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ISSUE 71

BEVERLEY

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CHRISTMAS

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'CHRISTMASLAND'

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5 YEARS IN BEVERLEY**

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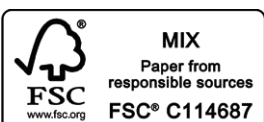


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REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101. ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.**

Magazine available from outlets in Beverley and surrounding areas.



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Printed by: Jadan Press.

LETTER FROM THE EDITORS



Merry Christmas to everyone.

This year has been strange to say the least, but now we can get on and enjoy Christmas and look forward to a positive, safe and healthy 2021.

The lights are up, Christmas trees and decorations are being put up, and people are looking forward to having a relaxing and fun time over the festive season, a time for season joy, cheer and planning for a new year ahead. Perhaps a bit of reflection - "What have you learnt from 2020"?

This year, like most people, we will have a small family Christmas but engage with technology to bring us all together and make it special in a different way.

On behalf of everyone at **Just Beverley**, do have a Merry Christmas and look forward to a safe and healthy New Year.

Thank you for all your support.
Julian.



White rabbits readers! A happy December and a Merry Christmas to you all. How has it gotten to the twelfth month already?

The chaotic energy of this year has completely distorted my sense of time and reality. It's hard to believe that the Australian bushfires were this year, or that Grimes and Elon Musk named their baby X Æ A-12 in May (it's pronounced "X Ash A-12" apparently), and it was only around April when everyone went wild for the Normal People and Tiger King phase of lockdown! Feels like years ago.

While the C word is what we'll remember most about 2020, it's worth remembering the good things. More people are now actively putting their health first, family time has increased, communities have never been more engaged, and activism online and offline has created change for the better. Let's take some of the positives into the new year. Stay safe.
Olivia.



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Remarkable East Yorkshire
Award Nominee 2016
'Best Newcomer'

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

TC PATISSERIE FESTIVE TAKE AWAY FOR THE FESTIVE SEASON

TC Patisserie, located just a stone's throw from Beverley's Market Cross, has taken the opportunity provided by COVID to adapt and look to provide the townfolk of Beverley with French cuisine to eat at home.

Theiry and his wife Nicola have never been one's to sit still, and with a loyal customer base and growing clientele that long for the food that has that French "Je ne sais quoi", customers will want to sit back, relax and enjoy their twist to it.



Instead of savouring the smells and delights that come from Theiry's Kitchen, now customers can order the food, pick it up, or have it delivered, warm it through and enjoy the French cuisine experience in the comfort of their own home.

Theiry has produced a full takeaway menu for people to enjoy a TC Patisserie Christmas and New Year Menu, so over the festive season you can keep those taste buds satisfied while keeping in tune with the festive spirit being spread all around us.

2021 will hold no bars for Theiry as he embarks on a new project, a project which will touch the hearts and minds of many people, as they say the way to a person's heart is through the food they are presented with.

Contact Thierry now to ensure you get on one of his cooking courses. Letting the cat out of the bag, the secret to French Cooking!

As you start thinking about those Christmas gifts, waver from the normal and enjoy the treats Thierry and Nicky might just have to bring that little extra something and smile to your festive season.

MERRY CHRISTMAS FLOURISHINK!

Whether it's listening, speaking, reading or writing, communicating with others is essential for pretty much everything we do in life. It helps us understand one another, make connections, empathise, agree, or even agree to disagree with others.



From social engagements with friends and family to businesses promoting their goods and services, communication is everywhere.

Flourishink is a start-up business offering copywriting services, which can provide that communication.

Many business owners are so busy running their businesses, they don't have time to write blogs or articles that would inform customers about products or services, impart understanding, or update customers with new developments.

By producing quality text written in a friendly and upbeat tone, Flourishink supports small and micro-businesses to reach their audience, convey their message and connect with their clientele.



Flourishink was started earlier this year by first-time business owner Lara Blythe.

As with the start of any adventure, it's been an exciting ride so far.

As Lara said "I spoke to many people before starting the business and learned that trepidation was going to be par for the course, so I plucked up the courage and launched! Now, I'm excited and looking forward to what the future holds."

So, a Merry Christmas to Lara, and fingers crossed for a future that is 'Flourishink'!

If you'd like to know more about Flourishink and the services Lara offers, email lara@flourishink.co.uk.

NEW COVID-19 SAFETY GUIDANCE

Residents of the East Riding are being urged to follow new COVID-19 safety guidance.

Beverley and the surrounding area is in Tier 3 (Very High).

The Government announced that the East Riding, along with Hull and many other nearby areas, will all be in the highest of the three-level restrictions system.

Ministers have made decisions on which areas are in which tiers based on factors such as how quickly infection rates are rising or falling, the ratio of positive tests and the current and projected pressure on the NHS.

Some of the key aspects of Tier 3 restrictions are:

- No mixing of different households indoors or outdoors, including hospitality venues and private gardens.
- The rule of six applies in outdoor public spaces, such as parks.

- Pubs and restaurants closed, except for take-away and delivery services.
- Indoor entertainment venues closed.
- Accommodation, such as hotels, B&Bs, campsites and guest houses, must close.
- There are several exemptions, such as for those who use these venues as their main residence and those requiring the venues where it is reasonably necessary for work or education and training.
- Guidance against travelling in and out of Tier 3 areas.
- Personal care, such as hairdressing, is allowed.

The tier restrictions came into effect from the beginning of Wednesday, 2 December (00.01).

The Government has said it will review tier allocations by 16 December.



BUSINESS NETWORKING GROUP GIVES A BOOST TO LOCAL CHARITIES

Despite the current economic climate, there are still many sparks of light that lend hope and optimism to what has been a challenging year.

One of those sparks is the Beverley Referral Business Network (BRBN), a group of local business owners that meet weekly to connect, discuss and learn.

As a community-minded group, BRBN has, over the years, donated money to a variety of local charities that work to support residents in Beverley and the wider East Riding region.

This year is no exception.



During the Autumn, BRBN treasurer Tony Hall, presented two cheques worth a total of £500 to Beverley Community Lift and the East Riding Food Bank.

As you might guess, both charities were thrilled at receiving the money.

Each cheque, worth £250, will help supply families with food over the festive season, or provide individuals with transport, and consequently, independence.

Pre-Covid, the BRBN group met at The Tiger Inn, Lairgate, Beverley. However, in line with many other business activities, meetings have now moved online.

Regardless of meeting place however, BRBN's ethos of a can-do attitude and community spirit, remains the same.

By maintaining a positive and upbeat outlook, and providing (and receiving!) advice and guidance, businesses within the group support and encourage each other.



What's more, networking and connecting leads to more business. The beauty is, beyond business generation, BRBN's generosity of spirit really shows.

An additional £500 to local causes can't be a bad thing!

If you think your business could benefit from being part of something larger, or you want to take the next step to reach your business goals, visit www.beverleyreferralbusinessnetwork.co.uk and find out more.

The Network meet every Wednesday at 7.45am-9am on Zoom.

CHRISTMAS AND NEW YEAR MESSAGE FROM THE CHAIRMAN OF THE EAST RIDING OF YORKSHIRE COUNCIL

Christmas, whilst being a time of great joy for many, can also be a time of great sadness and hardship for others; particularly those who are lonely or have recently lost family members or close friends.

We ask you to think about those who are unwell, the elderly and the vulnerable and be a good neighbour in this season of goodwill.

For some, this year Christmas may be especially difficult due to the COVID-19 pandemic.

During the pandemic, I have been deeply moved by how people have come together to help one another and their local communities, showing great generosity and goodwill.

It never fails to amaze me how resilient people are and how they can carry on

even when life is made so difficult. I would like to give praise to all frontline workers who have continued to work under very difficult circumstances and my thanks and gratitude to all our health professionals and care workers for looking after us in times of ill health and stress.

Thank you also to council staff who have continued to work tirelessly, whether in their normal roles or in a supportive role in order to keep business going, as well as residents and businesses for helping us to stay as safe as possible in the East Riding.

So, let us take on board the Christmas message of hope and work towards making our lives and our community a better place.

With my very best wishes for the future to you all.

Councillor Pat Smith,
Chairman of East Riding of Yorkshire Council.



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WHITE RABBIT THE PERFECT TREAT AT CHRISTMAS

When it comes to Christmas, people generally like a little treat or two, and thankfully Chocolate is usually on the list.

Here at White Rabbit Chocolatiers, we like to go the extra mile to ensure that when it comes to a treat, our handmade chocolate in the micro-kitchen hits just the spot. The key is to produce it in small batches to ensure quality and freshness.



Chocolate production, a little like Santa's elves, does not stop. The kitchen is on the go all year round, coming up with new tastes, new shapes, and new inventions to push chocolate to its limit to the delight of our customers who come back time after time.

For the customers to get the best chocolate taste,

White Rabbit uses extra-fine quality chocolate to craft all their treats including for Christmas: Santa bunnies in hats, the Snow Bunny Centre-piece or the 'Merry Christmas' tiles, and the beauty of the chocolate is, it's all handmade by local artisans.

Although our chocolate is always made fresh it's still good to eat at Easter... although we would prefer you to eat the treats sooner than that, come back and enjoy more of our varied selection

Our specialities particularly at this time of the year are the seasonal truffles such as cranberry vodka and Christmas pudding. Many of them contain fresh dairy butter or cream, and this impacts their shelf life. To enjoy them at their very best, they should be consumed when they are no more than 1 week old, albeit they still taste fantastic well into the New Year.



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During the festive season, especially this year with online sales as well, the White Rabbit shop is extremely busy and in the run up to Christmas, it is more important than ever to get the orders in.



We of course have restrictions in place, but we want to make sure everyone is happy so as not to miss out on that special Christmas treat.

For the best quality, and of course to avoid disappointment, buy your Christmas chocolates in early December. Have a great festive season and we look forward to more treats in the new year.

Merry Christmas from White Rabbit.



EAST YORKSHIRE ACCOUNTANCY PRACTICE APPOINTS BUSINESS DEVELOPMENT MANAGER

Sowerby Accountants have seen significant growth over the past ten years both through acquisitions and organic development.

Being fully committed to providing clients with an all-inclusive, forward thinking service, Sowerby have hired Billie Mcloughlin in a newly created role to help lead the business into its next stage of development. Billie joins the firm with a strong history of internal and external Business Development and was the winner of Top 30 under 30 last year.

Billie is a fully qualified Certified Accountant and one of her focus areas will be to continue to promote the knowledge, expertise, and specialist services that Sowerby can offer to the local area. The future with Sowerby Accountants is something that Billie is very excited about.

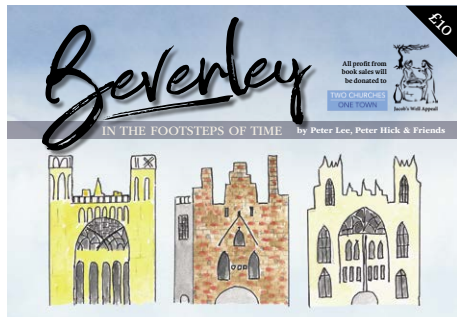


"I am thrilled to be appointed within a firm who are keen to grow and expand whilst putting their clients at the forefront of what they do. The family feel here is incredible and it is obvious already that everyone has the same vision for where we are going. I am very optimistic about the future."

With current partner Richard Skewis noting, "the opportunity to recruit someone with such a good CV was too good to miss. As a practice we are always looking for excellent candidates to join us to strengthen our team, and Billie has demonstrated her expertise with the recognition through the Top 30 under 30. We are excited to see her develop and help the practice grow further."

BEVERLEY IN THE FOOTSTEPS OF TIME - THIS YEAR'S BLOCKBUSTER

Peter Lee and Peter Hick have pleasure in announcing the launch of their new book: "Beverley in the Footsteps of Time".



Much in the style of last year's "Beverley in Poems, Paintings and Prose", the new book contains over 30 paintings, accompanied by Hickory's inimitable poems and some informative and historical writings.

Ideal for a Christmas present and affordably priced at £10. All profits will go to Jacobs Well and to St Mary's and The Minster Restoration Fund.

The book will be available from 2nd December and can be pre-ordered by contacting:

Milan Tojagic, email: milan@mtoj.karoo.co.uk, tel: 077718 17932 / 01482 864282

or

Chris Herman, email: chrisherma200@gmail.com, tel: 07802 751131 / 01482 862720.

Delivery or collection can be arranged locally (cash only). Hurry Now, **STOCKS WILL BE LIMITED.**

HOME INSTEAD SENIOR CARE ARE CELEBRATING THEIR FIRST ANNIVERSARY

Mandy Aitken decided to take on the Home Instead franchise with the confidence and support that was immediately provided by the team.

Having set up just 12 months ago and operating from offices in Cottingham, it very quickly became evident that new offices were to be on the agenda.

10 months down the line and the big move to Beverley happened, with Home Instead having moved to the offices on Molescroft Farm, and celebrating 1 year in business.

The new accommodation represents all that Home Instead offers; a good, clean and professional service that is working to serve and care for the local community by linking up with local charities and getting involved with community projects.

For Mandy and her team, the feel good effect is making a difference to someone's life, putting a smile on their face and giving them hope and cheer.

As they say, happiness is at home, so home is where people feel more comfortable and the happiest as it is the place you know best.

If you wish to stay living at home, Mandy and her Caregivers can help you make that choice.

Home Instead has a team of 20 Caregivers who are passionate about caring for people, and providing personalised care that enables their clients remain as independent as possible.

Providing high quality, flexible care in Beverley, Hull and the surrounding villages from 2 hours a week to 24 hours a day, by fully qualified Caregivers is key to ensuring people can remain safe and happy in the comfort of their own home.

Quite often it is the case that vulnerable people reach a crisis point before they receive support. This is something the team, at Home Instead want to help prevent.

They want to help older people to live well at home for longer and reduce the risk of them being hospitalised. Here are Home Instead's 5 tips to help stay out of hospital; Get a good GP and pharmacist, keep physically and mentally active, maintain a healthy diet, keep hydrated, and find companionship.

Home Instead are looking to add to their expanding team of exceptional CAREGivers in the Beverley and Hull area.

Home Instead CAREGivers provide companionship, home help and personal care with the sole purpose of keeping the older ones in our community living at home and as independent as possible.

CHRISTMAS 2020 AT JERRY GREEN DOG RESCUE

This year has been, undoubtedly, the hardest year we have faced as a charity, in our nearly 60-year history.

Our projected financial loss due to the implications of the pandemic, is simply devastating.

Even though our retail and centre doors are closed under the restrictions of another lockdown, and all prospects of community fundraising completely gone, we are determined to make Christmas magical!

The dogs need us, and we need you!



So please join us this festive season and help us raise the funds that we so desperately need to be able to continue to be there for dogs who have nowhere else to go.

A nation in lockdown does not mean a nation without kindness, Christmas wishes, entertainment and shopping!



This includes but is not limited to helping them get in and out of bed, getting washed, making meals and providing home help, with all these things aimed at improving their client's wellbeing and quality of life.

The outstanding qualities of a successful CAREGiver are compassion, empathy, patience and a desire to help people. If you wish to know more then contact Mandy and her team.

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THE SPIRIT REMAINS AT THE TIGER INN

Before we wave goodbye to 2020 and reflect on the year that was a year to remember for the wrong reasons, I would just like to take this opportunity to say a big thank you to all our customers and wish everyone a very merry Christmas.

Without your support, understanding and patience, this year could have been a whole lot worse, and the local community and our loyal clients have kept the Tiger alive ready to fight another year.



When lockdown was introduced, we had a choice; shut shop or fight. The Tiger INN us decided to fight and adapt and serve our local community.

The Tiger takeaway took off, and we started to provide take-outs to our locals and I was blown away by your support.

With renewed confidence as we looked forward to the reopening and the 'new normal' in July, a very testing and different time for us all, our customers were brilliant in helping us adapt to the new regulations and made it almost seamless.



With the recent announcement, I'm devastated we can't open over Christmas, normally a great time of year.

The pub is usually packed out with parties and get-togethers, alas this year will be a little different and the Tiger will not feel the same without you, but we do hope in our own way to bring you special Christmas cheer.

Whilst we will not be able to get together over



the festive season, the team at the Tiger hope you enjoy your family time at home and we look forward to seeing you in the new year and for a special Christmas 2021.

We are unsure when we'll be able to welcome you back, but we'll be spending this time to make sure things are perfect for you when we do reopen the doors.

I hope you all have a wonderful Christmas, see you soon.

Allen Slinger.

THE TIGER INN

Christmas Take Away menu, Christmas Afternoon Tea, Takeaway Drinks

Christmas Day Take Away Menu

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BEVERLEY MUTUAL AID - HELP IS AT HAND

Back in March, in response to the situation surrounding the virus COVID-19, Jackie Heffer and Annie Kirkman of She Productions at ERT, both of whom are heavily involved in the community, joined forces to create 'Beverley COVID-19 Mutual Aid.'

The group is a not-for-profit organisation run by volunteers based in Beverley and supports surrounding villages.

They help those who are self isolating and those who are vulnerable and unable to get out.

They are able to assist with shopping, collecting prescriptions, posting parcels, dog walking, and any other way they are available to help out.

Jackie is not shy when it comes to working in the community. In times of need, she encourages people to come together, to work together and deliver for those in need, and since March, Jackie and Annie have been the driving force to help people through the crisis.

With many people who are in self-isolation, either alone or together or in their household,

they still require the help and support of those around them. Beverley COVID-19 Mutual Aid has been providing help all the way through and will continue to do so through the winter months and way beyond.

They are now looking for help and support for others by uniting with anyone who wishes to lend a hand.

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

Beverley COVID-19 Mutual Aid is helping to maintain a positive attitude and keep people smiling whilst being prepared for the festive season and the long winter months ahead.

As we move into the months ahead and as the cold starts to bite, Beverley Mutual Aid are looking for more volunteers within the East Riding area to help more beneficiaries, especially throughout these winter months. If you are in a position to help, to give back to the community and make a

difference then they would like to hear from you.

For more information regarding their services or becoming a volunteer please call the helpline or email beverley.COVID19.mutualaid@gmail.com. Find them on Facebook at 'Beverley Mutual Aid' or contact Jackie Heffer on **07715 962108**.



Hello! COVID-19 MUTUAL AID BEVERLEY

DO YOU NEED ANY HELP?

If you are self isolating due to COVID-19 we can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text us and we'll do our best to help you (for free!)

My Phone number is 07715 962108
or email beverley.COVID19.mutualaid@gmail.com

Help: Coronavirus is contagious please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on doorstep. #ViralKindness

CHRISTMAS MESSAGE FROM GRAHAM STUART MP, MEMBER OF PARLIAMENT, FOR BEVERLEY & HOLDERNESS

What a year it's been. It feels like yesterday that I was writing last year's Christmas messages, which was itself after a frenzied general election period. Who could have possibly predicted what would happen next?

Although Covid-19 has caused countless hardships for the people of Beverley and Holderness, this Christmas will be a chance to focus on the positives.

Many of us will be able to celebrate with our loved ones, and the emergence of several promising vaccines has finally given us a light at the end of this longest of tunnels. Most of all, I've been truly inspired by countless examples of East Yorkshire grit and community spirit as people have gone out of their way to help those in need.

So as we look ahead to a brighter and better 2021, I'd like to raise a glass to my fantastic, resilient constituents. A very merry Christmas (a very happy New Year) to one and all.



CHRISTMAS AT BROOK TAVERNER

Christmas has arrived at Number 35, Toll Gavel and quite frankly, it couldn't have come soon enough! With what can only be described as a topsy turvy year set to come to an end our shop is decorated in true Christmas style - we've certainly had enough time to prepare accordingly!

Christmas offerings are something we've always enjoyed sharing. Whether it be the perfect stocking filler, the jaw-dropping thoughtful gift, Christmas day attire or something stylish to wear in those joyful days spent on a countryside walk between Boxing Day and New Year, you're certain to find something for everyone at Brook Taverner.



This year, we have created a range that has not only the festive period in mind, but also works as a staple piece throughout the colder months.

The Whistler Crimson Fairisle Jumper is the complete knit that can do it all, working just as well as Christmas attire as it does for a trip to the local drinking hole come the new year (restrictions-permitting).

The Gatley roll neck is perfect for colder occasions, designed as the perfect form under roomy outerwear or being a style piece in its own right in front of the fire or carving the turkey on Christmas day, and our slipover knits are the ideal way to smarten up a casual look.

With so much time spent inside in recent times, you may be forgiven for taking a slightly longer walk or three this year - especially with the favourable dates which Christmas falls. For this, our best-selling cord collection will fit the bill perfectly in regards to warmth, durability, and most importantly, style. Pair with our feature duffle coat to complete the outfit.

Of course, for many this looks set to be (at the time of writing) an opportunity to see loved ones in the comforts of our own homes for several months thanks to the lift temporary lift of government restrictions. Therefore, it may be that this year a cosy affair in front of the fire is in order with the odd game of chess or backgammon and thus reducing the need for knits and jackets - especially if games become as heated as they do in our households. Luckily, our shirts fit the bill perfectly.



Designed to last the test of time with hundreds of styles, fits, prints and sizes - we're confident that a single trip in store will do the trick. Can't pick just one? Our 4 for £100 offer on shirts is here to stay all year-round!

With an array of show-stopping Hollywood-handshake worthy jackets available in store, we really have made it possible to dress properly this Christmas - no matter the situation. To complete our offerings, you'll find a host of stocking-filler Christmas-appropriate look-finishing accessories to top any outfit.

From belts to cufflinks, ties to holdalls, all the way to the famous sock - we challenge you to come in store and walk away without the perfect gift this Christmas!

Brook Taverner Beverley



Christmas gifts
now available
in store

BROOK TAVERNER

35, TOLL GAVEL, BEVERLEY. 01482 882356

I'VE BEEN THINKING... SAYS COLIN RAYNOR

Recently, my daughter opened her computer and within ten minutes had booked two tickets for herself and her sister to go to a concert featuring their favourite singer. The concert is not until June 2021 but no doubt it will be a memory they will recall many times.

This modern day action evoked a memory of mine that took place in December in the late 50's for very similar reasons but in very different circumstances.

Picture the scene; the time is five o'clock in the morning and I am queueing, along with a couple of hundred other people in one of the coldest streets in Huddersfield that winds its way around the Town Hall.

The wind is bitterly cold, some would say "too cold to snow", but we have all come prepared to be there for at least another four hours.

Scarf, gloves and a woolly hat compliment a heavy duty duffel coat to keep me warm, with a flask of tea to keep me awake. So what had brought me



to this place when I could have been at home tucked up in a warm bed and fast asleep?

It was fourteen days to Christmas and was the day that tickets went on sale for the public performance of Handel's Messiah performed by the incomparable Huddersfield Choral Society.

There are always two performances of the Messiah each year. One is for society members and one is for the general public, and for the latter it is first come first served for tickets. So there I was, determined to get myself a ticket because that very year was extra special as the conductor was none other than Sir Malcolm Sargent.

Known for his exuberant performance as a conductor who ensured the musicians before him always gave their best, he acquired the nickname of 'Flash Harry' for his immaculate appearance as he conducted choral music all over the world.

Huddersfield Town Hall seated over 1200 people and I knew there would be no vacant seats when Sir Malcolm Sargent strode up to the rostrum to begin once more conducting Handel's great oratorio, which was composed in 1741 in just 24 days.

Music, of all kinds, has always created it's own magic by stirring the emotions and leaving audiences with singular memories of the occasion.

There is a well known anecdote concerning the first time King George the second heard the Hallelujah chorus. He rose to his feet as the choir began the chorus that has become synonymous with the Messiah, and so those present also stood



with their King. True, or false, it is now accepted that the audience will stand for the Hallelujah chorus.

When Sir Malcolm Sargent walked onto the stage, on the night I write about, the whole choir rose to greet him. He turned at once to the audience and raising his baton, invited them also to stand.

Turning again to the choir, he then conducted everyone present in the singing of John Byrom's carol for Christmas day (to the tune Yorkshire).

"Christians awake, salute the happy morn on which the Saviour of the world was born."

I knew then my time spent on that cold December morning had been well worth the effort and that Christmas was just around the corner.

Whatever Christmas brings you this year, make sure it is one to remember, for the good things.

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SMALL CHANGE, BIG IMPACT

The people of Beverley are living proof that the small change in their pockets can light up the town.

Customers at Heron in Toll Gavel have contributed more than £1200 towards Christmas lights over the last few years by putting their small change into Beverley Christmas Lights Groups' tins which are placed by the checkouts in the store.

In recognition of this, the shop is getting a large coloured light feature in the bracket above the shop to add to the festive atmosphere. The Lights Group have, like most other organisations, been unable to fundraise this year, so the contribution is doubly welcome and much appreciated.

With money in the kitty, more lights have been purchased and should be in place in time for the lights to be switched on the last weekend in November.

The Group thanks members of the public for supporting fundraising activities in the past, and also traders in the town who have provided raffle and tombola prizes.

This year, Beverley Town Council have funded more lights in the town, which means that additional areas will benefit from being lit up during the festive period, such as the Memorial Hall, Well Land and Swabys Yard to name a few.



AWARD-WINNING ARTIST CREATES WINTERY WORK OF ART AT BEVERLEY'S FLEMINGATE CENTRE

It's starting to look more like Christmas. Who needs a real white Christmas?

Organisers at Beverley's Flemingate shopping centre commissioned award-winning artist, illustrator and cartoonist Calvin Innes to create an incredible winter wonderland scene across one of the centre's shop windows.

Hull-based Calvin, used only spray-on snow paint and a scraper to design the work of art which only took a few days to complete. He explained "When I was approached by the team at Flemingate, the idea of using glass as my canvas presented an exciting challenge".

Jo Bridgeman, Flemingate's marketing and events manager, said: "Christmas this year will be different so we wanted to create something special for people to enjoy whilst visiting Flemingate. We greatly admire Calvin's work and were delighted when he agreed to do it.

"The window art will be in place until the end of January so there is plenty of time for visitors to come and see it, while enjoying the safe shopping experience here at Flemingate."

Visitors to Flemingate are reminded to ensure they maintain social distancing and follow government guidelines.



HEAD FOR HEDON - A FESTIVE STROLL THROUGH FORMER GLORIES



I like Hedon. Its busy centre is a fine mix of retail and hospitality outlets layered upon splendid architecture. For me, however, it is the call of past glories that tends to lure me there.

This gentle 2 mile stroll hopefully delivers a heady brew of old and new on its charming streets and footpaths.

Incredibly, the little town, 5 miles east of Hull, sent two MPs to parliament until 1832 and was once a far busier port than its neighbour. By the early twentieth century, it had a popular racecourse, then a speedway stadium, a thriving rail connection to Hull and Withernsea, and most implausibly, an international airport where local heroine Amy Johnson once flew.

This would also make a good walk over the festive season to walk off those extra pounds after Christmas shopping and a bite to eat! Sadly, I understand the popular lights will not operate this year due to the pandemic.

1 Start in Market Place, worthy of Trumpton (apologies to those who have no knowledge of this 1960's fictional urban idyll from BBC Children's TV).

There is plenty of free parking and frequent buses to and from Hull. I especially love

the bow fronts of the former post office, hopefully it will soon be reoccupied. Head into the nearby churchyard of majestic St. Augustine's.

This grand, if somewhat battered, church is rightly hailed as King of Holderness. Over 9 centuries old, Simon Jenkins praises its tremendous Gothic north transept and

glorious perpendicular tower, 'looming behind the Georgian terraces like a creature from a different age'.

Sadly, due to Covid restrictions it may well be closed on your visit. I was very lucky, I just happened to be passing on a Thursday morning when volunteers most commendably run a food bank and kindly let this lover of churches enjoy the grand interior, the medieval font is especially striking.

That great poet and connoisseur of English parish churches, John Betjeman, rightly praised the grandeur of the lancet windows and recesses.

2 Market Hill is another fine space. With many good period buildings and a beacon, Ivy House is especially attractive. Head back down towards Market Place, turning left into Souttergate. Pevsner rightly calls it 'the best street in the town'.

Gently curving towards open country, it has a range of striking historic buildings, such as the Station Inn, Painter's Cottages and Burnham House. Enjoy the stroll down to the Victorian former railway station. There is now a railway path along the former line which closed in 1964. It runs from the eastern outskirts of Hull out to Winestead, deep in the flatlands of Holderness; an area that the great 18th century novelist and traveller Daniel Defoe suggested is most remarkable for having nothing that is remarkable!



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Attractive Southergate

3 Turn right onto the railway path, just beyond the station with large fishing lakes to the north. I love walking these evocative routes as you can sense the excitement of day trippers of yesteryear heading out of Hull to the coast, or commuters making their weary way each day into the city.

I am the fortunate owner of a fine painting that looks back to the church from near here by Barry Whiting, one of the most accomplished watercolourists of our region. Anlaby-based Barry, is currently recovering from a serious illness, I wish him well.

4 After some 500 yards, head right, where Magdalene Gate crosses the track, and stroll back the 500 yards or so to the centre of town. There are some splendid views as you go, with nice terraced houses on King Street.

Here, in the garden of Holyrood House care home, is one of the treasures of Hedon, now sadly all but impossible to see behind the high fence.

It is a striking medieval monument, known as the Kilnsea Cross, but it originally comes from the town of Ravenspurgh (sic), which, being on the edge of Spurn Point, was swept away centuries ago.

The cross has major historical significance for it was erected to mark the place that the future King Henry IV landed in his successful campaign, which led to the overthrow and murder in Pontefract Castle, of Richard II.



Disused - Hedon Railway Station

These events are covered in two of Shakespeare's greatest plays, Hotspur referring contemptuously to Henry as having 'landed on the naked shore at Ravenspurgh'. Incredibly, this now virtually unknown place saw another exiled ruler, this time Edward IV, just 70 years later return to claim his throne. Soon after, this once thriving post and town succumbed to the sea.

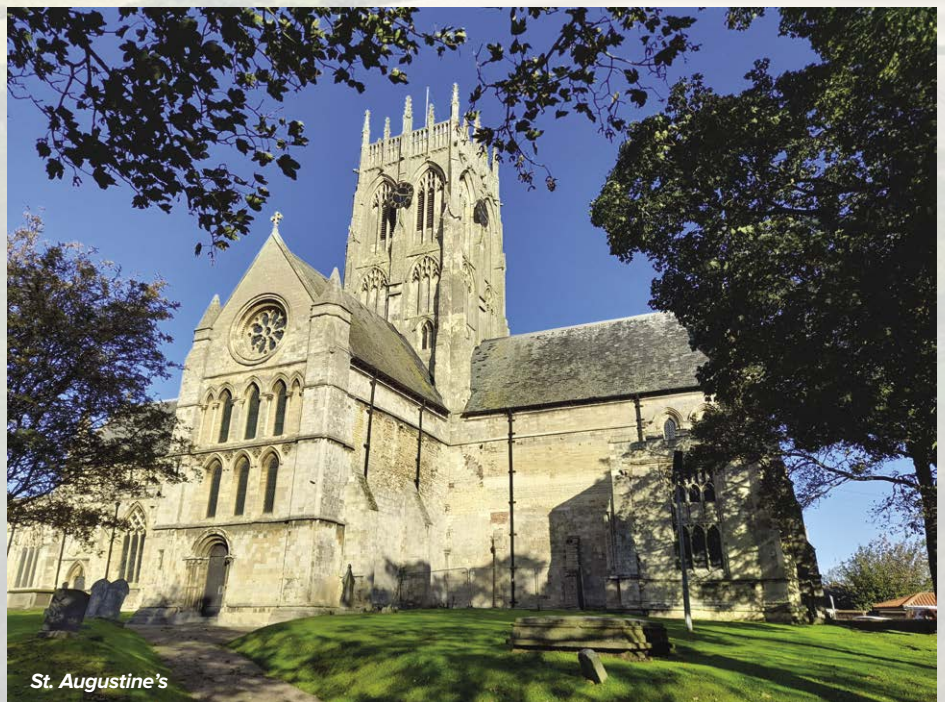
5 Re-entering the Market Place where Magdalene Gate ends, turn left to enjoy the town's shopping street, St. Augustine's Gate. Independent traders, if open, will be most grateful for any extra patronage in these most challenging of times. Here you will find the fine town hall, where a nineteenth century exterior masks a far older inside with striking council chamber.

In more normal times, where we hopefully are soon heading, I recommend a visit to the quirky museum down an adjacent alley. It is full of information and objects from the town's surprisingly rich past.

Stroll back to your parking place, or bus stop on the main road back to Hull; reflecting perhaps on the rise and fall of all man-made environments, in a town that has had over 670 mayors during its long history.

Have a great Christmas, stay safe, be healthy, and keep walking!

Ian Richardson, December 2020.



St. Augustine's

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AN ENCOUNTER IN TIME BY MALCOLM BROOKS

The droplets of blood fell onto the frozen snow. They fell at regular intervals and as they hit the hard, frozen surface they threw out a red ring of smaller droplets, much like the effect of a firework in the sky.



I wiped my hand across my face. Yes, it was my blood, dripping as regularly as the beats of a metronome.

How I got in this position, on all fours staring at the ever-increasing pool of blood, was a mystery to me. The last recollection I had was of being behind the trenches somewhere in France and sometime in 1916. The night sky had been alive with the sound of guns.

My thoughts were interrupted by the sudden appearance of two boys. "We are ever so sorry missus," said the slightly younger looking one.

"You just appeared from nowhere and Alan hit you with his sledge!" said the other.

Alan offered me a handkerchief to stem the flow of blood. I hesitated for a moment and then graciously accepted the offer, germs and all. "Where am I?" I asked.

The boys looked at each other. "Beverley Westwood," came the simultaneous reply. I lived in Beverley but not at that moment in time. "This might seem stupid, but what year is it?"

"It's New Year's Day 1963," Alan said, as if to give me the benefit of the doubt that the year had only just changed. "I'll get help," said the older one and ran off down the snow-laden hill. "Is this the bag you were carrying when we hit you."

He picked it up and placed it closer to where I was now sitting. As he did so, the bag toppled sideways and a gun fell out.

The boy looked shocked that an elderly lady wandering around on a dark evening should possess a gun. In truth, I was fifty-three years old and had he looked in the bag, he would have seen five more, all First World War pistols.

"Why've you got a gun?" Not an easy question when you are a time traveller from 2048, getting guns for your antique shop in Toll Gavel!

"You wouldn't believe me if I told you."

"Are you a Russian spy? There's been a lot in the newspaper about women like you, but they're prettier." I ignored the insult. "No, I'm not a spy. I travel through time."

"Prove it or I'll get the police."

"Look at my watch, no hands. In the future they're called digital watches and this is a mobile phone."

"Go on, phone somebody then!"

"Ah, no signal"

"You're a spy!"

I cautiously stood up, not wanting to argue. In a minute I would disappear back to 2048 but I wanted to convince Alan of my innocence on the Russian Spy front. I looked in the bag and pulled out what to Alan was a strange looking device. "This," I said "is a Hoverboard, better than that sledge. They're cool in the 2040s. Watch!" I stood on it and circled him as the board sensed it was me and set off immediately.

"Bye Alan, see you in the future," and I threw my mobile phone at him. "You can use it in 2019!" And I disappeared into the night.

**Abridged extract from "Eva and the winter of 63".
Malcolm J Brooks**

Malcolm Brooks lives in Beverley and is the author of the Eva Trilogy and the novels 'Waiting in Line' and 'Living with Certainty'.

AGE-OLD CHRISTMAS HOPES BY F. MARY CALLAN



King Alfred decreed holiday, a month of Christmas cheer,

To see us through the dark weeks at the turning of the year.

They may have sat by firelight while minstrel tales were told,

While we slot in a DVD and press a remote control,

But just like us they sang or wept with every human care,

And Alfred strove to build a peace that everyone could share.

Though Covid holds us all in thrall, no families together

To cheer us through these dark days and bitter, wintry weather,

Let us emerge, like Alfred, to build a world of peace,

Where friend and foe are welcome, and none are enemies.

York poet and story-teller F. Mary Callan writes a regular children's magazine for her parish and has taken story-telling shows to the Edinburgh Fringe.

Her fairytales have appeared in parish magazines from Doncaster to Hull. Her latest book OUT OF THE DREAMING DARK is available from Stairwell books and all good bookshops.



CHRISTMAS POEM - THE CHRISTMAS BALL

I'm the ball at the back of the tree,
It's not a nice place to be,
But you see I'm quite old,
I've lost all my gold,
And my red has merged with my green.
My top is all crooked, and I've got quite a lean,
So now I am placed, where I'm rarely seen.

But I remember the day,
When I was fresh made,
removed from the tissue, with care,
hung on the tree, my beauty to share.
The Joy you expressed, as I swung on the branch,
I was right in the front, catching your every glance.

I've noticed some changes, over the years,
I've witnessed your pleasure, shared in your tears,
Some who once came, have since gone away
But we age together, its good to say.
The hands that hold me, are gnarled with age.
Here at the back, I'm left to stay,
Now I'm not new, I'm not centre stage.

YES, I'm the ball on the back of the tree.
I've been placed where the cold catches me,
Though I list to one side, and my colours are dull,
I've lost all my gold, I'm tarnished, I'm old,
But I'm still placed with fond memories.

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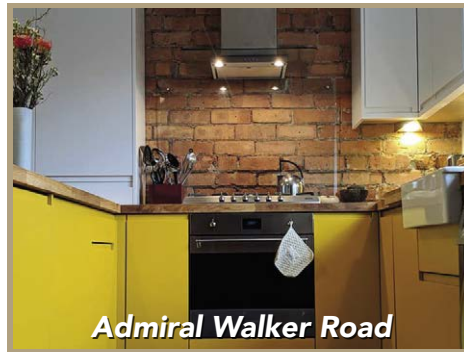
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CLASSIC CARS WITH CARFAN - THE CITROEN TRACTION AVANT

The subject of this month's issue may bring back fond memories for fans of the television series *Maigret*, as it was the fictional detective's transport of choice - the Citroen Traction Avant.

Meaning "Front Traction", the car was produced between 1934 and 1957 and with over 760,000 being made in France (although manufacture was suspended during most of the second world war), the car has attracted the nickname "Queen of the road" over the channel.

Featuring an engine range from 1.3 litres right up to 2.9 litres, the car was also made in Belgium, Denmark and somewhat surprisingly, Slough, as well as France. A model-specific owner's club help keep these now quite old models on the road and in good fettle. Made during the penultimate year of production, the featured car has what has become known as "suicide" doors. That is, they hinge from the rear, so great care has to be taken when opening them if they are facing directly into a strong wind. Not quite unique, but a quirk we have come to expect from a French manufacturer. It is a 4 door version, although coupes and convertibles were also made and the latter are like the proverbial hen's teeth now.



Although a surprising amount of Traction Avants were made, it is highly unlikely you will see one today outside France, but if you would like one in your garage, be prepared to hand over between £9000 and £30,000, depending on how much restoration work you are prepared to undertake. Also, the cost of a trip to the continent may well be necessary as that is where most of those remaining are to be found.

Should you see one driving past, don't forget that cheery Carfan wave, perhaps with a friendly "Bonjour"!

PRACTICAL MOTORING WITH RICH HAYES - WINTER DRIVING TIPS

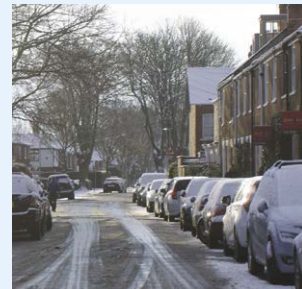


On top of the year we've all had dealing with the effects of the Coronavirus, the last thing we need this festive season is additional problems with our cars and the costs that come if repairs are needed.

Bad conditions, accidents, and breakdowns are all the more common in the winter, especially when the roads are heavily affected by the weather, they will make driving extra challenging this season. Here are some winter driving tips to prevent issues and accidents on the road.

Plan your trip

If you're going away this winter and will be driving for a long period of time, make sure you know the route you're taking and plan in breaks if necessary. It will not only help you prepare for any potential delays and avoid roadworks, but will give you a sense of direction if it becomes dark and the weather worsens.



Pay attention to warning lights on your dashboard

No matter how long you leave it, a warning light such as the brake system alert or airbag warning probably means that you're going to have to visit the garage at some point, but biting the bullet sooner rather than later will save you money, inconvenience and, in cases on the winter roads, even your life.

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 F T Y G F J S L K R C G A T M

ANGEL	LAUGHTER
CELEBRATION	RUDOLPH
CHRISTMAS	SANTACL AUS
FESTIVITIES	SNOWMAN
JESUS	WRAPPING

WHERE IN BEVERLEY?

Where in Beverley would you find this landmark?
 Answer on Page 23.



THE CLUE IS IN THE NUMBERS

Get the numbers correct and then work out the festive word.

The code is A=1, B=2 etc.

X X X X ?
 2 ? 6 5 14
 ? 1 4 7 15
 6 3 ? 2 ?
 7 8 3 ? 27
 ? ? 21 23 ?

Answers on Page 23.

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

THOUGHTS OF THE MONTH

Stop thinking about the negatives in your life and start to focus on what is good in your life.

Christmas is a Great time for Change - Smile and be Happy.

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MAKING THE MOST OF THE CHRISTMAS BREAK

It is safe to say that Christmas this year will be like no other, but we have to make the most of it regardless. The pandemic may have changed aspects of the way we live, but it is important to not lose sight of what is important, and that we follow the rules over the Christmas break to keep everyone safe while we make it as memorable a festive season as any. Fortunately, there are many ways we can make the most of the Christmas break this year.

Digital Christmas

With indoor meetings of more than 6 people no longer allowed, it is unlikely we will be having a normal Christmas surrounded by friends and family coming together from all over the country as usual.

Instead, we can make preparations to keep the spirit of Christmas alive from a distance and celebrate with a sense of community that brings everyone together.

For those who have family members across the country that are unable to join together under one roof due to the Covid restrictions, organising a Zoom call is one way to preserve the usual family gathering. You can make it even more fun by giving it a theme such as making everyone wear Santa hats or a Christmas jumper.

Why not use this time to make reflections with your family over the past year, and what has happened in 2020? It might bring some comfort to remember special times from holidays or festive experiences such as being at the theatre watching the panto.

Celebrate family on the front line

Is someone in your family a key worker? Will they be working on Christmas Eve, Christmas Day or Boxing Day? Or maybe multiple days over the Christmas break?

NHS workers are risking their lives every day to help people recover from the virus, and they should be celebrated extra hard this year. Being conscious of your family's NHS worker's efforts over the past year and perhaps organising an extra special personalised gift to be made will show them how much they are appreciated.

A Christmas and Boxing Day on Zoom

As always on Christmas Day, you will have certain routines for your family when you get up, when and where you open gifts, when you sit down for Christmas Dinner, whether you watch the Queen's speech and more.

To keep the sense of routine and maintain a structure to your Christmas, you could plan times

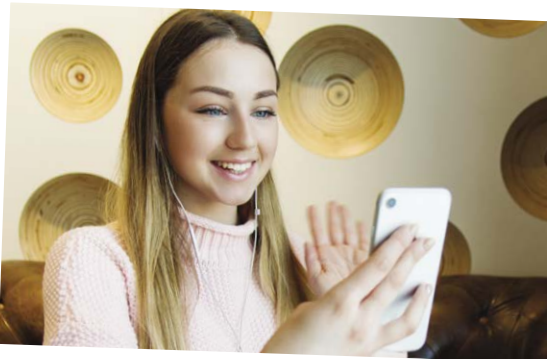
during the day to Zoom and video chat with extended family who have been unable to travel due to Covid.

Those special moments to enjoy together are invaluable, and will make for a memorable Christmas story to tell in the years to come.

Video chats can include activities too. You can create new memories and new traditions, such as doing karaoke over Zoom, having a carol concert, opening cards and presents, eating your advent calendar, watching a film together at the same time and more. If you usually go to the pub at Christmas, schedule in a time to raise your glasses to the camera instead.

The traditions are similar on Boxing Day in that you may go to other households and meet family members so your children can play with their new toys and games together.

This year may be different so make sure to plan ahead. Plan for a video call for an hour or so to showcase new Christmas gifts and have fun together playing games. If older members of the family are unsure how to use and navigate Zoom, think of it as teaching them a new skill and show them how to use it before the Christmas break arrives.



KEEP THE COSTS DOWN AND SPIRIT UP WITH SECRET SANTA

Not sure how to keep the spending down this Christmas but don't want to lose the Christmas spirit? Why not organise a Secret Santa?

Secret Santa is a well-loved Christmas tradition where a group of people randomly draw one other person's name out of the group and that is to whom they give their gift. Throughout the gift exchange, the identity of the gift giver remains a secret and should not be revealed. After the gifts have been swapped, it is tradition to guess who each other's Secret Santa was.

If you have a big family or a big friend group, or maybe even both, organising a Secret Santa gift exchange can be one of the best ways to save money. This form of gift exchange means you won't have to buy one too many gifts, and no one misses out because they each have a person.

To keep on top of your spending, make sure to agree a maximum spend limit with everyone in the group and encourage everyone to stick to it.



You don't want someone spending above £20 on a special gift when the budget was £10. By setting a budget, it becomes a fun way to get everyone thinking more creatively. Some of the

best surprise Christmas gifts come from a Secret Santa exchange.

If you want to make it more interesting and creative, you could set a gift theme. The possibilities are endless, but some examples are; Memories behind the gift, things that start with the letter S, something arty and crafty, mug exchange, something practical, and many more.

The last few years have seen a rise in the notion of an Online Secret Santa, where an online Secret Santa Generator will confidentially email you your gift receiver's name.

It is becoming an increasingly popular method of gifting, and may be an effective solution for you if your group is unable to meet up in advance this year given the changes to the Covid-19 guidelines.



WIN A COPY OF JONATHAN ANTOINE'S BRAND NEW ALBUM CHRISTMASLAND

To celebrate the release of Jonathan Antoine's first ever Christmas album, *ChristmasLand*, on 4th December, Just Beverley is giving you the chance to win one of 3 copies.

The album comprises of traditional cherished carols, arranged to showcase the formidable voice for which Jonathan is renowned, including O Holy Night, O Come All Ye Faithful, Silent Night, and Hark! The Herald Angels Sing. It also features more contemporary classics including White Christmas, Have Yourself a Merry Little Christmas, and Winter Wonderland, highlighting the tenor's versatile range and tone.

Additionally, Jonathan recorded his own rendition of These Are Special Times for ChristmasLand. Originally recorded by Celine Dion, the track was rewritten by legendary American songwriter Diane Warren for the album, including a remarkable new Italian lyric by Grammy Nominated multi-talent Marco Marinangeli.

Jonathan became a global sensation at the age of 17, following an astounding audition on Britain's Got Talent, which went on to become the world's most viewed television audition of any performer in history.

He later released two best-selling albums with his singing partner, Charlotte Jaconelli, before going on to have further success as a solo artist and becoming the youngest tenor



to achieve a #1 classical album. ChristmasLand, the brand new album from Jonathan Antoine, is out on 4th December.

To enter, just answer the following question: **Where did Jonathan get noticed to shoot him to stardom?**

Send your answers by email to competition@justbeverley.co.uk by Thursday 17th December 2020. Put 'Christmasland' in the subject box with your answer, name address and daytime telephone number in the body of the email.

The winner will be chosen at random on Friday 18th December and the CD's posted out. Winners will be mentioned in future publications of **Just Beverley**.

There is no cash alternative for the prize. Good Luck!

WHERE IN BEVERLEY?



This can be found on Eastgate.

'THE CLUE IS IN THE NUMBERS' ANSWER

Missing numbers in yellow

X X X X 19

2 1 6 5 14

3 1 4 7 15

6 3 8 2 19

7 8 3 9 27

18 13 21 23 20

19 = s, 1 = a, 3 = c, 8 = h, 19 = s, 9 = i, 18 = r,

13 = m 20 = t

SACHSIRMT = CHRISTMAS

KIRSTY'S STORY - A SECOND CHANCE

East Riding College Learning Support Advisor, Kirsty Young shares her personal story, to highlight the barriers to social mobility, which many other young people in the East Riding still face.

"I would never have believed when I ran away from home after leaving school that I would end up working at a college and training to be a teacher. As a teenager I was groomed and became a parent at a very young age. I went on to have three children by the age of 19 and, after being rescued from my situation by a local priest, I was a single mum for many years. I was encouraged to speak to the guidance team at East Riding College and started studying childcare.

"I worked my way through the levels and eventually applied to university, which I would never have thought possible. I went on to get a degree and work in child protection. I now work part-time at East Riding College as a learning support adviser.

"I told my story to the Social Mobility Commission recently, who published it in a report called 'The Long Shadow of Deprivation: Differences in Opportunity across England'. The report highlights that inequality in educational outcomes is directly related to economic deprivation and that inequality

persists after people have left education, with children from poorer backgrounds in general earning less than their peers with the same qualifications.

"In other words, poverty persists, and where you grow up matters. Social inequality is very hard to overcome - education, the report concludes, is only part of the answer.

"I have turned my life around, thanks to the support and belief of the staff at my local college. I was lucky that they helped and supported me to get where I am today and I was also lucky that they put me forward for a bursary for students from disadvantaged backgrounds, which was offered by the Helena Kennedy Foundation. The charity went on to support me enormously, providing bursaries and other help whilst I was at university.

"Baroness Kennedy set up the Foundation to fight injustice and help disadvantaged people from troubled backgrounds access higher education. I hope to give something back to the charity by using my story to give others hope and illustrate how important it is to ask for help.

"I can't emphasise enough how important those key points were in my life, when things could have gone so differently. If that priest hadn't understood my situation and helped me out of



it, if my guidance officer at the College hadn't been patient, and kind, and understood my lack of social skills, if my tutors hadn't spotted my potential...I can honestly say I wouldn't be where I am today and I am so thankful that those people were there for me at those moments.

"If you would like, or know anyone who needs a second chance at education - get in touch with guidance services at East Riding College, you won't regret it!"

WILSON WHEELS - FOR THAT PERFECT GIFT

At this time of the year, we are always asked the question: "What do you want for Christmas?"

Invariably, the answer is "Surprise me", so this year if you are looking for that little extra gift or a stocking filler, look no further than Wilson Wheels.



Cyclists at this time of the year like to layer up, still making sure they can see and be seen.

Whether its a new pair of gloves, new leggings, jacket helmet or lights, Wilson Wheels will have something to suit all budgets and sizes with professional advice to go with it.



If the pocket stretches that far, then they have bikes to suit everyone's needs - Electric Bikes, Mountain Bikes Road bikes, Children's bikes, something for all the family. Visit Wilson Wheels on Grovehill Road, a cyclist's haven.

THINKING DIFFERENTLY THIS CHRISTMAS

Christmas is shaping up to be a lot different this year, and it has us all thinking about the ways we will be celebrating. If you have the creativity, patience and a whole lot of love to share, giving those closest to you a different kind of gift this year will go a long way. Here are a few ideas of how to make your Christmas gifting that extra bit special this year:

DIY gifts

If you're trying a different approach this Christmas, why not take the time to make your own gift? Homemade gift ideas can include things like candles, ornaments, soaps, jewellery boxes, a tree decoration, a selection box of goodies and more. Adding your own personal touch to the Christmas cards and presents you give can go a long way.

Did you learn a new skill during lockdown? For example, if you learnt to cross-stitch over the last few months, why not cross-stitch a special design onto a plain pair of socks for personalisation? Making your own gifts is always fun and creates long-lasting memories.

Garden gifts

Do you have a friend or family member who loves gardening? Especially in the winter when gardeners are missing being outdoors, every gardener has a long wish list of items they want for their garden. When organising their Christmas present, why not plan ahead with something that will be useful in the spring when the warmer days are back next year?

From pretty ceramic pots to a plant stand, to beautiful plants, to a garden kneeler and more, there are plenty of gardening gifts that they will love. And if you are both gardeners, why not gift them something you can plant together and then watch grow?



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COUNTRYSIDE MATTERS WITH SAM WALTON - FARMING IN MODERN TIMES



Like most industries with technology, farming is much more sophisticated, and so as the farming industry evolves the time is now spent catching up with all the rules and regulations in order to keep up with the many new ways of doing new things.

With my generation, the brain struggles a bit with some of the changes that are happening in our industry. I now have six different magazines about arable farming, as well as three about livestock to look through to help keep ahead of times, and by the time I have perused - note that I did not say read them all - my addled brain is in an even more confused state. I find I need to go and have a cup of tea.

As a lad, there were very few sprays available and not too much other technical information either, and I really feel that in those early days we did not have the amount of problems we seem to have today in growing crops. Maybe it was that we did not grow some of the more exotic crops we grow today? What we had was either wheat, barley or oats on the cereal side, potatoes, turnips for the sheep and cattle, clover of course, and very little else.

Yields would not be anywhere near what we can produce today, and half the pests we have now we had never heard of back then. So rightly or wrongly that like human beings, pests and diseases have also evolved. Over the years we have learnt to manage and cope with new diseases and learn to live with them.

The ever expanding world population is going to have to be fed, come what may, so are we going to be allowed to carry on with some of the sprays we have? Or are we to stand back and let all the insects, beetles, weeds flourish to the cost of whatever crop we grow?

On the animal side, and of course humans too, we have a raft of vaccines available which have considerably improved our health, but do we have similar things for crops? I understand a lot of technical work is going on in various institutions to do away with chemical sprays and is called Integrated Pest Management (IPM). That may well be the future.



I know ladybirds are lovely and they do certainly eat a lot of the bugs, so it may be that we need to produce thousands of them and release them onto our crops!

I am sure whatever we do, we will need to appreciate and continue to learn from Mother Nature - it seems to always have the answers to our problems.

As we close to the end of another year, we look forward to a positive 2021. I hope you have enjoyed reading my columns and may I wish you a Merry Christmas and a healthy 2021.

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HELPING YOUR LOVED ONES TO BREATHE EASIER, NATURALLY

For those that have never heard of it, salt therapy has actually been around for thousands of years.

Have you ever gargled with salt for a sore throat? Used bath salts to help ease aching muscles? Or perhaps you have used it in the form of a saline solution, as a nasal decongestant?



Adult salt room

If you answered yes to any of these, then you have already practised salt therapy!

Halo (salt) therapy is the practice of pumping microparticles of salt into a climate-controlled room, which are then breathed deep into the respiratory tract and lungs.



Family salt room

The anti-bacterial and anti-viral properties of salt help to dissolve any bacteria and pollutants that are present.

Salt is also naturally anti-inflammatory and can also help to ease any inflammation of the airways which may have been triggered by asthma or another respiratory condition.

The following is taken from just 2 medical studies that have been undertaken:

From the Biomacromolecules journal, published April 2012 - 'In their study, funded by the National Institutes of Health, the

researchers found that salt has a strong effect on how effectively mucins block viral entry'.

From the 'Clinical Research Respiratory Centre in Saint Petersburg', where patients undertook 2 sessions a week over a 3 month period, it was reported that common cold cases were almost 4 times less and 'symptom' days were 5.6 times less compared with the control group.



So, if someone you know is suffering from a respiratory condition such as asthma or COPD, or is prone to coughs and colds, a salt therapy gift voucher would make the perfect gift.

With your first session half price, there are gift vouchers available, starting at just £14. Salt lamps and salt pipes are also on offer for those looking to practise salt therapy at home.

Open Monday, Thursday and Saturday throughout December; get in touch now to find out how you could give the gift of health this Christmas on **01482 679453**.



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PARKWAY CINEMA CELEBRATIONS

This month, Parkway Cinema Beverley will be celebrating 5 years of success in Flemingate.

Opening with Star Wars: The Force Awakens back in 2015, the independently owned 6 screen cinema set out with an objective to become a valued part of the community.

It quickly became a cinema that the community would enjoy and support, presenting the very best of the current screen releases from family blockbusters to adventurous films.

With 6 screens providing everything from stand up, to stage musicals, to panto, and a first floor licensed cafe bar to meet before and after the showing, Parkway is undoubtedly part of the fabric, a community hub, a place to meet and a place that gives back.

So, 5 years on and reflecting back whilst looking to the future, have Parkway delivered in Beverley?

Every year, Parkway chooses a charity to support and help raise funds.

Previous local charities include Beverley Community Lift, Abby's Fund, and Yorkshire Cancer Research, and the most recent being a charity supporting dementia care.

Parkway is an all inclusive cinema, and caters for people with autism, hosting special screenings in a safe environment where the cinema's light, sound and sensory impact on individuals is taken into account.

Parkway are looking to come up with new ideas this year, such as introducing Private Cinema Screenings where families can hire a screen for parties of 10 and more, and choose their choice of film.



YOUR LOCAL INDEPENDENT CINEMA



CELEBRATING 5 YEARS AT FLEMINGATE



It is a great way to do something different and special.

Local schools are now also able to work with the cinema on educational trips, where they are able to use the stage screens for educational purposes.

Children being encouraged to demonstrate individual skills, song, dance, music and present on stage to an audience in a safe environment.

Over the last 5 years Parkway have brought big blockbuster movies to Beverley, such as Dunkirk, Mama Mia, Mary Poppins, 1917, along with Bohemian Rhapsody and the surprise big hit appropriately titled and well suited to Parkway - "The Greatest Showman".

At this time of the year, the highly successful panto usually comes to Parkway, but this year with all things Covid, this will not be the case.

Does this set Parkway back? Oh no it doesn't.

Will Parkway come up with something special? Oh yes they will.

Sadly, the Parkway Cinema in Beverley will be closed for the time being, who knows what will happen on the 16th, a fairy godmother would be nice and fitting at this time of the year to bring joy and laughter.

We're really hoping that Parkway will be able to open and welcome people in for their 5th birthday in December, but if not, we're looking forward to celebrating with them in the new year as soon as we can.

With so many brilliant films from this year delayed until 2021, we're sure there'll be a lot to celebrate once Parkway is open and films are back on screen.



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BURTON ELECTRICAL SOLUTIONS - BEING SAFE AND FESTIVE THIS CHRISTMAS

Christmas is coming and the lights are starting to go up, and this year more households are putting outside lights up to add that extra cheer, lift the mood and make people happy.

In days gone by, we may well have run the lights from inside the house to the outside to boost spirits, but this is far from safe and may require a rethink.

Why not be safe, be happy and enjoy the festivities with peace of mind, by investing in an outdoor socket.



The investment in safety is all year round, starting with Christmas lights, and then as we move into spring and summer the same socket can be used for DIY and gardening appliances rather than dangling leads through the kitchen window!

So this Christmas, why not invest in safety and get an outdoor socket or two? Have a merry Christmas and stay safe.

IN THE GARDEN... DECEMBER

Well, here we are in December the final month of 2020, and I think that I can honestly say that most, if not all of us will be happy to see the back of this year with all that it has thrown at us.

However, to reiterate what I wrote in November the garden has been steadfast in its cycle and so splashes of colour can be found in the garden as berries (Pyracantha, Cotoneaster, Holly and Skimmia); variegated leaves (Ivy, Eleanus, Holly and Aucuba); bark (Dogwood, Acers, Birch and Cherry) and flowers (Hellebores, winter flowering Jasmin, Viburnum and Bergenia) brightening even the dullest of December days, there may even be a few spring flowering bulbs starting to come into flower.

December is a quiet month in the garden but if you are feeling energetic and want to 'blow some cobwebs away' on fine days there are a few tasks you can do...

- Dig over the garden (don't attempt this if the ground is wet and sticky, you will do more harm than good).
- Clear any remaining leaves that are still lingering in nooks and crannies, and clear away the remains of any old crops.
- Give your pots and containers of seasonal bedding an occasional liquid.
- Continue to feed the birds and make sure they have fresh water.

If we can't get outside in the garden most of us will retreat inside and turn our attention to other pastimes and/or preparing for Christmas, on that note...

- If for one have spent more time than usual in my garden this year and completed a couple of projects, which in turn now completed mean that I have to move some plants that are not suited to where I originally placed them and got me planning other little tweaks to my overall garden design (that's me kept out of mischief for a while!)
- If you buy a 'real' Christmas tree, ensure that you give it the best opportunity in surviving until twelfth night by treating them as you would a cut flower, avoid placing them too close to a fire or radiator; place it in a stand with a well of water in the base and check daily topping up the water when the level drops - a 6ft tree can drink a pint of water a day.

- Looking ahead to early next year, why not plant up some spring flowering bulbs to brighten up the house e.g. Amaryllis, 'Paperwhite' narcissus and Hyacinths to name a few.

Thanks for continuing to read my column, that's all for 2020. J.

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



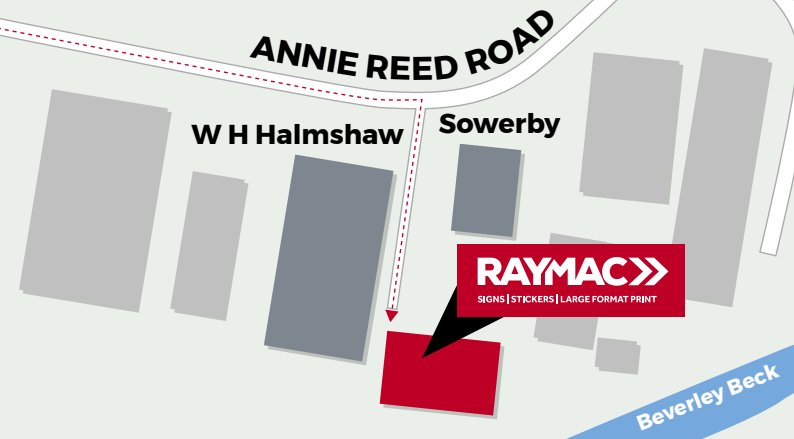
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