Government advice may seem like a tall order, but in the long run it is for everyone's benefit. Keeping our spirits up and maintaining a positive mindset will be important over the coming weeks and months for our own benefit as well as that of the wider community. Check in on your neighbour, call that friend and stay well! **Lara.**

Competition Terms and Conditions

Competition answers should be emailed to competition@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. Photographs are usually taken the weekend after the prize-winners have been notified. 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**.



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

FROM THE LADIES CAPTAIN AT BEVERLEY & EAST RIDING GOLF CLUB

Despite the recent stormy weather, Beverley Golf Club has been open for business and the Men's Captain (Carl Sheppard) and Ladies' Captain (Veronica Farrar) have now been voted in for 2020.

The arrival of Storm Dennis meant that the Men's Captain's Drive-in, a traditional ceremony marking the start of our captaincy at the club, had to be postponed until Sunday, March 29th when, for the first time, the Ladies Captain, the EGGS Captain (Elderly Gentlemen's Golf Society) and a representative from the junior section were invited to take part.

The Ladies Section Drive-in was similarly curtailed by foul weather but nevertheless celebrations began with a welcome glass of mulled wine and a lunchtime meal, all provided

by the Marne Restaurant based at Beverley Clubhouse.

The first week in March saw the ladies play their first 18 hole competition of 2020 and the winners, Liz Hodgson and Liz Barnett will have an opportunity to go through to the next round of the regional Daily Mail Foursomes. It was a close encounter with Sue Marginson and Kathleen Hamilton being beaten into second place by just half a point.

A notable success was recorded by the new partnership of Kerry Grubb-Moore and Diane Moore who came eighth at the Hull & East Riding Alliance match played at Hornsea Golf Club. On Sunday 26th April, Beverley Golf Club is holding a "GET INTO GOLF" day between 12noon and 4pm. It's a great opportunity to get



fitter and enjoy the wonderful Westwood at the same time. You can enjoy a cup of coffee in friendly company, pick up a few tips from the golf professional staff and just have a go! You don't need any equipment because everything is provided FREE of charge.

And finally, a short note detailing the Club's response to the Coronavirus pandemic.

For more details contact the Beverley and East Riding Golf Club on **01482 868757 (Option 2)**.

BEVERLEY SHOPWATCH: BUILDING A STRONGER COMMUNITY, TOGETHER

Beverley has an optimistic community spirit with a large number of individuals, groups and organisations that work together to build a better town.

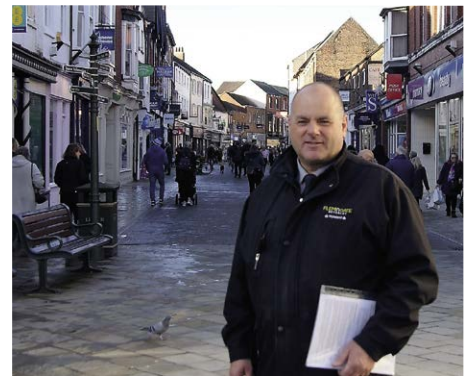
Given current circumstances, it is those team working skills and the collective mindset that will help us maintain strong links, and help to support each other through challenging times.

When it comes to the highstreet, vigilance is key. If you see anything suspicious whilst you're out and about report it, whether it be in your local area or further afield.

Keeping the heart of Beverley clean and healthy, and ensuring it is a pleasant environment to spend time in will help to ensure the highstreet remains bouyant.

Keep in touch with your neighbours too and those who live nearby. Difficult times call for difficult measure, but as a community we can get through the storm.

For more information contact Shaun Dart on **sd@wykeland.co.uk** or **07703 320165**.



CORONAVIRUS GUIDELINES

As we go to press, the situation surrounding the Coronavirus Pandemic is changing rapidly. To reduce the spread of the virus and to lessen its impact on the nation's health, new guidelines have been released by the government.

Self-isolation

If you or any member of your household presents with either of these symptoms:

- a new continuous cough
- a high temperature

then the whole household must self-isolate for 14 days (if you live alone this reduces to 7 days) starting from the day the household member become unwell.

Do not visit your doctor, the hospital or the pharmacy. Stay away from vulnerable people living with you, or if possible move them out of your home for the 14 days of isolation. Take time to think what you may need in the fortnight ahead and make sure you are able to self-isolate for the duration. Ask family, friends and your employer to provide those things you may need. For more information see: **www.gov.uk/government/publications/covid-19-stay-at-home-guidance**

Stop the spread

To slow the spread of Coronavirus there are steps we can all take, especially those who are more vulnerable. Practising good hand hygiene, catching a cough or sneeze with a tissue and putting the tissue in the bin straight away, and avoiding social situations are just some. For the complete list of what we can all do to collectively stop the spread see: **www.nhs.uk/conditions/coronavirus-covid-19**

For further guidance on coping with the increased social distance we are being asked to maintain from others see this link: **www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults**

This month's features focusses on 'Beverley COVID-19 mutual aid', a group set up to support our community through volunteers.

The mutual aid group aims to help those who are isolated or unable to get out during the coming weeks and months.

To read more about how you can get involved or benefit from the group, please see the article 'United in Times of Need.'

THANK YOU FROM THE EDITORS

We would like to thank you for your continued support, for your contributions and for the positive, upbeat attitude that Beverley does so well.

By pulling together and drawing on that community drive we can

support each other and be the stronger for it. Keep well, follow the government guidelines, and reach out to others if you need to.

With thanks,
Julian and Lara.

SILVER MEDAL FOR AMATEUR WEIGHTLIFTER LYNNE!

Although Lynne Auton is perhaps better known in her common guise as a Payroll Solutions expert, hearty congratulations are in order for her astounding achievement at the recent British Masters Olympic Weightlifting Championships.

The competition was held in Lilleshall, a centre near Telford known for sporting events.

From the group of 10 competitors in her age category, Lynne won silver and what's more, she attained two personal bests!

Olympic Lifting involves two lifting techniques - the Snatch, in which she lifted 44kg, and the

Clean and Jerk where her three successful lifts included a personal best of 56kg!

Lynne's total weight reached 100kg - another personal best!

Lynne is continuing to set her sights high: along with her coach Sam and fellow training partner Carol, Lynne is attending the European Masters competition in the Netherlands from the 22nd May.

We wish the full team all the very best with their training over the coming weeks and hope that there's another PB on the cards for Lynne!



WARM AND COSY - TOMORROW'S YOUTH DELIVER HOMEMADE BLANKETS TO LOCAL RESIDENTIAL HOME

Each week on a Wednesday afternoon at 2.15pm, members of "Tomorrows Youth" meet in the Molescroft Pavilion where a range of activities e.g. Kurling, Boccia, various board games, table tennis, crafting, keep fit and Tai Chi to name but a few are enjoyed.

Last Autumn one of our ladies declared an interest in knitting, and so the group decided to knit lengths of coloured squares which could be sewn together to make knee blankets. This was an extremely successful and rewarding task, especially when we saw the finished products, all neatly edged with a crochet border.

This then posed the question of who should receive the blankets. After much consideration it was decided that four of the members, Val, Irene, Gillian and Cllr Jackie Heffer, would take them along to Walkergate House Residential Home in New Walkergate, Beverley, where they were greatly appreciated by both staff and patients.

If you are interested in joining "Tomorrows Youth" please come along and try it. Most members are retired but young at heart and are only too pleased to welcome a new face!



THE BEVERLEY EYE INSPIRING 2020 VISION!

With the new development south of Beverley coming along at a pace and houses now being built either side of the Beverley to Hull railway line, local town Councillors have put forward plans for a fabulous new venture.

Taking inspiration from the iconic London Eye, plans have been submitted to East Riding of Yorkshire Council to have a 'Beverley Eye' built as the town looks to the future with 2020 vision.

The proposed Eye will be sited pride of place in southern Beverley on the new development as part of the Park and Ride Centre. It is hoped the structure will generate more tourism and

provide a bird's eye view of the area to visitors either before or after they have seen our beautiful town. Local Mayor and Councillor Duncan Jack said "This could be a real scoop for Beverley! We never saw this coming."

The Beverley Eye will be a big part of Beverley's '2020 Vision for the Future' and similar to other monuments like the Angel of the North, will be a symbol of times to come. The central 'eye' to the wheel will be constructed and erected in such a fashion that it will act as a giant sundial; a centrepiece that will signify both the past and the future in one elaborate engineering structure.



Beverley "Keeping an eye on the future and in time with the past".

A MESSAGE FROM PARKWAY CINEMA

Dear friends, family and loyal customers,

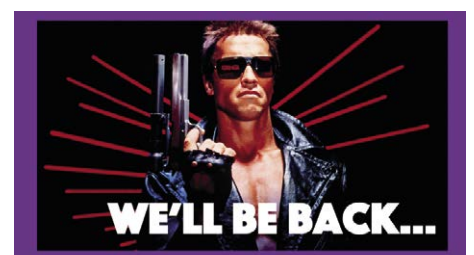
We're sorry to say that we'll be closed for a while. The wellbeing of our staff, visitors and families is our top priority, and in light of Government advice, it is not possible for us to remain open to the public.

If you have a ticket booked for any future films or shows we will, of course, be offering full refunds. You can contact us at beverley.refunds@parkwaycinemas.co.uk and we'll

help you as quickly as we can. We are proud to support our local community, and as soon as the time is right, we look forward to opening our doors to you all again.

Thank you for your understanding, your support and your patience during this unprecedented time.

And our very best wishes to everyone. We'll be back...



UNITED IN TIMES OF NEED



A new mutual aid group has quickly formed in response to the situation surrounding the virus COVID-19. Local Parish Councillor Jackie Heffer and Annie Kirkman of She Productions at ERT, both of whom are heavily involved in the community have joined forces to create 'Beverley COVID-19 Mutual Aid.'

Jackie, one of the founders of the East Yorkshire Foodbank, Chair of the East Riding Neighbourhood Watch, and one of the instigators of the Cherry Tree Centre Stroke Club, is not shy when it comes to work in the community. In times of need people come together, and the current situation is no exception.

With many people going into self-isolation either alone or together with their household, there are a large number of the community who will need the help and support of those around them.

Beverley COVID-19 Mutual Aid will provide just that - help and support for others by uniting those people who wish to lend a hand. For those not able to get out, who are feeling alone and isolated, there will be volunteers available to make deliveries of food, medicines, or to be there just for a chat.

The group is not offering medical advice or assistance. If you feel unwell you should follow Government and NHS guidelines. If you feel you are unable to cope with the virus at home call 111.

To take part all you need to do is to complete a form. Several WhatsApp groups are available for small areas to deliver information leaflets, and in the current circumstances Spinks Chemist are offering free deliveries.

A DBS will also be required if the voluntary role involves caring for the elderly or any childcare.

Those that do volunteer are obviously still at risk, and as would be expected, those volunteers that do become unwell will be able to get assistance from the group themselves.

If you need assistance yourself, contact the group giving them your telephone number or email address telling them what assistance you need whether it's something as simple as putting the bins out to walking the dog or food shopping.



Various community groups and organisations have come together including Age UK, Community Lift, GP Surgeries and the East Yorkshire Food Bank; all 'go to' groups that support the local population.

Beverley COVID-19 Mutual Aid is maintaining a positive attitude and keeping smiling whilst being prepared for the weeks ahead.

It is a fabulous community response to unprecedented circumstances, that hopes to provide an additional layer of support to those who require it using the resources available to the community.

For more information on volunteering or requesting assistance contact the group by email on beverley.COVID19.mutualaid@gmail.com find them on Facebook at **Beverley COVID-19 mutual aid** or contact Jackie Heffer on **07715 962108**.



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making new memories

PETS' BEST FRIEND BY LAUREN MIDDLETON

Hello and Happy Easter! It's been a very busy few months after Christmas which is great as I get to spend time with my gorgeous animals!

It's becoming the norm to own a dog now and I think it is extremely important that owners are 'on the ball' and responsible in how they raise their dogs and meet their needs properly.

Many dogs are rescues - of which I'm a big supporter! The known history of many of these dogs is limited and so, by being responsible and aware of what you are taking on when you save these dogs, you can enjoy new experiences safely together.

There are many dogs around with behavioural issues - not only the rescue dogs! Each and every dog can be accounted for and it is the responsibility of the pack leader to understand and train them properly.

It has been said that most dogs are naturally balanced, and if they lived naturally in a pack they would be in a state of peace and fulfilment, however, due to our interest in keeping dogs, we have humanised them by giving them what we think they need. These decisions though, are based on what humans need not on what canines



need. Street dogs are also said to be very balanced due to the exposure of their natural environment with many never using a collar and lead. It is because of this freedom, and not being over fed, that they exhibit a calm nature.

A few of my clients have dogs which have a tendency to show aggression and in these cases I use the secure dog walking fields in Molescroft and Walkington to ensure they have essential exercise and burn off their

daily energy dose. This does not solve the problem though as rehabilitation usually is necessary to address and act upon these behaviours. I advise anyone in this situation to deal with it quickly and professionally for the benefit and comfort of their dog.

The Yellow Dog is an international Swedish campaign, now supported in the UK by our own ambassadors to create awareness for dogs that need space and to promote good responsible dog ownership. The campaign name comes from the yellow marker displayed on the dog, which may be shown as a bandana, ribbon or vest. When you see this on a dog it is giving a warning that they need space, either by restraining your dog with a lead or keeping a good distance. The reason for the warning could be:

- Health issues
- A rescue dog / in rehabilitation / in training
- Dog has had a bad experience
- Bitch in heat
- Older / arthritic dog
- Nervous or shy dog

It is important that dogs are socialised from as young as possible to encourage natural pack behaviour giving a balanced, fulfilled lifestyle.

Thank you from PBF!



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BROOK TAVERNER BEVERLEY: NOW BOASTING OVER 1,000 SHIRTS ON SITE!

Did you know... Brook Taverner Beverley holds approximately 1,000 individual shirts in its location at 35 Toll Gavel on Beverley High Street. There are currently over 200 styles of shirts available in a variety of fits, patterns, weaves and lengths. Each of these 200 shirts are either available in size Small all the way to XXXL, or in collar sizes from a 15" to a 20" neck with half inch increments offered to ensure a comfortable fit for all shapes and sizes.

Ranging from traditional to contemporary with everything in between, a large amount of these shirts have been designed, tweaked and improved over dozens of years.



Our traditional Poplin, Twill and Herringbone shirts are a perfect example of those that have been meticulously designed to stand the test of time and look to continue setting the high standard of being the country-wide epitome of style. Whilst these are available in store all year round, you will also find a constant rotation of shirts dependent on the time of year, current trends, and individual demand.



Our seasonal collections are designed with the current trends inspected, analysed and acted on, with each design created with the unique Brook Taverner 'touch' that have made us a household name for shirts up and down the country. Our design team also draw inspiration from the theme of the season, with our shoreline collection mused from evening strolls along Mediterranean beaches and our floral range based on a host of spring gardens homed up and down the English countryside.

The core base of the current season's collections can be found in strong bold checks as well as building on the success of last year's Seersucker collection (where we now offer more styles and colourways in this particular weave), with striking



colours and stripes now being available in our 100% cotton shirt collection in order to provide comfort and style in designs unable to be found anywhere else. For those looking for something different, Brook Taverner Beverley caters for all. Our latest Transportation range provides that certain something to help stand out from the crowd. With a luxurious 'soft touch' fabric, these shirts are the perfect way to add a touch of fun to any outfit, whilst feeling fantastic against the skin.

As always, the famous 4 for £100 shirt offer continues at Brook Taverner. If you aren't in need of four, you'll be able to purchase individual shirts at £29.95 apiece. We would like to stress that we aren't always capable of displaying every single shirt on our shop floor, so if you don't see your size available please do speak to a member of staff who will readily access our on-site reserves.

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I'VE BEEN THINKING... SAYS COLIN RAYNOR

Despite the fact that we as a country are said to be experiencing a period of austerity, we continue as individuals, to be very generous in our giving.

Figures show that overall in 2017 the people of the United Kingdom gave £10.3 billion to numerous charities.

The truth is that throughout the world people are very generous and although per head of population, not surprisingly, the United States of America gives the most there are some very generous contributions from countries that are considered to be poor by western standards.

Figures can be made to tell all sorts of tales so therefore, whilst they make interesting reading, it is not that aspect of giving that troubles me.

As part of the biennial event known as Sport Relief, group of well known people from the world of media have been in training to cross one of the coldest parts of the world in freezing Mongolia and experience sub zero temperatures of -35°C.

Due to the rapid emergence of Coronavirus and the increasing spread from its origins in China, the decision was taken to switch the event to the Namib desert in south west

Africa where the temperature would instead be 35°C degrees.

In 2018 Sport Relief, (which take places on alternate years to Comic Relief) raised over £38 million for UK charities and other parts of the world. So what troubles me about this event? It's just this.

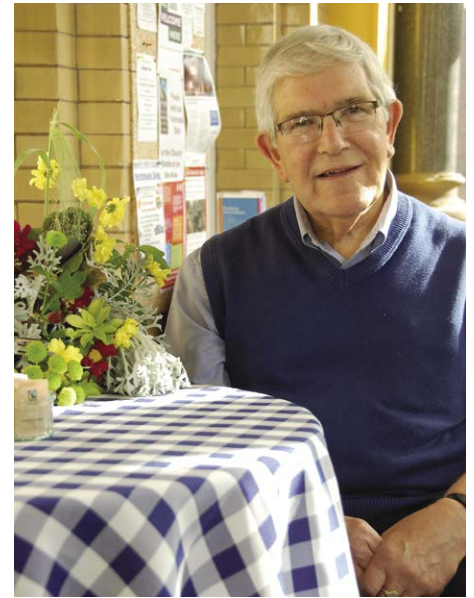
Have we got to a stage in the UK where charities are relying on people engaging in ever more dangerous events in order to ensure the public will respond with increasing amounts of money?

When you read this the walk across that tortuous desert will have taken place and I do sincerely hope that all those involved will have survived without harm of any kind.

I have written above about giving, which I do believe, has become part of our genes. We all want to help our fellow human beings if we are able, and there is no one part of our society that has a monopoly on giving.

The story of the widows mite in the Bible ('she gave all that she had') is echoed time and again I am sure by many people who are themselves far from wealthy.

People choose the charity they wish to support and the amount they can afford to



give. I do wish therefore that charities, who know they can rely on such giving, would cease to ask a person to give more by phone, letter or email.

These are just a couple of thoughts I've recently had, which you may or may not agree with.

Just as long as it gets you thinking as you gaze out on an April day at the Spring flowers and wonder how they have come again, in all their glory, despite the horrendous weather of the early months.



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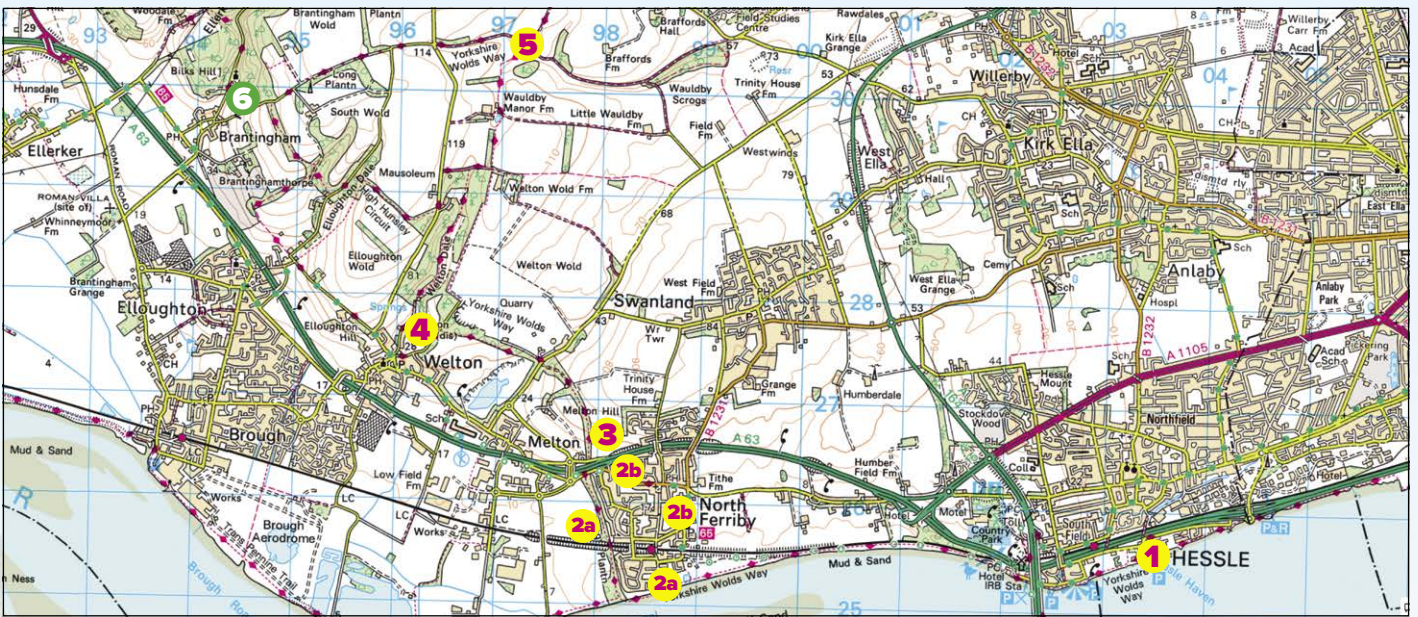






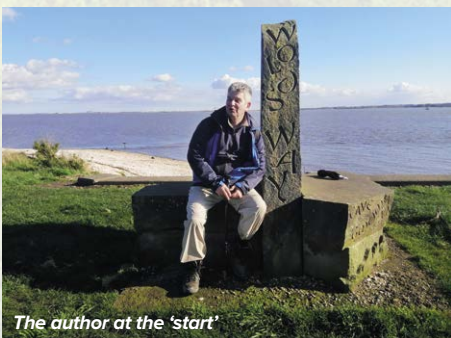



GOING THE DISTANCE - THE



'Of all exercise, walking is the best' - Thomas Jefferson.

1 The first steps are often the most difficult of any journey, sadly they are now when setting out to walk the 79 miles of the Wolds Way. From March 9th it will no longer be possible to walk from the start at Hessele along the Humber to Ferriby. Essential maintenance work on the railway embankment means the path will be closed for months. Luckily, I completed this section on a glorious early spring day. It is now suggested you begin at Ferriby, but you can still walk the first mile from the designated departure point at Hessele Haven, along the estuary, with stunning views of the bridge, to the Country Inn, where you must now turnaround. You pass the striking stone monument to the Way that many see as the real start. Those with cars will find parking plentiful and can then drive to Ferriby Foreshore, there is also an hourly train service from the nearby station at Hessele,



The author at the 'start'

taking just 5 minutes, with the bonus of a marvellous cafe on the other platform when you arrive - *Brief Encounter* awaits!

2 (A&B) At Ferriby the route problems continue, you must choose between a high and low tide route, odd when you are 20 miles from the sea. After ensuring the water levels at tides times, the estuary route is by far the nicer and if you walk a half mile further, you will experience the fascinating Red Cliff, with sands and eroded trees; a hidden Costa del Humber! If the water is high you have to follow the attractive village streets, as shown on the map, up to A63. The low water route heads up the metal steps and through a most pleasant wood, full of wildflowers, including orchids, in summer.



Ferriby Red Cliff

3 Follow the signs over the busy roads. The Way now rises through trees steeply onto the Wold, thankfully soon leaving the traffic noise behind. The route to Welton is very clear take care crossing the next road



Brantingham Dale

after the scout camp. As you approach Welton, there are fabulous views over the Humber. The village is one of the loveliest in the county with many striking mansions, the popular pub is where Dick Turpin was arrested in 1729. St. Helen's church is normally open, inside is a stunning collection of Pre Raphaelite stained glass by Morris and Burne-Jones, whose aunt lived here.

4 From the green beyond the beck, follow the road north, going up beautiful Welton Dale, the first of the numerous dry valleys of the Wolds, rather muddy after all the rain. The path rises gently and the sheltered valley is a joy to walk. At the top cross the track and follow the signs through the plantation to a lost village. Wauldby is now just pond, chapel and a few farm buildings. Our route passing the pond, over to Turtle Heads is clear with sweeping views.

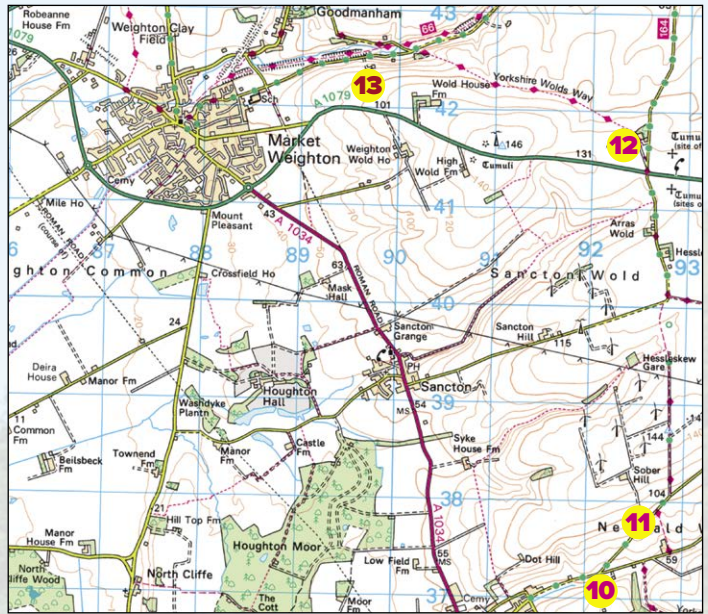
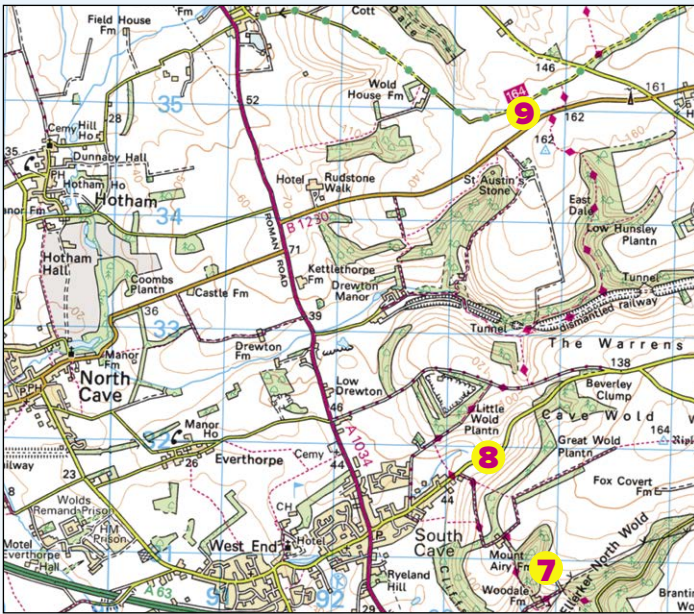
5 Go left at the valley head, following a nice tree-lined chalk track to the quiet road,

HERE TO GET *you* THERE

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WOLDS WAY FIRST TWENTY



where you crossover and follow a minor road for 500 yards, before joining a track through woodland. This soon descends towards Brantingham village, with panoramic views over the Humber.

6 The Way cuts right across to the sweetly located church in Brantingham Dale, again with lovely views. Follow the road uphill past the church for the next 500 yards.

7 Go left on the bend, the route is now something of a roller-coaster through woods, over to Mount Airy farm where you go left to follow the farm lane down towards South Cave. Just before this ends, to visit the village for refreshments and buses, cut down the signed path downhill, otherwise continue and cross the Beverley road. One of the joys of Cave is the dinky town hall, reminding me of children's TV classic, Trumpton. It is served by buses to Brough & Hull, even an albeit infrequent direct bus journey (143) back to Beverley, which I much enjoyed recently.

8 From the farm lane, cross the road from the village, go left, soon the Way continues to the right rising gently alongside a plantation, remarkably there is a vineyard here. With lovely views, go left down verdant Comber Dale. Descend into the most magical spot on the whole trail, Weedley Springs. Carefully negotiate the bank to see the crystal waters bubbling out of the ground, no wonder such places have long had spiritual associations. The Way crosses the route of the former Hull and Barnsley railway, one of the last opened in Victorian England and closed to passengers after only 70 years, sadly, as it is a beautiful route through the Wolds.

9 Now the Way ascends through the fine woodland of East Dale. You cross two roads, heading north towards Newbald, passing down grassy Swin Dale. You can continue, without enjoying delightful North Newbald. I suggest waling into the village at point 10. The best part clusters around the Green with its two splendidly named pubs - who



can resist a Tiger and a Gnu? A visit to the outstanding Norman church is a must, recently it was open and serving coffee, but you may have to seek out a nearby keyholder.

10 Return to the Way about 500 yards out of the village along the Beverley road. The route is clear over Newbald Wold, passing the farm at Hessleskew - I recall it once had a shire horse centre. Carefully cross the very busy A1079 at Arras.

11 Pass the farm complex, swinging to your left, descending towards Godmanham. The views are extensive, the golden arrow of South Dalton church spire a fine sight. At the valley bottom road, join the Hudson Way, former rail line, to walk the last half mile into the thriving town centre at Market Weighton. After half a mile is the poignant site of St. Helen's Well, venerated as a place of healing for centuries, no doubt people concerned by the coronavirus will be visiting. Market Weighton was formerly a major railway junction - though not officially on the Way, with cafes and shops, it's an ideal stop - or for the hourly X46 bus back to Beverley.

Ian Richardson.
March 14th 2020.

SALES / LETTINGS / MANAGEMENT

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HERE TO GET *you* THERE

THE NEW 2020 SEASON DISPLAY IS NOW ON SHOW AT ROSES OF BEVERLEY!

Roses the Kitchen Specialists located on Tokenspire Business Park recently celebrated 20 years of business. The company has a great love for Beverley, and the beautiful market town has been the setting for many a kitchen installation over the past twenty years; the images accompanying this article are testament to this.

As part of their vision for the next decade, Roses recently launched their 'Classic Compilations' collection, a series of the most popular kitchen work surface and door combinations. The launch of their new showroom with the 2020 season display is the next step on this journey and will bring their physical presence into the same league of excellence as their customer service.



Roses pride themselves on their friendly, caring attitude and on delivering an exceptional level of customer service. In fact, much of their new business comes from customer recommendations. Through the entire process from kitchen design to post-installation after-care,

SENIOR SNIPPETS - REDUCE YOUR RISK OF HOSPITALISATION

It is often the case that vulnerable people reach a crisis point before they receive support. This is something we at Home Instead want to help prevent. We want to help older people to live well at home for longer and reduce the risk of them being hospitalised.

Here, we offer FIVE tips to help stay out of hospital.

Get a good GP and Pharmacist

Having an excellent GP is essential but equally important is making sure that you follow your GP's and Pharmacist's instructions.

Keep physically and mentally active

Walking for just 5-10 minutes at a time several days each week is a great way to begin. Keeping the brain active through activities such as drawing, doing a puzzle or learning something new are great ways to stimulate the connections between nerve cells.

Maintain a healthy diet

Often our appetite diminishes as we age but maintaining a balanced diet is essential. Eating a diet containing plenty of fresh fruit and vegetables, oily fish and starchy foods such as wholegrain bread, pasta and rice. Extra vitamin D and calcium are also important to combat osteoporosis.

Keep hydrated!

Even if you think you're not thirsty. It is advisable to drink 6-8 glasses of water a day.

Companionship

Research shows that loneliness and social isolation are harmful to our health, so it's important to participate in social activities such as a lunch club, memory café or joining a social club. Home care such as Home Instead can help you with all of the above - from companionship visits to preparing healthy meals - so that you and your loved ones can live life well and reduce the risk of going into hospital.



Roses staff take care of everything, with each staff member using their own unique set of expertise to provide an exemplary experience for the customer.

So if you're thinking of investing in a bespoke kitchen that is superlative in style and has positive vibes right from installation then take a look at the new 2020 season display. The showroom is now open, and whether 'You've heard it through the grapevine' or not, get a feel for the ambience and take a look at the attention to detail that goes into Roses vision for the future.

And if your timing is right there may even be a cup of coffee and a slice of toast on offer!




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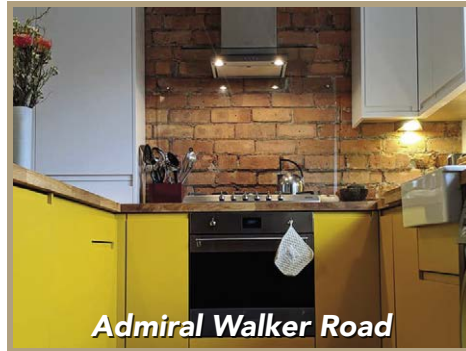
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PERFECT YOUR GARDEN'S AMBIENCE WITH SOME GARDEN LIGHTS

Now that Spring is here and the clocks have sprung forward there's more opportunity (and better weather!) to spend some time in our gardens.

Whether it's pottering with the plants or having a gathering of family and friends with a few drinks and a barbecue, the garden is a wonderful place to spend time and relax. As the days lengthen we look forward to spending more time outdoors, and soon enough we'll be outdoors until 10pm relishing the last rays of sunlight!



Garden lights are a fabulous way to enhance your garden, and they're functional too - providing a chance to stay out later than the curfew the sun provides! They're a wonderful opportunity to personalise your outdoor space, whether it's large and laid to lawn or small with pots of flowering plants. With the addition of garden lights, you can create a wonderful ambience and atmosphere and what's more you'll be able to see the splendour of your plants late into the night!

So if you think outdoor lights would make a beautiful and functional addition to your garden, contact Burton Electrical Solutions on 01964 552769 or see www.burtonelectricalsolutions.co.uk.

IN THE GARDEN... APRIL

By the time April arrives the clocks have gone forward and we have more daylight hours to get out into the garden, especially in the evenings. The garden starts to burst into colour, it seems that daily there is something 'new' to enjoy.

Drifts of daffodils will be providing us with a carpet of yellow and cherry blossom will be blowing in the wind like pink snow.

On the whole in April we can expect warmer day temperatures and more hours of sunshine, but don't be fooled night time temperatures can be low enough for frosts to occur.

Snow can occur in April, but it rarely lasts long and of course we can expect some 'April Showers'.

Tasks are plentiful, but please bear in mind that we have had a lot of rain this winter and the ground is saturated - so please don't work any soil that is wet and sticky, you will do more harm than good. Be patient and wait until it dries out before you attempt some of April's tasks.

Tasks for April

Planting and Sowing

- Plant out autumn sown sweet peas and sow vegetables outdoors.
- Seed any bare patches in the lawn.
- Plant out all summer flowering bulbs by the end of the month.
- If you have a greenhouse or protected space, plant up your summer containers and hanging baskets towards the end of the month, BUT don't be in too much hurry to put them out much before the end of May.

Pruning and Tidying

- Spend a little time tidying your borders and weeding - annual weeds can be pulled out by hand or give the border a quick hoe, perennial weeds are deeper rooted and will need digging out.
- Prune hydrangeas, lavender and other grey foliaged plants.
- Prune and shape fan trained fruit and tie in new growth on climbers.
- Of course the lawn may need mowing more regularly - trim it lightly with the blades set high.

Pests etc

- All this lush growth makes a veritable feast for aphids, slugs and snails so keep a lookout for them and deal with them swiftly. If you're not an 'organic' gardener use slug pellets. Organic gardeners have several ways to control slugs, including a biological control using nematodes. Traps are also effective and my favourite is the 'beer trap'. Try to encourage hedgehogs, frogs, toads and thrushes into your garden - they all enjoy a meal of succulent slugs and snails.

Enjoy your garden, J.

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



SALT REVIVE

Being, an asthma sufferer, Clare has always been susceptible to coughs and colds, which often developed into a chest infection.

In 2017, whilst in London visiting her brother-in-law, he advised her to go to his local salt rooms to try and manage her wheeziness.

"I was absolutely amazed at how much better I felt following the treatment. The chest infection disappeared and, touch wood, I have not suffered with one since!"

"Knowing that we had stumbled across something which would help so many adults and children alike, my husband and I made the scary decision to open our own centre. We have now become a lifeline to our customers, often helping them to rid

themselves of colds before they develop into something more severe like a chest infection, or helping them to manage their symptoms.

So, how does it work?

"We use 100 per cent natural rock salt which is put into our specialist halogenerator machines and ground down into tiny microparticles.

"These are then dispersed into the room through a fan and are breathed deep into your respiratory tract and lungs.

"Salt is naturally anti-bacterial so helps to get rid of any nasty bacteria lurking in your lungs and airways and its anti-inflammatory properties helps to ease any inflammation in the airways of the lungs caused by asthma, or other respiratory conditions.



What are we doing to protect our customers during the Corona virus outbreak?

Many of our customers have begged us to stay open for as long as is possible as we have helped either them or their children reduce their respiratory symptoms.

To ensure the safety of all, we have reduced the maximum number of customers in the adult sessions to 4. This allows everyone to keep the recommended 2m away from each other. The salt rooms are also probably one of the most sterile environments you can be in and we are also doing regular deep cleans on top of our already stringent cleaning processes. We will aim to keep open as long as is safe for both you and us as we know some of you are relying on us to help manage your symptoms. Stay safe everyone and thank you for your ongoing support.



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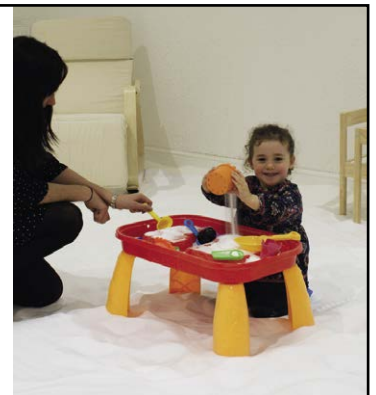
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CLASSIC CARS WITH CARFAN - AUTO CARRIERS

Let's start with the elephant in the room - what does A.C. stand for? Well, if you are ever asked this in a pub quiz, get ready to shout out "Auto Carriers" and this make is the focus of our attention this issue, with the 2 litre four door saloon in particular.

Starting way back in 1901, A.C. is one of our oldest car companies and whilst the Cobra is its most well-known model, we are concentrating on a more sedate machine. The car featured was bought (somewhat bravely, it could be said) on an auction site just over two years ago and has an ash frame under an aluminium body and this has largely contributed to a lack of rust and helped its longevity.

A full body off restoration was needed in the late 1980s and following this the car lived in a Greek museum for 10 years before being repatriated back to the U.K. and received a lot of love and attention to bring it up to its current wonderful condition.



One well designed feature of this car is its original toolkit neatly built into the boot lid where it takes up very little space. As might be expected with a car of this vintage, spare parts are not exactly easy to acquire, with no one source for the U.K. although the owner's club can help with some. The current owner has had no major problems with it, merely replacing the voltage regulator with an electric unit in a period casing, wing mirrors and a second spot light.

Making over 1000 2-door saloons and 60 tourers, this 4-door version is a rare car indeed, with only 47 being produced, so if you do see one driving sedately past, don't forget that cheery Carfan wave!

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We are looking to grow our customer base and would like all of your help to spread the word to anyone that you know that is still using a franchised main dealer. There is no doubt they will be paying over the odds, receiving poor customer service and above all not receiving the customer service that everyone deserves.

Don't just take our word for it! With over 1,400 GENUINE customer feedbacks, we have achieved 99.1% in customer satisfaction, which having worked for main dealers this would put you number 1 in the country for your franchise, and to add the 0.9% is a lesson that not all clients are right for your business! Have a look for yourself or send to one of your contacts that has had a poor experience.

Please contact us directly if you have any questions or would like to come and see us and we can show you what we do.

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PUZZLE PAGE

WORDSEARCH

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

APRIL	FLOWERS
CHOCOLATE	RABBITS
DAFFODILS	SMILES
EASTER	SPRING
EGGS	SUNSHINE

WHERE IN BEVERLEY?

Where in Beverley would you find this landmark?
 Answer on Page 28.



KNOW YOUR NUMBERS

Each row adds up to the total on the right.

Each column adds up to the total at the bottom.

The diagonals add up to the totals top and bottom.

					22
6	?	?	3	12	
?	5	8	?	22	
?	6	?	4	19	
5	?	9	?	21	
21	15	20	18	16	

Answers on Page 28.

Do you have any amusing stories, quotes or pictures? Send them to info@justbeverley.co.uk

THOUGHT FOR THE MONTH

Keep thoughts positive - they are your words
 Keep words positive - they are your Actions
 Keep Actions positive they are your Future.
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CYCLING WITH WILSONS WHEELS - A GUIDE TO ELECTRIC BIKES

Sales of electric bikes are increasing year on year and are becoming ever more popular with cyclists. However, it's not just the older generation who are buying electric bikes, many younger people use them for commuting to work rather than taking the car.

There are 3 main types of motors used for electric cycles, these include models that: 1. have the motor in the front wheel; 2. have the motor in the rear wheel and 3. those with a motor in the crank. E-bikes with a motor in the crank are what I would normally recommend - on these models punctures are easier to fix as both the front and rear wheels can be removed normally. The crank often has a sensor that recognises when you are pedalling and will only give you assistance when you do so. You can increase or decrease the amount of assistance by pedalling harder or softer.

E-bikes with motors in the wheels tend to be cheaper but are more prone to spokes coming loose or breaking in the wheels. The spokes tend to be wider than on a normal bicycle to take the extra strain. At Wilsons Wheels we cannot get hold of these spokes, which normally can only be purchased from the original supplier. These electric bikes also tend to be heavier, and the last thing you want is to be caught with no battery life left and an electric bike that weighs three times more than a normal cycle!



At Wilsons Wheels we only sell E-bikes that have Bosch motors and batteries; they are well known for quality and so far we've not had a single one that has needed repairing. If a fault did develop the motor can be easily removed and sent to a Bosch service centre. There are three different models that Bosch make. The range starts at a 400 watt battery system, moving up to 500 watt, and new for 2020 - a 625 watt system. Typically with the 500 watt battery you can achieve up to 80 miles on a full charge in 'economy mode' on a flat ride. Other modes available are Touring, Sport, and Turbo, which give increasing amounts of assistance as you move through them, and, as can be expected the range in miles will go down accordingly.

There are now hundreds of different E-bikes on the market, so all I can recommend with these more complex bikes is that the cheapest isn't always the best. It pays to invest in something a bit nicer. When things go wrong buying local definitely helps. We get numerous people coming in asking if we can repair their electric bike, but unfortunately much of the time we can't help as the bikes don't use the same system as those that we sell.

FIVE BENEFITS OF HAVING A PHYSICALLY FIT WORKFORCE...

Are your employees/staff as physically fit as they could be? If the answer is no, this could negatively affect your business.

Here are five key reasons to prioritise the health and fitness of your staff:

1. Increased mental wellbeing and productivity:

Those who exercise frequently experience reduced stress, increased confidence and improved mental clarity and performance. All of these are important for creating a positive and productive culture in the workplace.

2. Reduced stress:

Employees with high stress levels can create a big headache for businesses. This could result in reduced productivity and absenteeism. Exercise reduces stress, improves mood and will reduce the chance of employees taking leave due to stress.

3. Reduced sick days due to increased resilience to illness and injury:

Fit and healthy employees are less likely to become ill or injured. And if they do, they tend to recover quicker than someone who has lower levels of fitness.

4. A happier team:

Put yourself in your employees' shoes. If the company you work for shows that they care about your health and wellbeing, you are more likely to feel valued. In providing this value to your employees, it can result in improved motivation and productivity levels.

5. Staff retention:

If you provide your staff with certain benefits such as an onsite gym, or discounted gym memberships for example; it provides a key perk that they may not receive at another company. This can encourage your best staff to stay at your company.

Sam Young is a Strength Coach and owns Strong for Life on Sutton Fields Industrial Estate (Unit 19G, Lake Enterprise Park, Bergen Way, Hull HU7 0YQ). Website: <https://strongforlife.co.uk> or Instagram / Facebook / Twitter: @StrongForLifeUK

'WHERE IN BEVERLEY' ANSWER

St Mary's Church



'KNOW YOUR NUMBERS' ANSWER

Missing numbers in yellow

22

6	1	2	3	12
2	5	8	7	22
8	6	1	4	19
5	3	9	4	21
21	15	20	18	16

COUNTRYSIDE MATTERS WITH SAM WALTON

The Countryside is full of a variety of wildlife, some of which are delightful, others perhaps more of a nuisance or classed as a pest.



Rabbits are delightful things as pets but do untold damage on farms, where they can eat a lot of crops. Apparently, five rabbits eat as much as one sheep! Pigeons are another creature which eats farm crops and can devastate a field in very little time, particularly oil seed rape where they eat the heart out of the young plant, which results in an enormously depleted yield. Foxes are noted for catching and eating livestock from chickens to lambs. Sometimes in a poultry pen, foxes can kill a large number of birds and perhaps only take one home! In the past the Local Hunt, which is now outlawed, took care of that keeping fox numbers at reasonable levels.

In March, I had a number of rooks and crows scratching down and digging up seeds in a late sown wheat crop. As a consequence of this the crop will be damaged. I am sure in other countries there are many other animals acting as predators, for example, hyenas, wolves and dingoes etc, so thinking about it, we are relatively fortunate.

However, we do have Brock the Badger to contend with. Badgers are known for infecting cattle with TB, particularly dairy cattle, and any cattle that test positive for TB have to be slaughtered. Currently there is ongoing legislation to not exterminate them (as was previously the case) but instead to vaccinate them against TB.



It was not an easy task killing the badgers, so a move to vaccinate both them and the cattle will be an interesting one. It will also be interesting to see how they, and any young in their setts, will be vaccinated - is someone going to crawl down a hole to find them? Like a lot more things, time will tell, but the health of livestock and ourselves has to be safeguarded and we don't want to run short of milk!

ASK THE EXPERT WITH WHITE RABBIT CHOCOLATIERS

We all associate Easter with Easter eggs, and especially Easter eggs made of chocolate! So we popped along to see Ed Hawkes at White Rabbit Chocolatiers to find out more about these indulgent treats to ask...

Is Easter all about chocolate?

Of course not! Easter is a religious observation with many of today's traditions stemming from the celebration of the resurrection of Christ.

The egg shape itself is a symbol two things - firstly the stone that was rolled in front of Christ's tomb after his death, and secondly it represents birth, rebirth, new life and Spring! It's a custom in many countries to decorate eggs at Easter time.



Easter also marks the end of Lent, the period of fasting which started on Shrove Tuesday. Taking part in Lent allows us to experience a version of what Christ went through during his 40 days and 40 nights in the desert, exposed to temptation as he was. The most common item for people to give up during Lent is chocolate, as Ed said "an affordable luxury we can do without," and so when Lent has ended what do many of us want to eat?!

The bright spark chocolatiers back the early 19th Century brought the symbolic egg shape and chocolate together in a combination that would prove popular over 200 years later! The first chocolate eggs sold were solid and hand-moulded - mass production had not been developed at this point, and moulding techniques not available to make hollow eggs!

Technology and Easter eggs have come a long way since, with many large and elaborately decorated chocolate eggs on offer, with some including many indulgent fillings! So, whatever you do for Easter this year, enjoy your celebrations as well as your very meaningful chocolate eggs!



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HAPPY EASTER!

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POEM BY VAL HORNER - MARCH SUN

*Seen from a glory of gorse on a chalk white cliff
this scene seems drawn from a child's box of tricks -
cotton-wool clouds in blu-tack sky, pool-spangled beach
of crusty sand, smudges of pink and weedy green
by a glittering tin-foil sea.*

*Maybe no one in early March could dream
such lucent air, this gleam of diamond light,
a sun so warm, poor winter-hidden skin
begins to bask and shine. No breath of wind
a given day, how lucky to be here.*

*Throw wide the prisons, close the schools
the shops the offices and factories, proclaim
a holiday; let young and old turn cartwheels
on the beach, smile each to each, unite, hold hands
and send a song of exultation to the sun.*

'March Sun' first appeared in 'Gooseberries' by Val Horner published by Stairwell Books, 2017. Val Horner has been widely published in anthologies and shortlisted for several poetry prizes.

SHORT STORY BY PAULINE KIRK - SAFE HOUSE



Cars sped past. "What better place for a safe house?" the policewoman had asked. No passers-by or curtain twitchers, just an old cottage marooned by traffic.

Now the waiting was ending. Tomorrow she would be in Court. And when the trial was over her new life would begin. Janette Johnson would be no more, replaced by Ruthi Desmond, with passport and flight and a Melbourne address.

Janette would be remembered only as the mousey girl in Accounts who was brave - or foolish - enough to cause one of the biggest fraud investigations in a decade. Not even a mysterious fire at her flat could dissuade her. 'Brave little accountant' the papers had called her.

She didn't feel very brave now. Sighing, she went downstairs to make yet another cup of tea. She would have liked to go into the back garden but even between its hedges she wouldn't be safe.

A drone could spot her from above. So she prowled about the house while the kettle boiled, re-examining the treasures she had found: a pencil on the sideboard, a shampoo sachet in the bathroom, a hairpin on the dresser. To her delight she found another, a sliver of mirror behind the clock. It must have been wiped clean of DNA then deliberately left.

The Leavings, as she called them, had probably started accidentally when a cleaner failed to clean, then been picked up as a comforting idea. What could she leave that would say something about herself?

Suddenly the front doorbell rang. In terror she froze. "Pizza!" a male voice called. "Pizza delivery!"

Hardly daring to breathe she remained silent.

"Pepperoni pizza for one," the voice called again.

For an instant Janette was tempted. She was sick of the microwave meals left for her. Then she told herself not to be foolish. "Whatever you do, don't open the door," her Minder had warned. "Not till you get my code on your mobile and know it's me."

The doorbell rang again, louder. Still Janette waited silently. Finally she heard footsteps leaving the porch and a motorbike revving. For another five minutes she listened, then crept to the window and peeped between the blinds. There was nothing but traffic.

Shaky with fear, she sat on the sofa. Had the man made a genuine mistake or did the Syndicate know she was there? Shivering, she took refuge in sleep.

Dusk was settling in the room when she was woken by her phone buzzing. Urgently Janette grabbed it and saw the call sign. Then she waited as the Minder let herself in. "How have you been?" the woman asked.

At once the words came spilling out - how the doorbell had rung and rung - how she had hidden in the shadows hardly daring to breathe...

"Hmm," the policewoman said coolly. "Could be a genuine mistake or a bit of a problem. Not to worry. You're leaving tonight. Tomorrow you give your evidence. Then you'll be on your way."

"Where?" Janette asked.

"To your new life. How do you do, Ruthi?"

Pauline is a published poet and Editor of Fighting Cock Press. She writes as both Pauline Kirk and with her daughter, as PJ Quinn for the DI Ambrose novels set in the late 1950's.

Pauline was nominated for the York Culture awards Excellence in Writing category in 2018.

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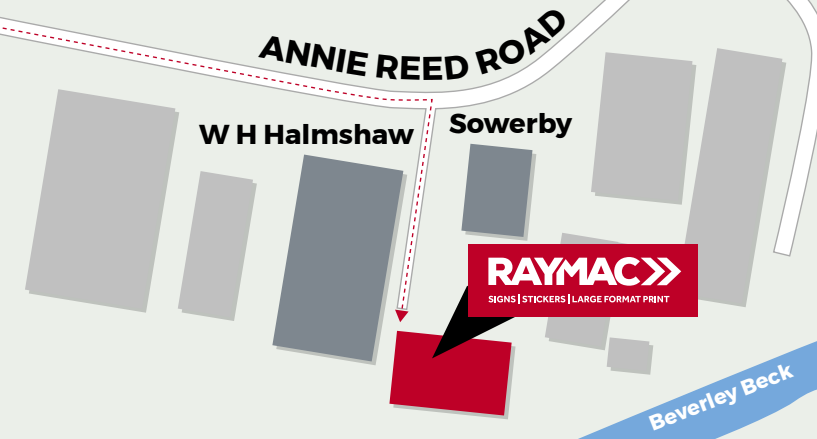
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