

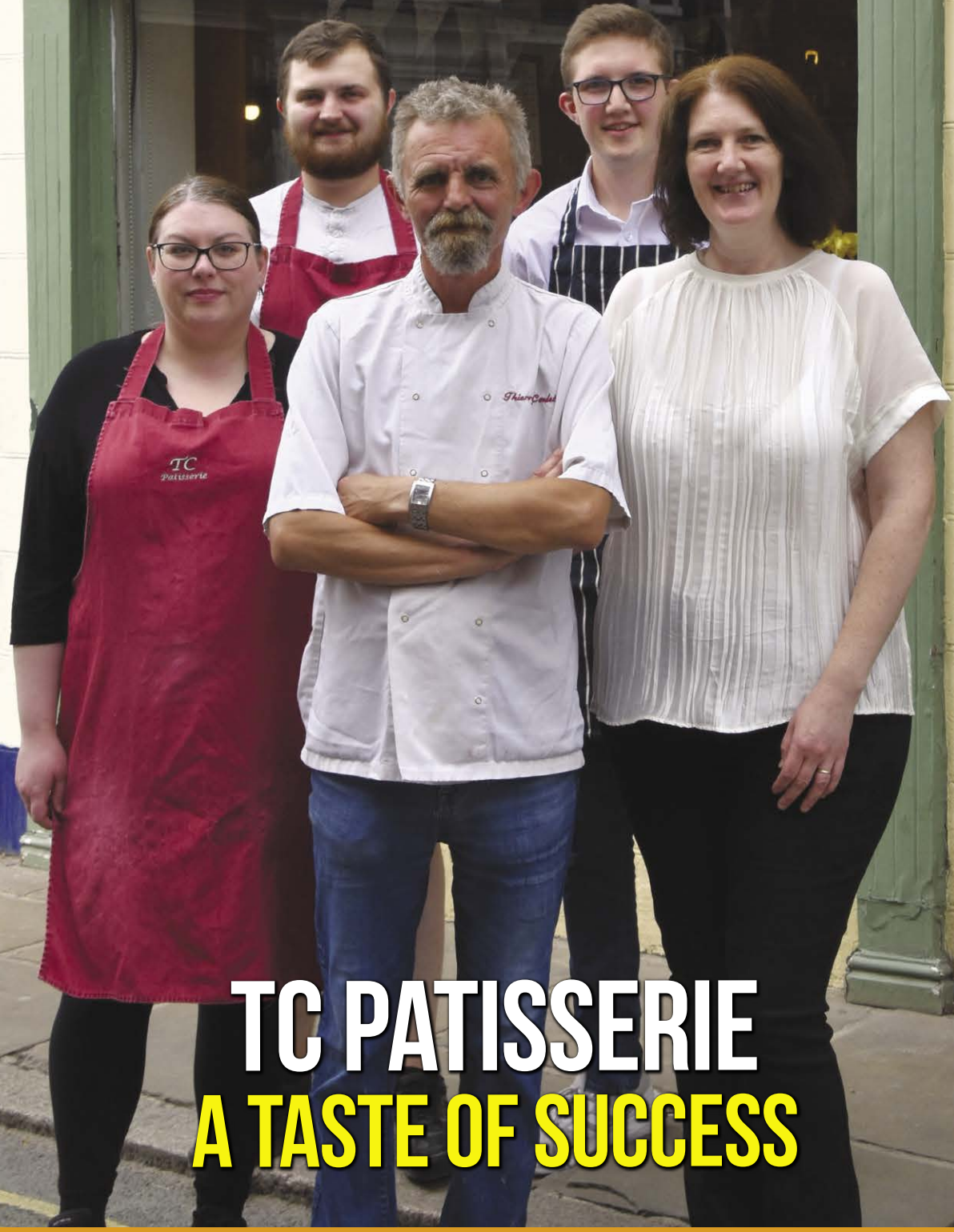
FREE

just **pastry** Patisserie

ISSUE 103

BEVERLEY

IT'S YOUR MAGAZINE



TC PATISSERIE A TASTE OF SUCCESS

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

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6/7 TC PATISSERIE CELEBRATES 15 YEARS



just BEVERLEY

AUGUST LETTER FROM THE EDITORS

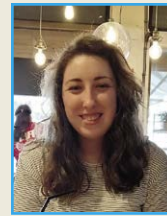


August is here, Summer is here, it's holiday time for everyone to have fun, relax and enjoy the month ahead.

Apart from keeping an eye on the Lionesses hopefully doing well in the Women's World Cup, we urge everyone to get out and about and enjoy the events and activities in and around Beverley.

As always, if you are in the sun, make sure you are well protected with suncream, shirt, hat and sunglasses.

Have a fantastic August, stay safe, send in your photos and stories.
Julian.



August is here, the sun is shining and we hope the Lionesses deliver at the Women's World Cup.

I like to sit in the garden or in a park and enjoy the fresh air, watching the world go past, it's relaxing and comforting.

It allows me time to think and plan for the summer ahead, clearing my thoughts from the previous week and reset to go again.

August is a transition month where families are experiencing the pressure of exam results, preparing for the next stage of their children's life, apprenticeships, college, university and the empty nest, left behind - read Fran's column.

Whether you are having a holiday, exploring the countryside or relaxing at home, cheer on the Lionesses and have a great August.
Olivia.

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5 ANDREWS CAR & VAN HIRE



10 MR & MRS NORTHEN



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22/23 WALKING FESTIVAL



Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Mandy Aitken, Cliff Baillie, Carfan, Andrew Cooper, Shane Cooper, Charlotte Denston, Fran Dunning, Josh Harrison, Amanda McConnell, Navigation Wealth Management, Joe Pollak, Colin Raynor, Tony Wallis, Sam Walton, and Nathan Wilson.

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.**

Magazine available from outlets in Beverley and surrounding areas.
Disclaimer - All the information provided was correct at the time of going to print.



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REYTA
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Award Nominee 2016
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GET IN TOUCH WITH US:

Website: justbeverley.co.uk
Email: info@justbeverley.co.uk
Telephone: 01482 679947
Facebook: [facebook.com/justbeverley](https://www.facebook.com/justbeverley)

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

just NEWS

BRBN SUPPORTING LOCAL CHARITIES

Beverley Referral Business Network (BRBN), meet every Thursday morning either in person at The Ferguson Fawsitt in Walkington or via zoom meetings on alternate weeks.

The meetings are structured to benefit local businesses to help businesses grow, and any profits from the meetings are either reinvested into marketing and growing the group, or donated to local charities.

BRBN are delighted to be able to donate £500 to East Riding Theatre (ERT) and Macmillan Cancer Support.

ERT, a valued local charity, are raising money to go towards securing their future as a Community Hub and arts organisation providing support and live entertainment for the local area.

www.eastridingtheatre.co.uk

On Saturday 8th July, Tony Hammond, a member of BRBN, completed the Gower Peninsular Mighty Hike, a full marathon distance starting and finishing at Penrice



Castle to raise money for Macmillan Cancer Support.

Tony said, "Macmillan gives people with cancer everything they've got. If you're diagnosed, your worries are Macmillan's worries. Macmillan's doing whatever it takes. But without your help, Macmillan can't support everyone who needs them.

If you can help donate now".
<https://justgiving.com/FUNDRAISING/anthony-hammond4>

Get in touch with BRBN for more information.
<https://beverleyreferralbusinessnetwork.co.uk/>

Tel: 01482 679947.

FLEMINGATE'S SUMMER OF FUN

Join us at Flemingate during the Summer holidays for family entertainment for everyone to enjoy.

Saturday 22nd July - 4th September
 Flemingate Holiday Code Break

Saturday 22nd July - 4th September
 Flemingate Tommy's Travel Colouring Competition

Saturday 29th July
 The Entertainer Lego Build Event, 2pm - 4pm

Wednesday 3rd August
 Summer of Fun: Puzzling Paul Magic Show, 10am - 10.30am, 11.30am - 12pm, 1.30pm - 2pm, 3pm - 3.30pm

Saturday 5th August
 Beverley Chess Fest, 10am - 3.30pm

Wednesday 9th August
 Flemingate Summer of Fun: Crazy Golf Fun Day, 10am - 3pm

Wednesday 16th August
 Flemingate Summer of Fun: Dangerous Steve Show, 11am - 11.25am, 1pm - 1.25pm, 2.30pm - 3pm

Thursday 17th August
 Harry Potter Inspired Potions, Sessions: 9:30am - 10:30am and 1pm - 2.30pm



Wednesday 23rd August
 Summer of Fun: LEGO Play Imagineering!

Sunday 20th August
 Infinity Events Flemingate Makers Market, 10am - 4pm

Saturday 26th August
 Meet Chase at The Entertainer at Flemingate.



Chase from Paw Patrol will be visiting The Entertainer at Flemingate to meet his fans and get in lots of selfies.

Wednesday 30th August
 Summer of Fun Every Wednesday at Flemingate! Have you ever thought of running away to join the Circus? Now you can! Drop in and try juggling, unicycle, plate spinning, diabolo and loads more! 11am - 3pm

The What's On page on the Flemingate website is regularly updated as are Events on the Facebook page:
www.flemingate.co.uk/whats-on/
www.facebook.com/FlemingateBeverley/events

ANDREWS CAR AND VAN HIRE ARE ON THE MOVE

Andrews Car and Van hire have been supplying self-drive hire vans and cars to Beverley and the surrounding area for more than 50 years.

The current owner Catherine took over the company in June 2017 from the founder Ian Andrews, having worked for him for several years and she got to know and love the hire business. Since then, the company has grown and gone from strength to strength, so much so that new premises are needed, having outgrown the current location.

Securing new purpose-built premises has been the main priority and Catherine is happy and excited to announce that from 7th August 2023 Andrews Car and Van hire we will be moving from our current location, (whilst remaining in Beverley), to 1 RIVERVIEW ROAD, BEVERLEY, HU17 OLD (situated to the right-hand side of Waltham house). Catherine and team are looking forward to continuing to provide the highest quality of service and building on the excellent reputation already established. The new premises will ensure that Andrews Car and Van hire can continue to supply Beverley, Hull, East Yorkshire and further afield with self-drive cars and vans for many years to come.

Andrews Car and Van hire rental services provide convenient and flexible transportation options for individuals and businesses alike. Whether for a family holiday, business trip, or moving needs, renting a car or van offers numerous advantages. With a wide range of vehicle options, customers can choose the right size and style to suit their specific requirements.



Catherine mentioned, "The move to our new premises will enable us to maintain the high standard expected by our customers, offering well-maintained vehicles whilst retaining the convenient pickup and drop-off location in Beverley, allowing customers to access the vehicles they need, from small city car to larger vans, the move along with our business expansion programme will deliver on all fronts, the relocation is key to our continuing success and growth of the business".

The new premises from 7th August 2023 will be: 1 Riverview Road, Beverley, HU17 OLD. (turn left at MOTOGO, Grovehill Road, just before the metal bridge over the river Hull, continue to the very end and up the "slope" to the right, next to Waltham House)

The team at Andrews Car and Van hire will carry on providing "A professional service with the personal touch" as always. Catherine and Lisa would like to thank all customers old and new for their continuing support.

Pop along and see us in our new building and parking area. Contact the team at:
Tel: 01482 867360
Email: enquiries@canhire.co.uk

HELPING OTHERS - IN MEMORY OF IAN SAGAR

Ian was a Lion for 22 years. He was District Governor for the Year 2014 - 2015 and was awarded the Melvin Jones fellowship and International President's medal for the work he did.

He was President of the Beverley Lions Clubs three times. The first time Ian was President, the Club raised enough money to buy a Hearing Dog.

In 1925, Helen Keller challenged the Lions to become "Knights of the Blind", and from then onwards, the Lions have been involved with many projects involving sight.

Ian always loved animals, and was keen to support local causes. On Ian's passing, his wife Judy and son, Lance, felt that it would be fitting to raise money for a Guide dog, and felt the money would be put to good use locally. The cheque for £600 was raised at Ian's Service of Celebration and a further £70 was also sent through the Hull Mail.



BEVERLEY PHOTOGRAPHIC SOCIETY - AUGUST'S PROGRAM

Tuesday 1st August - meet 7pm at the Rose and Crown for a club night.

Monday 7th August to Saturday 12th August - from 11am exhibition of members work in St Mary's Church.

Tuesday 8th August - meet 9am at Top-Hill-Low nature reserve.

Tuesday 15th August - meet 10am at the RSPB Bempton Cliffs Nature reserve.

Tuesday 22nd August - meet 7pm at the Rose and Crown for a club night.

Tuesday 29th August - meet 7pm at the Rose and Crown for judging and selection of the Brigg Trophy entry.

Tuesday 5th September - meet 7pm at the Rose and Crown for the start of our winter program.

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

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

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

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

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

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

Contact details can be found on the following sites:
<https://beverleyphotographic.wixsite.com/club>
<https://www.facebook.com/groups/beverleyphotographyclub>
<https://www.flickr.com/groups/1095249@N24/>



August is known as the harvest month. The Earl of Sandwich invented the sandwich in 1762 - and August is now named as National Sandwich Month. What is your favourite sandwich, and will you be enjoying it this August?

TC PATISSERIE CELL



In 2007 Thierry Condette was the chef at the Kings Head. A colleague at the time mentioned that Saturday Market was missing his talents saying, "Thierry, you would do really well selling your croissants, pastries and tortes on the Market, why don't you give it a try"?

Thierry and his wife Nicky had conversations about the prospect of a patisserie stall specialising in producing good quality French food, a dream Thierry had since he was a young 14 year old experimenting in his Mum's kitchen.

Having approached the Market Manager, it wasn't too long before a stall became available and Thierry's life changed, from chef at the Kings Head to entrepreneurial French chef with a food stall - "Tc Patisserie" was born. Every Saturday, week after week, his patisserie stall sold out.

Thierry took the decision to serve his notice at the Kings Head and increased his time on the markets having stalls in Beverley's Wednesday Market and Saturday Market along with stalls in Pocklington and Cottingham.

Four markets a week, listening to his customers and adjusting his offerings, ensured that his reputation grew county wide.



Thierry continued to develop his talents for new produce, different flavours and attracted a good customer base and brilliant reviews. This led to attendance at local festivals and being approached by Beverley Town Council to deliver demonstrations at the Beverley Food Fair.

Thierry was in his element. French patisserie is renowned worldwide for its exquisite pastries and desserts. It is a culinary art that combines precision, craftsmanship, and a deep appreciation for flavor and aesthetics.

Thierry produces delicate macarons to buttery croissants and each creation a testament to his skill and passion of French pastry, Thierry is living his dream.

In June 2008 the shop on Lairgate became available. Thierry and Nicky decided to fit the

CELEBRATES 15 YEARS

shop out and install a kitchen, have a shop and cafe and continue with Saturday Market. In August 2008 the doors opened and Tc Patisserie now had the perfect place to deliver consistent food, host customers for breakfast, lunch and afternoon tea the French way.

The patisserie tradition in France dates back centuries and has evolved into a diverse range of delectable treats.

Whether it's the flaky layers of a mille-feuille, the creamy indulgence of a crème brûlée, or the lightness of a tarte au citron, every bite is a sensory delight.

Thierry's patisserie delights both the taste buds and the eyes, where pastries are meticulously crafted with intricate decorations, vibrant colors, and elegant designs.



Both his children from the age of 13 helped as much as they could in the business, washing, cleaning, serving and learning the hospitality trade under the guidance of Nicky and Thierry, with skills being passed down through the family under the watchful eye of a master.

As Thierry's reputation grew over the years, from attending and demonstrating his skills at food fairs, it wasn't long before the trophies arrived, often being shortlisted for the REYTA awards.



And finally, in 2018, Tc Patisserie scooped the REYTA "Best Cuppa" award.

With their perfect balance of flavors, textures, and presentation, Thierry's treats have become a symbol of sophistication and gastronomic excellence, inviting you to savor the artistry and indulge in a world of sweet pleasure that is uniquely French. Thierry finally got the recognition he deserved.



Since opening the shop 15 years ago on Lairgate Thierry, Nicky and his team (now Pat, Fabian, Sam and Isabelle) have concentrated on consistency.

From selected ingredients, finely honed recipes, cooking, baking times, presentation, taste and customer service, Tc Patisserie provides a culinary experience for all to enjoy, whether you purchase from the shop or the markets, the quality is maintained throughout.

Maintaining French tradition and introducing new experience to the market town of Beverley, Thierry set up a French Boules Club "Petanque".

As you would anticipate Thierry is only happy when he is demonstrating and teaching new skills to the club members, having won several Petanque titles he has also become a renown coach, teaching people locally and nationally in the art of French Boules with great success.

As Tc Patisserie looks to the future Thierry said, "Consistency of product is key, we strive to maintain the highest of standards to ensure customers enjoy the experience of our patisserie and come back for more. We look forward to the next 15 years".



Tc Patisserie

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

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

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

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

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



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



EVERY THURSDAY
(Doors open 9.30am)

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

Thursday 3rd August -

The Unlikely Pilgrimage of Harold Fry
Starring: Jim Broadbent, Penelope Wilton.

Avatar

Starring: Sam Worthington, Zoe Saldana.

Are You There God?

Starring: Abby Ryder Fortson, Rachel McAdams, Kathy Bates.

Thursday 10th August -

Avatar

Starring: Sam Worthington, Zoe Saldana.

Are You There God?

Starring: Abby Ryder Fortson, Rachel McAdams, Kathy Bates.

Pretty Woman

Starring: Richard Gere, Julia Roberts.

Thursday 17th August -

Chevalier

Starring: Kelvin Harrison Jr., Samara Weaving, Lucy Boynton.

Greatest Days

Starring: Matthew McNulty, Aisling Bea, Alice Lowe.

Pretty Woman

Starring: Richard Gere, Julia Roberts.

Thursday 24th August -

Chevalier

Starring: Kelvin Harrison Jr., Samara Weaving, Lucy Boynton.

Greatest Days

Starring: Matthew McNulty, Aisling Bea, Alice Lowe.

The Best Exotic Marigold Hotel

Starring: Judi Dench, Bill Nighy, Maggie Smith.

Thursday 31st August -

The Best Exotic Marigold Hotel

Starring: Judi Dench, Bill Nighy, Maggie Smith.

Hypnotic

Starring: Ben Affleck, Alice Braga, JD Pardo.

Jesus Revolution

Starring: Joel Courtney, Jonathan Roumie.

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



Teenage Mutant Ninja Turtles: Mutant Mayhem
From Monday 31st July
Starring: Rose Byrne, Ayo Edebiri, Seth Rogen.



Joy Ride
From Friday 4th August
Starring: Ashley Park, Sherry Cola, Stephanie Hsu.



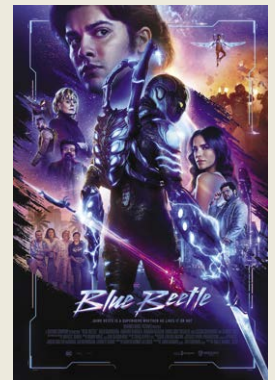
Meg 2: The Trench
From Friday 4th August
Starring: Jason Statham, Jing Wu, Sienna Guillory.



Gran Turismo
From Friday 11th August
Starring: Orlando Bloom, David Harbour, Darren Barnet.



Haunted Mansion
From Friday 11th August
Starring: Rosario Dawson, Jamie Lee Curtis.



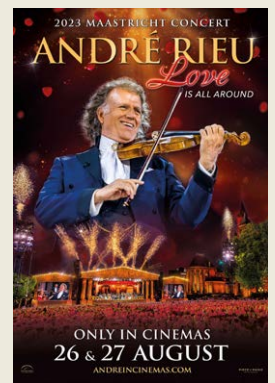
Blue Beetle
From Friday 18th August
Starring: Becky G, Xolo Maridueña, Bruna Marquezine.



Strays
From Friday 18th August
Starring: Will Ferrell, Jamie Foxx, Isla Fisher.



Theatre Camp
From Friday 25th August
Starring: Ben Platt, Molly Gordon, Noah Galvin.



Andre Rieu - Love Is All Around
Saturday 26th August, 6.45pm & Sunday 27th August, 2pm.

YOUR LOCAL INDEPENDENT CINEMA



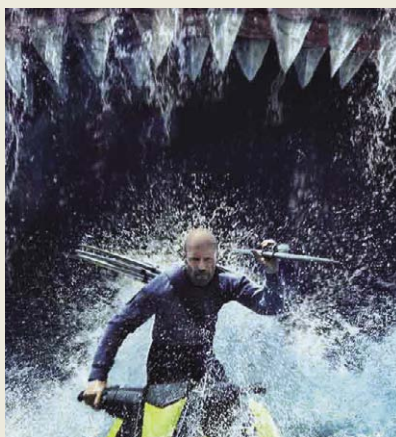
JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS SUMMER

We take a look at some of the big films arriving at Parkway Beverley this August.

MEG 2: THE TRENCH

Get ready for the ultimate adrenaline rush this summer in "Meg 2: The Trench," a literally larger-than-life thrill ride that supersizes the 2018 blockbuster and takes the action to higher heights and even greater depths with multiple massive Megs and so much more. Dive into uncharted waters with Jason Statham and global action icon Wu Jing as they lead a daring research team on an exploratory dive into the deepest depths of the ocean.

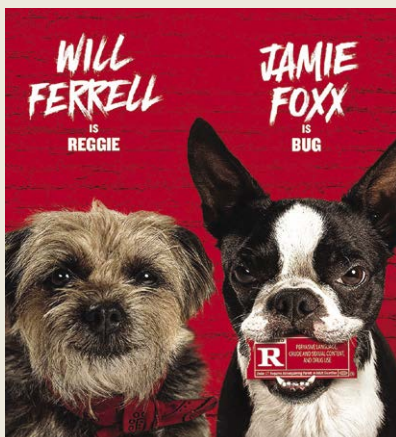
From Friday 4th August.



STRAYS

When a Border Terrier named Reggie (Will Ferrell) is abandoned on the streets by his selfish and ruthless owner Doug (Will Forte), an animal-hating drug addict who never wanted him, he teams up with other strays including a Boston Terrier named Bug (Jamie Foxx), an Australian Shepherd named Maggie (Isla Fisher), and a therapy Great Dane named Hunter (Randall Park) to get revenge on Doug.

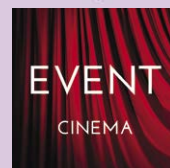
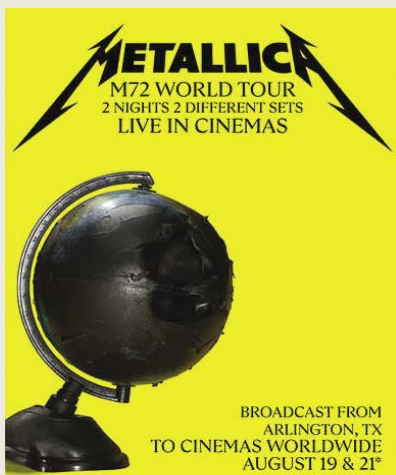
From Friday 18th August.



METALLICA M72 WORLD TOUR LIVE FROM TX NIGHT 1 & 2

Two nights broadcast live from Arlington, TX, Metallica's M72 World Tour bursts onto the big screen in cinemas worldwide. This unprecedented global theatrical event will see the band playing two nights with two completely different setlists, with songs from across the group's 40+ year career, ranging from 1983's classic Kill 'Em All to 2023's new release 72 Seasons.

Night 1 - Saturday 19th August, 7pm.
Night 2 - Monday 21st August, 7pm.



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.

Wednesday 16th August, 7pm -
The Hiding Place

In the Netherlands, Corrie Ten Boom and her family risk everything to hide Jewish refugees by the hundreds and ultimately face the consequences when they are discovered.

Saturday 19th August, 7pm -
Metallica M72 World Tour Live from TX Night 1

The first of two nights broadcast live from Arlington, TX, Metallica's M72 World Tour bursts onto the big screen in cinemas worldwide.

Monday 21st August, 7pm -
Metallica M72 World Tour Live from TX Night 2

The second of two nights broadcast live from Arlington, TX, Metallica's M72 World Tour bursts onto the big screen in cinemas worldwide.

Saturday 26th August, 6.45pm &
Sunday 27th August, 2pm -
Andre Rieu - Maastricht - Love is All Around

The King of the Waltz invites you to his all-new cinema concert "Love is All Around", from his beautiful hometown of Maastricht!

Wednesday 20th September, 7:15pm -
Royal Opera: Das Rheingold
Director Barrie Kosky joins forces with conductor Antonio Pappano in a bold new imagining of the first chapter of Wagner's Ring cycle.

Thursday 28th September, 6.30pm &
Sunday 1st October, 7pm -
A Little Life
A Little Life follows four college friends in New York City.

LOVE AT FIRST SIGHT - KIRSTY SCOTT & LEWIS NORTHEN

For a Beverley couple it was, "love at first sight" - the moment Kirsty and Lewis met in 2016 in Flemingate they knew they were meant for each other.

The chance encounter kindled a spark, drawing them closer and it wasn't long before they had their first date at Roots cocktail bar. Over a few cocktails they shared interests, laughter, and a genuine connection, creating a beautiful foundation.

Lewis and Kirsty shared a passion for eating out, socialising and helping others, and as their affection deepened, they found themselves irresistibly falling in love, surrendering to the magic of a blossoming romance. Having been together for seven years with the business doing well, the support from each other and a young family around them, a proposal from Lewis whilst in Leeds meant they both knew the time was right to commit to share their lives, emotions, and dreams.

Marriage serves the foundation of society, fostering companionship, stability, and support. Throughout time, the essence of marriage remains



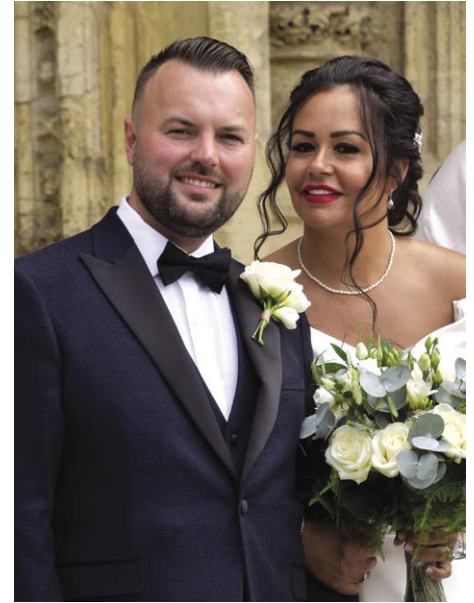
unchanged - a bond built on love, trust, and mutual understanding. It provides a framework for raising children and nurturing a sense of belonging. The time was right, the date was chosen and plans were put in place: 1st July 2023 at Beverley Minster.



Having Kirsty by his side gave Lewis the confidence to establish and grow their Funeral Director business, working to serve the people of Beverley and the East Riding of Yorkshire. The Minster is a big part of both Lewis and Kirsty's life both privately and professionally, and Lewis was also baptised there.

No questions asked, their married life and future was to begin at the Minster.

On Saturday 1st July the couple exchanged vows and were pronounced husband and wife. A joyous celebration, with a bright loving future together, surrounded by close friends and family to wish them well, the happy couple stepped out to face the future together. The newly married couple summed up their wedding day with a few simple words, "The love in the air, the atmosphere was just amazing".



In business and in private, they wish to continue to support families and to also have time to travel around in their caravan and have quality family time full of love and happiness for all the family. On their return from honeymoon in Turkey, their hopes and dreams are to build and grow together. A true love story, sparked from their first meeting, was "Love at First Sight" and now and forever "Love is in the Air".

Mr Lewis and Mrs Kirsty Northen - congratulations. All the best of love, health and happiness for your future lives together.

LEWIS NORTHEN
FUNERAL DIRECTORS

MY FAMILY TAKING
CARE OF YOURS

Get In Touch
1 Lincoln Way, Beverley, HU17 8RH

✉ info@lewisnorthenfuneraldirectors.co.uk

🌐 www.lewisnorthenfuneraldirectors.co.uk

☎ 01482 888 658

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

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

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

My family taking care of yours

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

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



IN THE PICTURE WITH JOSH

There's nothing nicer than chasing waterfalls, especially in Summer. Whether that's locally in the North Yorkshire Moors or if you're travelling abroad this summer.

They usually look most impressive in Autumn but with all the recent rain here they look great for photos right now. I usually take long exposure images to capture the flow of the water.

If you haven't taken long exposure shots before all you need to get started is a tripod and your camera. A long exposure just keeps the shutter open longer, allowing the moving parts of the image to blur.

This can make it easy to over expose images because it lets in too much light, so if you have any filters you can attach to your lens this will help give you a longer exposure. If not, even a 1 or 2 second exposure will give you some blur.

Even the slightest movement on the camera



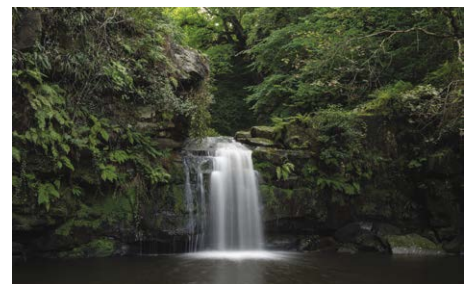
during a long exposure can blur everything so if you don't have a shutter release cable, try using the timer so you don't move the camera when you press the shutter.



There's usually a lot of wildlife to see as well such as Dippers, Wagtails, Adders and unfortunately plenty of insects so remember to take some insect repellent!

If you'd like to learn more about long exposure photography I run one-to-one workshops and you can also read my website blog about my favourite Waterfalls to photograph in the North Yorkshire Moors.

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



Instagram: [@joshharrison.photography](https://www.instagram.com/joshharrison.photography)
Facebook: [@JoshHarrisonPhotography](https://www.facebook.com/JoshHarrisonPhotography)
Web: www.joshharrisonphotography.com
Email: info@joshharrisonmedia.com



The Ferguson Fawsitt



OPENING HOURS

MON: 19:00 - 23:00

THU - SAT:
12:00 - 23:00

SUN: 12:00 - 22:30

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

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

2nd Friday of the Month - Food and Craft Fair 10am to 4pm



THURSDAY TO SATURDAY:
AFTERNOON TEA - 12PM to 5PM

www.fergusonfawsitt.co.uk

tel: 01482 526317

FRIDAY 11TH AUGUST

**Summer Food and
Craft Fair**
with new stalls and
beautiful crafts
10am - 4pm

FOOD HOURS

THU - SAT:
12:00 - 19:30

SUN:
12:00 - 18:00

I'VE BEEN THINKING... SAYS COLIN RAYNOR

August being the true holiday month, Beverley can expect an influx of visitors from all over the world, maybe even from Cottingham.

We were amazed when we came to live in Beverley some sixteen years ago to hear some folks tell us they never came to Beverley. I suspect things have changed over the last few years with the emergence of Flemingate. Two of the big attractions of Beverley continue to be the Parish church of St John and St Martin's, generally known as the Minster, and St Mary's church.

The two churches are at opposite ends of the town. St Mary's is situated along a stretch of road know as North Bar Within and the Minster is a good twenty minute walk, 'as the crow flies', to the other end of town. The walk will take you through the Saturday Market, then through the Wednesday Market and down the cobbles of Highgate where you will see the Minster as it stands tall on your horizon.

You may be fortunate to hear the church clock chime with all ten bells on the quarter hour or even ringing out for a wedding. I was told a few weeks ago, by a couple visiting Beverley for the first time, how much they had enjoyed their visit to our famous Minster.

After further discussion with them I had to tell them they had been to St Mary's but they had appreciated that church which also had a history going back to the early 16th century.

In a book I looked at recently Beverley Minster was named as being among the ten most important Gothic churches in England. Gothic

architecture began in Paris in the 12th century and is really symbolised by pointed arches, stained glass windows, flying buttresses, ribbed walls and tall spires. It isn't just the architecture however that draws people to walk within this hallowed place. It is the fact that over many years the Kings and Queens of our land have also come to worship as have thousands of men women and children.

On October 25th this year there will no doubt be a service of remembrance for the time when King Henry 5th came to Beverley Minster over 600 years ago to give thanks to St John of Beverley (who founded the Minster) for his famous victory at the battle Agincourt in 1451.

Beverley Minster, like many other churches who have existed for centuries, has its own particular slice of history waiting to be discovered by the diligent visitor.

Consider the name of Miss Elizabeth Caroline Hanks, a name I suspect not known to many outside this parish. But if you look carefully you will find a wonderful brass plaque, some two foot by four foot, prominently displayed, and it would seem regularly polished by the Friends of the Minster. I feel sure they value her memory just as much as they do more famous people who have crossed the threshold of this ancient building over the years.

Miss Hanks was the mistress of the Infants School at Becksde when on November 14th 1889 she realised that a fire had broken out in the roof of the church. The plaque states that 'the fire could have caused irreparable damage but due to her quick response the fire was extinguished.'



The plaque goes on to record that Miss Hanks died in late 1890 at the age of 23 years in the town of Prees in Shropshire near the Welsh border. I would encourage you to find time to take a walk around this historical building (still free to enter) and find the plaque relating to Miss Hanks.

The Minster is above all a place of worship and so I will finish with words from a hymn written before Miss Hanks was born, but still sung today...

'We love the place O God wherein thine honour dwells
The joy of thine abode all earthly joy excels'

(the tune is Templa Quam Dilecta - 'How lovely are thy temples Lord').

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ACTIVE VS PASSIVE INVESTING - WHICH IS BETTER?

At a glance...

- Active investing involves fund managers making active decisions over what to invest in. Passive investors look to replicate a given index or market.

- Both strategies have their strengths and weaknesses.

- Where appropriate we look to blend different elements of active and passive within our strategies.

During long periods where financial markets do well, the voice of the passive investor tends to be heard most loudly. These are periods in which it is relatively easy to deliver positive returns - the rising tide lifts all boats. However, in more volatile times when markets are potentially flat or falling, as we saw in 2022, those who advocate active management tend to have a stronger voice.

In these tough periods, judgements that drive investment decisions can make the difference between disappointing and positive returns.

Which do we use?

When we are constructing portfolios and building our multi-manager funds, we look for fund managers who are expert at what they do. We work with those we believe offer a disciplined investment process that will help them generate long-term returns for you.

However, we don't just use active strategies within our portfolios. Not all markets are the same, and different investment styles may be more or less effective in different regions, asset classes and

circumstances. When thinking about the most effective ways of constructing a portfolio, we consider a broad range of investment choices. That means acknowledging the attractive features of active and passive investing - and all the shades that sit between them. As a result, we are firm believers that there can be a role for active and passive investments.

Pros and cons

At one end of the spectrum sits the pure passive strategy, which simply replicates the constituents of a particular market or index. This should deliver very similar performance to the index that is being tracked, meaning you'll experience similar returns, volatility, peaks and troughs as the index it aims to track.

One advantage of passive funds is they tend to be cheaper than active funds. Overall, investors should receive broadly what they expect - market-like performance. At the other end of the spectrum lies the genuinely active fund manager, who makes decisions on what to buy and sell based on an investment approach they will have developed over time. This inevitably relies on human judgement but is supported by all sorts of technological and data-driven inputs that are designed to provide a competitive edge. Ultimately, we believe good active fund managers have the potential for sustainable long-term outperformance of the wider market, in excess of fees.

The downside is active strategies have a higher cost. Investors must accept the risk that they won't outperform in all market environments and

there may be prolonged periods where the fund underperforms the wider market. In between these extremes lies a range of different strategies which use technology to make investment decisions using mathematical modelling rather than human judgements. This is known as 'active quantitative management'. It can be delivered at a lower cost than a traditional active strategy, but it still retains the potential for better returns than the market will deliver, albeit with no guarantees.

What is right for you?

Depending on what you are trying to achieve, there could be a role for any or all these options within your portfolio. We aim to provide the broadest range of options to help you reach your needs and goals.

In pursuit of this aim, sometimes we blend different elements of passive and active investment together. We do this where we think clients will benefit from having complementary exposure to the more attractive characteristics of both. In the modern investment world, therefore, you really can have your cake and eat it.

Get in touch

Whether you're just starting out, or an experienced investor we can help you choose the right decisions that will help you reach your goals.

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Invest with confidence

Investing can be daunting. Where's the best place to put your savings? What level of risk are you willing to take? How might fluctuating markets affect your investment? And how can you monitor performance?

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SSAFA, also known as Soldiers, Sailors, Airmen, and Families Association, is a charitable organisation that provides lifelong support to serving and retired members of the armed forces and their families.

With a history spanning over 135 years, SSAFA offers a range of services including welfare support, housing assistance, mental health support, and practical assistance during times of need.

SSAFA has a dedicated team of volunteers and professionals who work tirelessly to ensure that military personnel and their loved ones receive the care and support they deserve. Through their compassionate efforts, SSAFA continues to make a significant impact in improving the lives of those who have served their country.

If you are interested in joining the team so SSAFA can continue to provide care and support to military personnel then don't delay, working together you can make a difference.

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Website: ssafa.org.uk



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By stepping outside our comfort zones, we challenge ourselves to learn, adapt, and evolve. Trying new things pushes us to discover untapped talents and passions we never knew existed.

Whether it's exploring a new beer style, tasting a new aperitif, or discovering a new distillery, trying something different expands our horizons and enriches our lives. Embrace the thrill of the unknown and embrace the transformative power of stepping into uncharted territory.

At Northmen Spirit we have been fortunate over the last couple of months to be able to bring new and exclusive products to our customers, in June we brought the Norwegian Whisky Vanaheim and the Yorkshire Aperitif Sommer to our shelves.

In July we brought the new Northumbrian Whisky, TÁCNBORA, a blend of Irish and Scottish Whiskies



aged in a range of Virgin American Oak, Bourbon and Oloroso Sherry Casks.

This inaugural Whisky from the brand new Anglo Saxon Museum and Distillery in Wooler, Northumberland is part of a series of blended whiskies that will lead up to the inaugural release of their first Whisky.



The fantastic team at Belschnickel Brewery will again be delivering super fresh beer to us in August, we plan to have their superb Pfaffendorf Gose ready to pour in our First Floor Bar on Friday 11th August.

The Hullywood Session IPA they delivered in June was just so delicious and fresh that we just had to repeat the event. Pfaffendorf is an amazing Gose, not too sour and with that distinctive salty aftertaste of all Gose varieties.

On Friday August 4th we are teaming up with



Graham from the amazing YouTube Channel Step Through History to present an evening of storytelling and Mead tasting. Graham will regale us with tales of Medieval Beverley and then introduce a range of Meads from Nidhoggr in Pocklington to help us really get into the Medieval mood.

You can reserve your place in person (2-3 Cross Street, Beverley) or via our website www.northmenspirit.co.uk

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At BAR SEVEN93, you can expect to find a wide variety of beers on tap, each with its own unique flavour profile. Many craft breweries specialise in creating bold, complex flavours that you simply can't find in mass-produced beers. Whether you prefer light and crisp pilsners or dark and malty stouts, there is a craft beer out there that is sure to delight your taste.

With eight keg lines behind our Bar and a great selection of local wine and spirits there is sure to be something for everyone.

Craft beer has become increasingly popular in recent years, and for good reason. This type of beer is typically made by smaller, independent breweries that focus on creating unique, high-quality brews with distinct flavours and aromas. A craft beer bar is the perfect place to experience the best that the craft beer world has to offer.

If you're looking for a unique and memorable beer-drinking experience, BAR SEVEN93 is the perfect destination. www.northmenspirit.co.uk

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Dates for your Diary
Friday August 4th - Step Through History (Medieval Beverley)
Friday August 11th - Fresh Belschnickel Gose
Sunday August 27th - Bottle Sharing meet
Monday September 18th - Meet the Distiller - Bivrost

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CARING FOR THOSE WITH DEMENTIA

Dementia is a word that can strike fear and dread into the hearts of families. That's because dementia often takes away the very things that people treasure most; their identity, their memories, and their ability to communicate with their family.

Dementia is more prevalent in people of an older age, and as we live longer, we are becoming more adept at recognising the signs, and achieving a diagnosis of dementia at an earlier stage.

With or without a diagnosis, people often need support and assistance to help them retain as much independence and live as fulfilled lives as possible.

An early recognition and acknowledgement of support can help families establish care as part of the daily routine, helping those with memory loss to remain independent.

At Home Instead we recognise the challenge of caring for someone with dementia and our years

of experience in helping families at home means that we are best placed to offer expertise when it comes to providing care and support for someone living with dementia.



Our relationship-centred dementia care approach provides personalised care that:

- Helps your loved ones remain safe and calm at home.
- Encourages healthy eating and nutrition.
- Creates opportunities for social interaction.
- Provides mind stimulating activities.



- Build self-esteem and enhances physical strength.
- Helps families take a rest from caring.

If you think you would like to start the conversation around providing some care and support for your loved one, we would love to come and meet you.

Get in touch and we can arrange a no obligation meeting where we can find out more about your situation, and how we can help.

www.homeinstead.co.uk/beverley-hull



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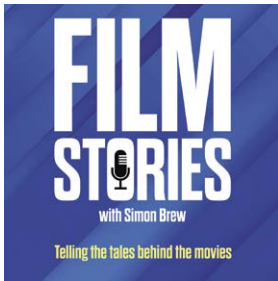
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FANTASTIC FILM (PODCASTS) AND WHERE TO FIND THEM

This month is going to be a little different as many of us will at least get a week relaxing at home or away and if the weather is in our favour, we may even get outdoors. You can watch films outdoors but it is not easy.

The world of podcasts offer an audio alternative to feed that movie fix but there are so many... The Good, the Bad and the Ugly... so to speak. Here I will be your guide only for the good although I will say some of these are "deep dives" and you may have to ask yourself this question "do I feel nerdy?"

For those of you not in the know, there are many different platforms to receive podcasts on your computer, tablet or phone to playback. Most of the music streamers (Spotify, Amazon etc.) have a podcast section as well as various other providers. I suggest just do an internet search for the podcasts or a podcast player and you will find the best way for you to listen but what to choose in this myriad of options?



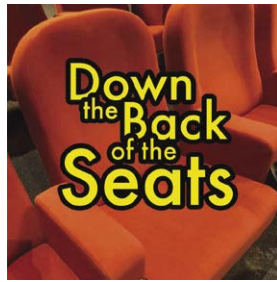
Film Stories with Simon Brew
Simon Brew is a journalist and author. He publishes a magazine also called Film Stories (with its own website) and does the odd live

show as well as this podcast. It is a very simple production: one man with a microphone who is very well researched. It is not a film criticism podcast but as the title suggests, the story of how a film gets made from the beginning, from wherever the kernel of the idea came to the eventual release and aftermath culturally.

As Simon says, it is very hard to get a film made and the podcast is there to celebrate that achievement. These are not obscure movies but ones you may well know mainly from the 90s onwards. There are two films per episode and titles covered include both versions of the Italian Job, several James Bond films, Big, Paddington, Trainspotting and many, many more in over 300 episodes. It is absorbing and interesting stuff especially if one of your favourites is being covered.

Occasionally, there are special episodes where Simon interviews filmmakers (directors & producers) in a genial and thoughtful way about their careers. A recent episode featured some of the stage interviews he conducts on the live shows. I was particularly moved by his interview with Trevor Hickson who some might remember as children's TV comedy duo, Trevor & Simon. Trevor is now the manager of a very special cinema in London. Medicinema are fully functioning and immersive cinemas built in hospitals to enable long term patients and those with complex needs, to experience the joy and escape that cinema provides. The conversation between Simon and Trevor was funny, emotional and inspiring. Certainly, if such a facility is built near me, I would be signing up as a volunteer.

For me, Film Stories is a must listen podcast (each about an hour) and until a couple of months ago, I would have named it my favourite by a clear margin but, there is a new player on the block.



Down The Back of the Seats

In my former life, my duties included looking after cinema social media. I am no expert and so I always had a look at what other people were doing,

saying and let's face it copy their ideas. This research brought the Campbeltown Picture House to my attention. Situated in the Mull of Kintyre, it is the oldest purpose built cinema (just celebrated its 110th birthday) in Scotland which is still in operation. This is partly thanks to a community project which saw an extensive refurbishment of the cinema while retaining its gorgeous original architecture. It is on my bucket list to visit sometime.

The cinema's Facebook page could get important messages across in an amusing way (on age restrictions - "shouting at us is not a valid form of ID"), the amazing baking you buy when visiting and highlighted fantastic community initiatives (if you ever wondered where the idea of "the cans film festival" came from, look no further).

The Picturehouse now has a podcast, "Down the Back of the Seats". At time of writing, there are 7 episodes of "Down the Back of the Seats" hosted by cinema manager, Ellen and performer & Bute resident, Alasdair. Differently, it is not about the film but as they say themselves "explores what happens when public and public spaces meet".

Cue some hugely funny stories about the behind the scenes of cinema, theatre and concert hall as well as explaining some of the "mysteries" involved with running a cinema and answering those frequently asked questions. Most importantly, amusingly and never condescending.

The titles of each podcast include a phrase from each episode. No matter how much you try and guess what they could refer to, you will rarely be correct (especially "Holding Open a Fire Door"). Each episode is a lovely precise 30 minutes.



All the Right Movies

Back to films and if you fancy a more in depth, critical analysis and discussion of some classic films then "All the Right Movies" could be for you.

A team podcast with five university friends who look at the making of a movie as well as a dissection of the finished product with a play by play look at the artistry. It can be an interesting two hour listen.

"The Thing", "Inception" and "Who Framed Roger Rabbit" are among the titles to get the detailed examination with the team complimenting each other on their knowledge and bringing a lot of humour and passion to their chat. Occasionally, they have the opportunity to bring filmmakers into



the conversation. On a trivia note, the podcast title is a play on the film "All the Right Moves". A 1983 film which was one of Tom Cruise's first starring roles.



Video Archives Podcast

All the above podcasts are done by enthusiasts and journalists but what of a filmmaker's perspective? If there is one writer/director who is not shy of giving

an opinion, it's Quentin Tarantino. The Video Archives in the podcast name was the rental shop in California where Tarantino worked before his big break.

As with all such stores, it eventually closed and he bought the entire inventory of VHS tapes to add to his collection of film prints and other cinematic detritus. (Quentin even owns his own cinema, The New Beverly in Los Angeles.) His podcast co-hosts are fellow ex-employee, Roger Avary - the co-writer of Pulp Fiction and himself a director along with Avary's film fan daughter, Gala.

The trio watch the original VHS tapes in the collection and begins with the two men discussing the films later joined by Gala who gives a younger female outlook. Films selected are generally from the 1970s and 1980s, given their format, and the discussion can include both the videocassette box and cover as well as the film itself.

Via this podcast, I have discovered some movies I never knew about as well as rewatching films I remember. The enthusiastic debates certainly motivates you to find movies although I must say I differ in tastes from the hosts but I am always entertained by their take and sometimes they have made me a convert. However, I will never have Roger's passion for the James Bond film "Moonraker". As a schoolboy, I had to watch that a multitude of times in my job as a cinema usher. I don't think I have ever been the same.

Whatever type of film fan, I hope you find something to entertain on these summer days. I will return to the movies themselves next month as the nights start to really draw in again.
Cliff Baillie.

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WALKING EAST YORKSHIRE FESTIVAL

9-22 SEPTEMBER 2023

This September, the Yorkshire Wolds plays host to the 13th Walking East Yorkshire Festival brought together by tourism partners and volunteers across East Yorkshire.

2023 marks 'Year of the Coast' and to celebrate we are holding a two-day 24-mile coastal walk along a new section of the '**King Charles III England Coast Path**' between Bridlington and Filey. The walk will afford spectacular coastal views along the heritage coastline.

Or why not enjoy **outdoor Yoga** or a **Fossil walk** facilitated by the councils Active Coast Team. Alternatively head down to **Spurn Point** for a guided walk along this stunning peninsula, check out the annual **Migfest** organised by Spurn Observatory or join **RSPB Bempton** cliffs for a dusk walk.

For those who prefer a countryside walk we will be completing the **North Wolds Walk**. A 20-mile circuit in the heart of the **Yorkshire Wolds** that takes in some breath-taking scenery across hidden valleys, pastures and plantations.

If it's a slightly less ambitious walk you are looking for, local walking groups such as the **Ramblers** and **Windmill Walkers** invite you to some 'have a go' sessions along shorter routes.

The **Vale of Snaith action group** have put together a comprehensive walking programme for this year's festival to celebrate the 800th anniversary of being granted its Market Charter. Join them for a **Heritage celebration walk** or a **Boots and Breweries walk** finishing off with a delicious savoury buffet.

Guided walks around our historic stately homes are always popular. A short walk from Snaith takes us to **Carlton Towers** where we are greeted with tea and cakes in the banqueting hall followed by an informative tour.

Wassand Hall will be providing a tour of their regency house, finishing off with a walk exploring the woodlands and arboretum with views across Hornsea Mere. **Secrets of Sewerby Hall and Gardens** offers a rich history tour of the hall and grounds.

Pocklington Canal will once again be hosting two trips aboard the New Horizons narrowboat where you can spot wildlife along this scenic waterway. Alternatively, we will be taking our first charter on the **Sun Barge** leaving from Beverley Beck up the River Hull.

Walking the Town Beverley guided history walks include **When Beverley made a big splash** - a walk and talk on the history of shipbuilding along the river Hull. **Beverley has talent!** will inform you of those residents who have made their mark on Beverley or the **Quiet Gardens of Beverley** which take you to 10 different gardens dotted around the town centre, each with their own history.

Pocklington & District local history group will be kicking off the 2023 festival on Friday 8 September with a circular town stroll pointing out sites, stories and characters of the towns pubs and breweries, past and present.

Our **Hornsea** history walk will take you from the seafront to Hornsea Museum whilst **Driffield** are hosting their Horsehair Jack Trod, a hugely successful walk around a section of the Wold

Rangers way. **Withernsea** have a walk setting off from the **Lighthouse** with a private viewing on our return. If you enjoy a tale or two, book onto the **Market Weighton storytelling walk**.

Heritage Open Days have once again teamed up with the Walking Festival to offer walks in **Goole** focusing on the Victorian and Edwardian era and Goole's Cinemas, Theatres and Clubs.

Two of our award-winning vineries have events planned - **Laurel Vines** are putting on a vineyard tour, wine tasting and picnic, or enjoy a walk on the Yorkshire Wolds Way from **Little Wold Vineyard** with wine tasting and nibbles on your return.

New events to the festival this year include an open weekend at **Frith Farm** in Beverley where you can get involved with this local producer. **Stamford Bridge** invite us to a Walk and Talk about the Battle of **Stamford Bridge** including a private viewing of the 1066 tapestry.

Explore **Hull's maritime history** with a guided tour of the city centre exploring its past and present. **Beverley Minster** is treating visitors to





hidden spaces and secret places tour of the Church, including a roof tour, a visit to the west tower and a peep around the secret garden - not usually open to visitors.

The East Riding of Yorkshire Council's Countryside Access Team have come together with experience community to facilitate **disabled rambles** along the Yorkshire Wolds Way suitable for mountain trikes and assisted wheelchairs.

Get involved in our first ever **Ebikes event** and enjoy a mainly off-road ride along the **Hornsea Rail Trial** to **Burton Constable Hall**.

Other festival highlights include the popular **Boots and Beer Walk** visiting Wold Top Brewery, **Wild Food Foraging** and **Nordic Walking**. Geo-park walks will head out from **Warter** or **Flamborough Head** where you will be treated to facts about local geology and archaeology of these landscapes.

For ladies looking to get back in the saddle and make new friends join the **Breeze Cycling** ladies on a number of taster events taking in some pretty country roads across the East Riding of Yorkshire and finishing off with a well-deserved refreshment break.

From long walks to short walks and experiences not usually open to the public, immerse yourself in the **Walking East Yorkshire Festival** programme.

Download your guide at:
www.walkingeastyorkshirefestival.co.uk



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For those with limited mobility, mobility aids provide increased accessibility to the world around them. They allow individuals to move around their homes, visit public places, engage in social activities, and pursue employment opportunities. By reducing physical barriers, mobility aids enhance quality of life.



Paul and Anne mentioned; "Mobility aids promote physical well-being by preventing muscle deterioration and promoting cardiovascular health."

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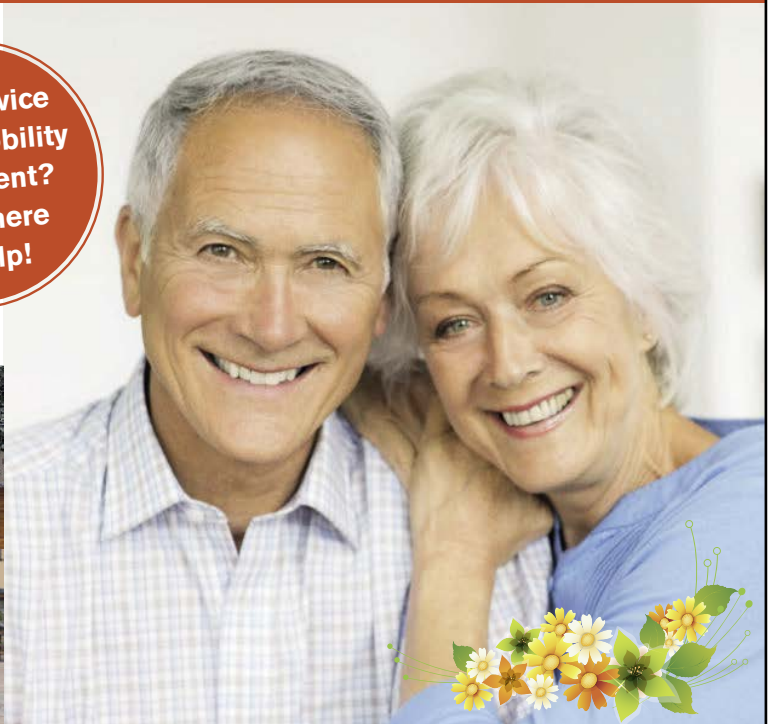


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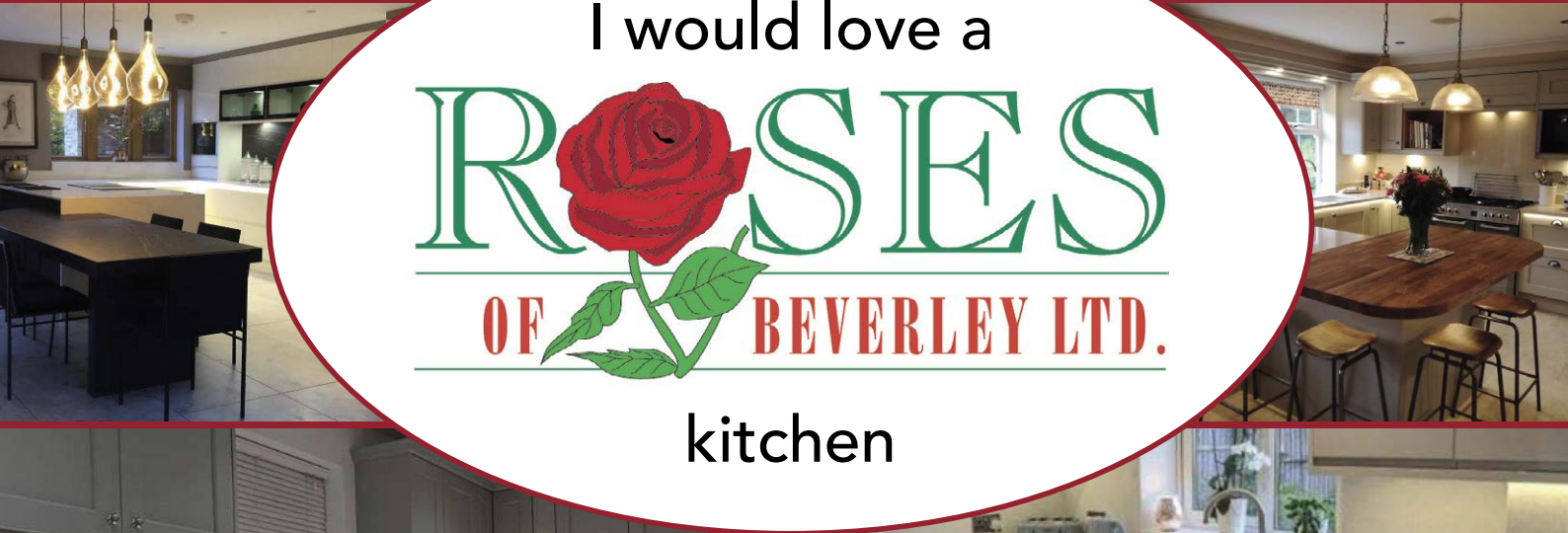
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SHANE ASKS, DID YOU KNOW? THE GOOD OLE' PICNIC THROUGH TIME

The humble picnic, is a charming little outdoor social gathering involving yummy treats and gossip aplenty. From extravagant royal feasts to impromptu family outings, picnics have captured our imaginations and taste buds since ancient times began right through to the modern day quaintness we enjoy today.

Greek and Roman societies celebrated outdoor banquets, which often featured lively conversations, wine, and delicious food. The picnic supplied the environment for which the greats of yesteryear pondered life and its meaning.

By the Middle Ages, the picnic took a more rustic turn. Nobles and knights would venture into the countryside, spreading out their blankets amidst meadows and forests. Although not yet the full-on picnic we see now, this food phenomena was slowly evolving.

With the dawn of the Age of Enlightenment, picnics gained popularity among the upper classes in Europe escaping the confines of urban life. Influenced by the Romantic movement, they sought solace in nature, often picnicking in picturesque landscapes.



Extravagant spreads were laid out on beautifully decorated tables, with an abundance of delicious treats to be devoured.

The Victorian period brought about a renewed interest in

outdoor pursuits, including picnics. There featured many splendid events, featuring intricately designed picnic baskets, the finest bone china, along with posh silverware.

As picnics became more accessible to the masses, and the industrial era gave us mobile fridges, the picnic evolved into a relaxed and informal all day gathering (think Westwood, nousey cows and thistles ready to ruin the feast!)



With the advent of industrialization and urbanization in the 19th century, picnicking also spread across the globe. In the United States, picnics became a symbol of democratic ideals, a way for communities to come together in public parks and celebrate national holidays.

Immigrants brought their own cultural traditions of outdoor feasting, adding diversity to the practice. Similarly, in Australia, picnics became a vital part of the country's identity, reflecting the nation's love for the outdoors and its unique landscapes.

Picnicking (or as some Yorkshire folk say 'picker-nicking') has charmed people across cultures and continents for centuries and continues to tickle our fancy, as long as the weather is right, otherwise we have soggy sandwiches and crying babies! And now we have ways to transcend space and time (i.e the 1980s Ford Cortina to the 2020s eco cars). We don't mind journeying far and wide for our favourite spot in the countryside. Just don't forget the family, the games and most importantly, your umbrellas!

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

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RIDDLES

Can you solve the Riddles?
 Answer on Page 29.

What can fly but has
 no wings?

What is at the end of rainbow?

How many seconds are in
 a year?

DID YOU KNOW?



COMEDY CORNER

Things that make you laugh!



What is every teacher's
 favourite word?
 August

Who came after
 Augustus?
 Septembris

Is today really August?
 Or are Julying to me?



QUOTE OF THE MONTH

August - A flicker of
 fun and sun - enjoy life.

- A**way days to entertain the family
- U**mbrella - just in case!
- G**ardening
- U**nwind and chill
- S**ummer is here, get the most from it
- T**rails to explore for family fun



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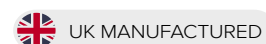
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WILSONS WHEELS - TAKING IT TO THE LIMIT

On the 23rd July Nathan Wilson competed in the British mountain biking championships, the pinnacle of off-road cycling in the United Kingdom.

The championships featured thrilling races across challenging terrains, including steep descents, rocky trails, and technical obstacles in difficult conditions testing the riders agility and precision to push themselves to the limit for the sought after National Champions Jersey (red blue and white) which they get to wear for the following year in any mountain bike race for there category.



The championships were held at Parkwood off-road centre in Tong, West Yorkshire. Local cyclist Nathan Wilson, Wilson Wheels in Beverley did very well finishing 5th in the masters race in the 30-39 age group and 4th in the 35-39 sub category.



To encourage riders to get into mountain cycling, Wilson Wheels have a number of Summer Deals which include:

Cube Aim Pro in Grey and Yellow - Summer Deal - down to £499.

Cube Aim Race in Blue - reduced to £549.

"Don't delay, grab a deal today" - grab a deal on a new cycle helmet (just in case)!!

CARFAN - CADILLAC TYPE 53

Anyone who feels overwhelmed by the amount of technology in modern motor cars really should look at the subject of this issue - a Cadillac Type 53.

This car has no stop lights, indicators or windscreen wipers and as the car is left hand drive, a long pole with a flag on the end is pointed through the car to alert following cars of an imminent lane change.

Produced in 1916 in the United States, the vehicle made its way to North Dakota where it was used as a wedding car before being restored in the early eighties and then it travelled to Phoenix, Arizona when the current owner saw it advertised online accompanied by various photographs before wisely travelling to see it before parting with any money. Having been owned for 30 years now, very few miles are added to the odometer each year with it now reading only a little over 23,000 miles in total, including a trip half way across France, which must have been quite an adventure.



This model's claim to fame is that it is the first production car to be fitted with a V8 engine which certainly has to be a tricky quiz question. Parts are somewhat difficult to find, apart from tyres and points etc. with most others especially made or repaired.

One feature we can be grateful for is that this was also the first production car to have (from right to left) accelerator, brake, clutch and the handbrake and gearlever in the middle between the seats. If you fancy one on your drive you probably need to travel to U.S.A. and enjoy hunting as they are now very scarce. With only 18,000 manufactured in a single year of production, should you see this car around and about, don't forget that cheery Carfan wave!

WILSONS WHEELS

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COUNTRYSIDE MATTERS WITH SAM WALTON

The title Just Beverley does not mean that the popular magazine just focuses on Beverley and immediate surroundings.



At this time of year in particular, a lot of people tend to travel round the area to look at the Wolds, Moors and of course the coast.

Mentioning the coast reminds me of how much of that we have lost in the last 50 years or so, probably 200 yards or more in my lifetime. What reminded me of that was a recent visit to Spurn Point, where I always take any visitors there which we might have. There are sheep and cattle grazing the surrounding areas.



I first went there when I was 12 when an uncle, who farmed in Holderness and used to keep pigs which were fed on swill (waste food) and every other day he had the swill from Spurn Point Military Camp which was at the far end on the point, collected so I went several times. It is a fascinating place with a fantastic history and played a vital role in the 1939 to 1945.

Recently I went with our Senior Club which is ex Young Farmers on a specially organised tour to hear about the history and to be able to see the damage now done by erosion.

At one time you could drive down there and there was also a railway line. Now you can either walk the almost three miles or go on their Unimog, which drives along the beach until it gets to the bit of road which is still there.

Spurn played a very important role in the last war and to-day what looks almost like a small village down there, is virtually deserted other than the Lighthouse Crew who stay there on their shifts, but the Lifeboat Crew are now across the water near Grimsby. Give it a go.



SURVIVING THE SUMMER HOLIDAYS AND BUILDING MENTAL RESILIENCE

Right, it's here - the endless six-week summer break for parents and children to be endured or hopefully enjoyed and I've just seen a friend's comment on social media... "first day of the summer holidays and the heating is on - marvelous!"



Whatever the weather, living in Beverley and the surrounding areas offers lots of opportunities to get out and about and create lasting memories with friends and family. To avoid stress, get the "jobs" done first. If you're at school or college and have been given a project to do over the holidays, strike whilst the iron is hot or at least get an outline of what you're going to do if you're one of those people who "works best under pressure". If you're planning for university, heading to a new school or just need to buy the next size in uniform, get down to the shops now, when you'll have the optimum choice in both range and price.

When you've got the practicalities ticked off then there's the mental preparation which is where resilience comes in. Firstly, what is mental resilience and why does one person embrace the tough times whilst another crumbles? Mental resilience is having the emotional and behavioural flexibility to adjust to both internal and external demands. You can build strategies for helping you cope with the outside world and the internal world of thoughts, fears and anxieties; here are some tried and tested ideas you could adopt for your own:

1. Be kind to yourself. Learning to be kinder to yourself can help with how you feel in different situations...
2. Find time to find time to relax...
3. Develop your interests and hobbies...
4. Spend time in nature...
5. Look after your physical health - exercise and eat well...
6. Ask for help, chat to a friend or seek formal counselling or use online apps in mindfulness and resilience building.

Whether you're transitioning from primary to secondary school or going to university or you're a mum or dad anticipating empty nest syndrome, acknowledging feelings rather than burying them is key to developing emotional resilience. Learning mindfulness can allow us to acknowledge and be with uncomfortable emotions so please feel free to join my Monday evening drop-in mindfulness session any time to put this into practice. Mindfulness is like going to the gym for the mind - resilience is a learned behaviour not necessarily something you're born with, and it's built and maintained over time.



Now perhaps the most important criteria for the summer holidays and for life in general is to relax and have fun which is probably the best way of maintaining mind and body in the optimum state of health. A good way of firing-up the brain cells, whilst getting out and about is Geocaching - an outdoor treasure-hunting activity. (www.geocaching.com/play). There are more than 3.1 million geocaches all over the world and many in the Beverley and surrounding area. This can be a fun challenge and also builds teamwork, teaches navigation skills and how to put in GPS coordinates using smart phone technology. Give it a go - it's free!

Every week on a Monday evening, I run a free mindfulness session. These sessions present a wonderful opportunity to take time out for yourself. If you'd like to join, just drop me a message or give me a call on the details below.

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

ANSWERS TO THE RIDDLES...

What can fly but has no wings? Time.

What is at the end of rainbow? W.

How many seconds are in a year? 24

2nd January, 22nd January, 2nd February, 22nd February etc, etc

LET'S NOT WHINE - LET'S PLAN A GRAPE ESCAPE!!

One of the best parts of being an independent Travel Counsellor is that we have our own ATOL license allowing us the flexibility to build bespoke itineraries for our clients.

We work very closely with Destination Management Companies to enhance our clients experience to ensure they have the support on the ground in their resort if this is needed. We also are able to build in various experiences in order to tailor this to the clients interests.

It is the most interesting part of the work that I do particularly when there are multiple destinations in the itinerary so we can get a variety of transport modes included. However this month I have decided to tell you that we also act as agents for some wonderful independent tour operators that

are experts in their field and offer a niche product. So this month is going to let you know all about one of our favourite suppliers - Grape Escapes.

As the absolutely fabulous name suggests they arrange holidays to the various wine regions of Europe. They cover France, Spain, Italy, Portugal and Croatia. The tours vary from a day tour - for example a day trip from Paris by train to the Champagne region with lunch included. This could be something that I could book for you even if your other travel arrangements have been made elsewhere.

Another day trip is from Bordeaux where you enjoy the best that Bordeaux has to offer with unique wine tastings, private and VIP experiences, and luxury chauffeured transport. You will visit

three of your preferred Chateaux and will be served a gourmet lunch. Short breaks are viable with the option to stay three nights in the vibrant city of Lisbon and enjoy exploring the surrounding wine regions including the spectacularly beautiful Península de Setúbal. A duration to suit everyone to be fair with 5 nights and 7 nights, or if time allows there is the 15 days Grand European Wine Tour including vineyard tours

and tastings in the best wine region of France, Spain and Italy as well as top gastronomic experiences allowing guest to discover world famous wines through a unique holiday. Tours can also be tailor made

to suit your requirements. A good friend of mine attends a book club which it seems is as much about talking therapy and drinking fine wines as it is about reading good books - so to be honest if wine is your passion and you have an interest in travel this really could be the best of both worlds.

Just a thought but a bit of a taster experience without the need to travel very far would be to try our very own local vineyards - Laurel Vines and Little Wold Vineyard - both beautiful independent family run businesses with wonderful tasting wines!! Rather a pleasant way to spend an afternoon and you could easily relax and put your mind to your travel plans for 2024 and beyond.

Amanda McConnell, Travel Counsellors.

T: 01482 770540

E: amanda.mcconnell@travelcounsellors.com

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DRESS TO IMPRESS - THE FAMOUS LADIES DAY PRESENTED BY PORSCHE CENTRE HULL IS BACK!

The Famous Beverley Ladies Day presented by Porsche Centre Hull, widely hailed as one of the best in the country is back for 2023 - Wednesday 16th August.

Ladies and Gents, it's time to dress to impress as the great and good of Yorkshire descend on the Westwood.

PLEASE BE AWARE PREMIER TICKETS HAVE NOW SOLD-OUT - AVAILABILITY IN G&P AND COURSE ENCLOSURES

- Gates open 11:00
- First race 14:00
- Last race 16:55

2023 Most Stylish Awards - Sponsored by Viking FM

The Most Stylish Awards, sponsored by Viking FM return to the Westwood in 2023. Heading to Beverley Racecourse for Ladies Day, are you the most stylish Female or Male? Head to the Style

Awards marquee in the centre of the course to enter and one lucky lady and one lucky male will scoop some fabulous prizes:

- Porsche Driving Experience at Silverstone worth £1000 - Courtesy of Porsche Centre Hull.
- Pamper Spa package, worth £300 - Courtesy of Sessions Spa Beverley.
- A piece of jewellery worth £1,000 - Courtesy of Berrys Jewellers Hull.
- Pair of tickets to a show at the Bonus Arena Hull - Courtesy of Viking FM.

Viking FM Breakfast show presenters Alex and Nicola will be hosting the afternoon's activities in the Most Stylish marquee.



Looking to make your day at the races extra special?

Enjoy the colour and vibrancy of our famous Ladies Day in our exclusive Summer hospitality marquee presented by TAVISTOCK AND BLACK.



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Entertainment

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EAST RIDING THEATRE BRINGS YOU EXCITING NEW SHOWS

East Riding Theatre's **BRAND NEW** brochure has arrived and is jam packed with events running right up to Christmas.

There are some exciting shows at ERT over the 5 months including the popular *Beverley Does Broadway*, *The Remarkable Tale of Dorothy Mackaill* which is a new musical based on a true story written by Elizabeth Godber, and ERT's 2023 family Christmas show *Toad on the Walls*. Pick a copy up at the theatre or Beverley Tourist Information, or you can view it online on the what's on page of the website.

Throughout August we have a variety of shows for you to take your pick from.

For each of the Summer Schools, there will be a **FREE public performance** which provides

you with a good opportunity to see how ERT is engaging with young people.

Drama Summer School (ages 12-21), Friday 4th August, 7.30pm

Watch our young drama summer school performers as they bring a script to life and impress you with all they have learnt over just 5 days.

Audiences are guaranteed to be amazed and entertained!



Technical Theatre Course (ages 14-21), Friday 11th August, 6pm

Enjoy a taster of *Beverley Does Broadway* along with a play reading from one of ERT's regulars Clive Kneller (ERT credits include *A Dickens of a Christmas*). All lighting and sound will be done by the young people on the Technical course.

If you fancy a bit of Shakespeare, Festival Players International will be arriving on the 6th August with the colourful, costume staged *Twelfth Night*. This tale of the pursuit of love hampered by disguise,



mistaken identity, and a great deal of roisterous and hilarious trickery, is assured to entertain.

Or if music is more your thing, then you can choose between the gypsy jazz supergroup *Yorkshire Gypsy Swing Collective* (30 Aug) and the 70s inspired folk singer-songwriter *Katie Spencer* (2 Sep).

Want a bit of both? Be transported to the West End by She Productions troupe of musical comediennees with the revamped version of *Beverley Does Broadway* (16-26 Aug).

Book your tickets via the website or by calling the box office on **01482 874050**. East Riding Theatre would also like to say thank you to the Beverley Referral Business Network for the generous donation of £500.



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and try to save the
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WHAT'S ON IN BEVERLEY

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E-mail info@justbeverley.co.uk

Telephone **01482 679947**

For more events visit
justbeverley.co.uk/events

Saturday 5th August

Beverley Chess Fest

Returning to Flemingate after the success of their 1st Chess Fest in 2022. 10am-3.30pm.

Sunday 6th and 20th August at 11am

Commonwealth War Graves Guided Tours

Discover the stories of the servicemen and women who lost their lives in the two World Wars who are commemorated in Beverley. www.cwgc.org/tours

Sunday 20th August

Flemingate Makers Market

Flemingate, Beverley. Entertainment, handmade gifts, cakes. Lots to see and do. Goodies to be bought, fun to be had. 10am-4pm.

Until Saturday 26th August

• Glam and Gloom - 1970s Britain

The 1970s was a decade of glitter pop bands, sunshine holidays and great British TV shows mixed with rising inflation, power cuts and endless strikes. Pop into the Treasure House and discover what the 70s were all about. This is a FREE exhibition. Treasure House, Champney Road, Beverley, HU17 8HE.

Until Saturday 26th August


Brick Journeys

Brick Journeys celebrates different modes of transport with unique models all built from LEGO bricks. This is a FREE exhibition. Treasure House, Champney Road, Beverley, HU17 8HE.

Saturday 16th September

Soul Night

Beverley Memorial Hall. DJ's Mike Taylor and Nock Borst and special guest BBC Radio DJ John Kane. Tickets £15 each, available from Beverley Tourist Information.



2023 FIXTURES

TUE 01 AUG - Family Day ft Westwood

WED 16 AUG - Ladies Day presented by Porsche Centre Hull

THU 17 AUG - Afternoon Raceday





SUN 27 AUG - Circus Family Funday

SAT 02 SEP - William Hill Beverley Bullet

WED 20 SEP - Afternoon Raceday

TUE 26 SEP - Season Finale

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HERITAGE OPEN DAYS 2023

Friday 8th - Sunday 10th September

• Barges on Beverley Beck

Beverley Barge Preservation Society, Crane Hill Wharf, Becksouth South, Beverley, HU17 0GG. 11am-3pm.

Friday 8th - Saturday 16th September

• Beverley - Eastgate Print Studio

11 Eastgate, Beverley, HU17 0DR. 11am-4pm.

Saturday 9th, Sunday 10th, Wednesday 13th,

Saturday 16th & Sunday 17th September

• Butt Farm - World War II Battery

Victoria Road, Beverley, HU17 8PJ. Various times.

Saturday 9th September

• East Riding Theatre

10 Lord Roberts Road, Beverley, HU17 9BE. 11am-4pm.

Saturday 9th & Sunday 10th September

• Beverley Friary

Friars Lane, Beverley, HU17 0DF. 11am-4pm.

Friday 8th, Saturday 9th, Wednesday 13th &

Friday 15th September

• Beverley Guildhall

Register Square, Beverley, HU17 9XX. 10am-4pm.

Friday 8th September

• Beverley High School

Norwood, Beverley, HU17 9EX. 11am-2pm.

Friday 8th - Sunday 17th September

• Beverley Minster

Minster Yard North, Beverley, HU17 0DP. Various times.

Friday 8th - Sunday 10th September

• Minster Sanctuary and Herb Garden

Beverley Minster, Minster Yard, Beverley, HU17 0DP. 11am-4pm.

Friday 8th - Sunday 10th September

• Minster Secret Garden

24 Minster Moorgate, Beverley, HU17 8HR. 10am-4pm.

Friday 8th - Sunday 10th September

• Monks Walk Inn

19 Highgate, Beverley, HU17 0DN. 12pm-4pm.

Friday 8th & Saturday 9th September

• No 2 Highgate

2 Highgate, Beverley, HU17 0DN. 10am-3pm.

Friday 8th September

• Norwood House

Norwood, Beverley, HU17 9ET. 11am-4pm.

Saturday 9th September

• St Mary's Church and Bells

North Bar Within, Beverley, HU17 8DL. Various times.

HERITAGE OPEN DAYS 2023

BEVERLEY & THE EAST RIDING

Friday 8 - Sunday 17
September 2023



ALL FREE



Saturday 9th - 12th September & Thursday 14th September

• Toll Gavel United Church

Toll Gavel, Beverley, HU17 9AA. Various times.

Friday 8th - Sunday 17th September

• The Church of St John of Beverley

North Bar Without, Beverley, HU17 7AG. Various times.

Friday 8th - Sunday 10th September

• Bishop Burton - The Altisidora Inn

York Road, Bishop Burton, East Riding of Yorkshire, HU17 8QF. Various times.

Saturday 9th September

• Bishop Burton - Church of All Saints

Church Hall, Cold Harbour View, HU17 8QJ. 10.30am & 1.30pm.

Sunday 10th September

• Bishop Burton College Walled Garden

York Road, Bishop Burton, HU17 8QG. 11am-4pm.

Saturday 9th & Sunday 10th September

• Aike - Laurel Vines

Laurel Vines, Aike, Driffield, YO25 9BG. 11am-4pm.

Saturday 16th September

• Goole - St John the Evangelist Church

Church Street, Goole, DN14 5BA. 10am-4pm.

Saturday 9th & Sunday 10th September

• Skidby Mill

Skidby, Cottingham, HU16 5TF. 10am-12.30pm and 1pm-4pm.

Saturday 9th & Sunday 10th September

• Skidby Mill

Skidby, Cottingham, HU16 5TF. 10am-12.30pm and 1pm-4pm.

Tickets from £14.50

BEVERLEY DOES BROADWAY

A musical comedy cabaret

16th-26th August, East Riding Theatre
30th & 31st August, Junction Goole

Starts Mon 11 Sept
Runs weekly
East Riding Theatre
6pm-7.15pm



PRODUCTIONS

**East Riding
Community
Theatre**

*A theatre-making
course for adults*

Prices from £5.50 per class
Bursary places available



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SUMMER FUN *is back!*

Join us at Flemingate during the
summer holidays
for **Family Entertainment** for
everyone to enjoy

DON'T
FORGET OUR
*Holiday
Code Break*

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