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**ISSUE 96**

# **BEVERLEY**

**IT'S YOUR MAGAZINE**

**WATCHES OF BEVERLEY**

2A

*Happy New Year*

**WATCHES OF BEVERLEY**

**KEEPING YOU IN TIME**

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

**Wishing you a  
Healthy and Prosperous 2023**



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## 6/7 WATCHES OF BEVERLEY



## 4 SOCCER TOTS TO SCHOLARSHIP



## 18 LOOKING BACK ON 2022



## 20 FERGIE FOOD & CRAFT FAIR



## 31 GRACIE ACHIEVES GOLD



## 32 LEWIS ANSWERS 23 Q'S



## 34 COMPETITION



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Page 6 photos credit - Russell Wykes.

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

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# just BEVERLEY

## JANUARY LETTER FROM THE EDITORS



Happy New Year and may 2023 bring you continued health and happiness.

2023 will be a year when I feel we need to "Make it happen", however you interpret that simple message, whatever you want to do,

do not rely on others, just get on and "Make It Happen".

Change can be exciting, so embrace change, see what new things you can get involved with or involved in e.g. SSAFA needs your help, so why not help them.

After the festive period you may wish to seek a healthier regime, so set your long term goals, break it down into smaller chunks and make it happen.

In May we will be celebrating our 100th publication, and in this issue we read about Estelle who got a card from King Charles III in recognition of Estelle reaching 100. Please send in your "100" celebration stories.

Have a great January and all the best for a great 2023.

**Julian.**



Happy January readers!

I dread to think what my resolutions were last year and in turn what their completion rate was, but here I am setting even more this year. What are your goals?

I'm so excited for 2023, there's so much happening. We've got the Lionesses continuing their journey for world domination with the 2023 FIFA Women's World Cup, the 100 year anniversary of Disney so hopefully some great films to be released, and lots more.

As always, stay safe and enjoy the issue.

**Olivia.**

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'Community Publication Award'  
Shortlisted Nominee  
2017 & 2018



REYTA  
Remarkable East Yorkshire  
Award Nominee 2016  
'Best Newcomer'

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# SOCCER TOTS TO SCHOLARSHIP

**Seb Auton, born just a stone's throw away from the KC Stadium, looks to have taken inspiration from the stadium atmosphere, and from an early age set his mind to becoming a professional footballer.**

At just 18 months old Seb was never without a ball in his hand and started at Soccer Tots in Beverley with coach Andy setting him on the way, laying firm foundations for Seb to grow and develop. It is true what they say "Show me the boy and I will show you the man" - he was going to be a Goalkeeper.



When Seb was just 5 years old he moved up to Brazilian Soccer Schools on National Avenue with coaches John and Owen playing Futzol, teaching young footballers the art of ball skills with a smaller ball which is harder to kick. The technique was paramount to develop good kicking skills, tied in with team play, communication, balance and all the aspects a child needs to develop.

When Owen set up Hull Football Skills Academy, he was delighted that Seb joined him as one of his first pupils! At that young age local coaches could see the ability Seb had, hand, eye coordination, skill and most of all determination, backed by supporting parents Nick and Lynne. It was only on Seb's last session at the age of 11 that Owen found out Seb was a goalie.

Owen concentrated on footwork which Seb enjoyed as it helped him to improve. All the top keepers are encouraged to have good footballing skills, and Seb managed to learn these skills at a

very early age, which he has applied throughout his development.

Keen to get involved with a local football team, at the age of 7 Seb joined Beverley Town Panthers run by coach Ted Atkinson and played with them until the age of 12 where he moved to Beverley Town Pumas, run by coach Steve Harris. Seb was now starting to establish himself as a goalkeeper and starting to attract the attention of other managers and scouts from professional clubs. His performances won him numerous man of the matches and managing a tight defence at the back with his presence in goal.

Seb was keen to develop his skills and learn as much as he could in the art of goalkeeping, and with understanding parents, he travelled to Wiggington Grasshoppers once a week for goalkeeper training with Brian who had previously been the Youth Team coach at York City. He harnessed his skills and understood what it took to be the last line of defence and have the mindset to deal with being Number 1 on the team sheet.

Growing in stature as a goalkeeper, Seb increasingly attracted the attention of a number of local professional football clubs which resulted in trials for the Academies at Hull City, Scunthorpe United and Grimsby Town which led to him being successful in being signed by Grimsby Town in 2019.

For everyone Covid times were extremely difficult, but through sheer determination and resilience and a mindfulness to succeed, Seb set about using the time he was allowed to work hard on his football skills on the Beverley Westwood. He worked on his running, cycling and working out in the garden and especially his fitness maintaining the high levels he has set himself.

His determination paid off, he currently trains 3 times per week, playing a match on a weekend, in the Yorkshire/Nottinghamshire area as well as further afield including visits to Manchester City and Leicester City, and last season he made his youth team Under 18 debut in the Youth Alliance league and helped the team to a win and gain 3 points.

Seb has been fortunate to be able to keep in touch with a number of top coaches, and during the summer holidays he travelled with his parents to La Manga where he spends two weeks goalkeeping training in the Spanish heat each year with coach



Harry Cosson, who is currently Head of Youth Development at Lusail Football Academy in Qatar.

Closer to home Seb doesn't let the grass grow under his feet, he travels to Thame to attend a residential goalkeeping intensive training camp run by coach Martin Brennan of DGUK who was previously a professional goalkeeper and goalkeeping coach at many professional clubs including Premier League Fulham. Seb continues to gain valuable knowledge and skills learnt from top professionals at the highest level and applies them to his game.

It doesn't come as a surprise with all the effort that Seb and his parents have put in, that in November 2022 Seb was offered a full time scholarship at Grimsby Town with 6 other boys, which will commence in Summer 2023. He will then leave home and take up his full time contract with Grimsby Town and set on the road to a professional career as a goalkeeper. The contract includes Seb studying towards a BTEC qualification in Sports Science. On completion of the 2 year deal the aim is for him to achieve a professional contract.

With the determination, skill and mindset shown this is an inspiration to anyone that you can achieve anything if you put your mind, heart and soul into it.

We wish Seb well with his continued development and hope that one day he will achieve his dream of playing professionally!!!

## ESTELLE CELEBRATES HER 100TH BIRTHDAY

**Estelle Crump, a resident at Beverley Grange, reached the century milestone and enjoyed a lovely day with the staff and her friends at Beverley Grange on 13th December 2022.**

(Edna) Estelle Perry was born near Downham Market in Norfolk on 13 December 1922. She was brought up on her parents' farm alongside the River Ouse. On leaving school on her 14th birthday, Estelle went to work as a kitchen maid at Leeds Castle in Kent, the home of Olive, Lady Baillie, a wealthy Anglo-American who entertained Royalty and famous film stars there in the 1930s.

Estelle later worked for Mrs Eugenie Sassoon, widow of David Sassoon, a close friend of King Edward VII, who lived at 2 Albert Gate, Knightsbridge (now the Kuwaiti Embassy).

18-year-old Estelle joined the WAAF (Women's Auxiliary Air Force) at Bridgnorth, Shropshire, on 26 June 1941. She was sent to Blackpool in August 1941 where she was taught to drive cars and trucks before taking on the position of 'Driver Mechanical Transport'. Later she married Bill Crump - they lived in King's Lynn and Eastbourne before retiring back to Downham Market.

In 2013 Estelle, then a widow, moved to Beverley (Beverley Grange Nursing Home) to be near her nieces.

Estelle was delighted to receive a birthday card and congratulations from His Majesty King Charles III, making her day all the more special. In May, Just Beverley will produce its 100th publication, so please send in your "100" related stories.



# INTRODUCING CLIFF TO JUST BEVERLEY

*Parkway Cinema Beverley enjoyed the stability of Cliff Baillie being at the helm since it opened its doors back in 2015, and under Cliff's guidance the Cinema has gone from strength to strength, celebrating 7 years in Beverley.*

Cliff decided to sit back, relax and enjoy retirement and hand the baton over to Andrew Cooper who will lead Parkway Cinema Beverley into the future and beyond.

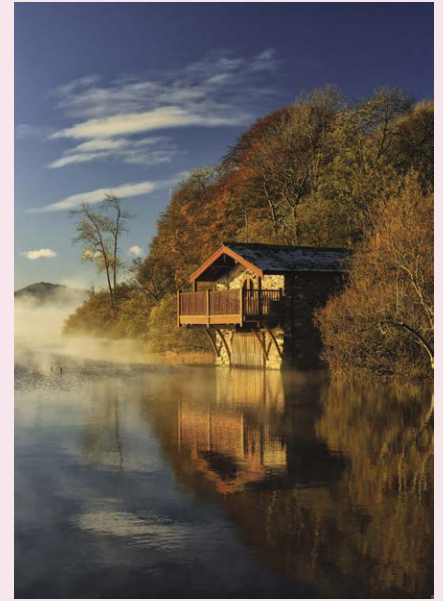
Just Beverley are pleased to announce that from February Cliff will be writing a column for film fans entitled "Fantastic films and where to find them", keeping everything in theme with the film season and genre at the time.

On one hand we wish Cliff a happy retirement and on the other we wish Cliff well working and contributing to the continued success of Just Beverley to keep the film fans up to date with the who, what's and wherefores surrounding the Cinema world.

Look out for Cliff's column next month and we look forward to your feedback.



## BEVERLEY PHOTOGRAPHIC SOCIETY - JANUARY'S PROGRAM



**Tuesday 10th January** - 7pm at the Rose and Crown. In house Natural History print results.

**Tuesday 17th January** - 7pm. A Zoom presentation by Tony North entitled "The Art of Macro". Tony talks about his experience and knowledge of macro photography in the field, shooting insects and other invertebrates. How to create beautiful macro photos. This is the main substance of the talk, and it covers 7 challenges in macro and how to overcome them. [www.artofmacro.com](http://www.artofmacro.com)

**Tuesday 24th January** - 7pm. Selection for the Millennium inter-club competition.

**Tuesday 31st January** - 7pm at the Rose and Crown.

Please contact [billbevphoto@gmail.com](mailto:billbevphoto@gmail.com) for more information.

You can find us at:

<https://www.facebook.com/groups/beverleyphotographyclub>

<https://beverleyphotographic.wixsite.com/club>

<https://www.flickr.com/groups/1095249@N24/>

## TRIBUNE TRUST SUPPORTS EAST RIDING DOMESTIC ABUSE TRUST

**On Tuesday 13th December Jacky Bowes from the Tribune Trust arranged to meet and hand over a cheque to Anne Stuart of the East Riding Domestic Abuse Trust (E.R.D.A.T), to help support the amazing work that they are doing support victims and survivors of Domestic abuse.**

Jacky Bowes, High Sheriff of the East Riding, explained that the Tribute Trust raises money on an ongoing basis, people apply for grants, and the ERDAT asked if the Tribute Trust would fund some ongoing work to help the victims of abuse.

Jacky and her team were delighted to be able to help and hand a cheque over. to help with the project.

Anne Stuart said, "We raise money to help victims of domestic violence, and the point of contact is Kevin Foster, team leader through ERYC Domestic Violence and Abuse Partnership (DVAP) and support those who are fleeing domestic abuse.

"DVAP work with male and female victims of domestic abuse but it is usually women and children who go to the council in the first place. Monies can go to help them in whatever way it is needed, for carpets, bedding, a fridge, cooker etc, just to give women and children a new start and get them on their way to a brighter future".

Kevin Foster works for the ERYC and is a team Leader for the Domestic Violence Abuse Partnership (DVAP).

He mentioned, "I work as a link between DVAP and ERDAT to help clients access financial support when it is most needed.

"Victim/Survivors of domestic abuse have a variety of support needs whether that is to access safe supported accommodation or with assistance to help in their own home to get the basics in life."

Jacky Bowes presented a cheque to Anne Stuart for £1500. Photo L-R: Amanda Barton (ERDAT), Jacky Bowes (Tribune Trust), Kevin Foster (DVAP), Anne Stuart (ERDAT), Nicole McIntyre (ERDAT).



## SUPPORTING THE LOCAL COMMUNITY

**Frank Stephenson & Son Funeral Directors in Beverley are helping the local community at Christmas.**

All the staff at Frank Stephenson & sons decided that rather than take their Christmas gathering allowance, they would put the amount to a local good cause to help those who are in need at Christmas. A cheque was presented to the East Riding of Yorkshire Food Bank for £150.

Frank Stephenson and Son Business leader Paul Holland commented, "It was the right thing to do at Christmas to help those less fortunate than ourselves and know that the food bank would be able to help families at this time".

Frank Stephenson and Son decided to match the amount raised and donated a cheque of £150 to Jo Ramsey the manager at the Cherry Tree Centre who help and support local residents with



many services in the area. Presenting the cheque was Funeral Director Ian McGuire watched on by Business leader Paul Holland.

The donations presented allowed the local charities to help those in need through food and services.

# WATCHES OF BEVERLEY HAVE A TIME PIECE FOR EVERYONE

**Robert Ford, owner of Watches of Beverley, opened in Beverley 18 months ago, to bring his passion for watches to everyone in Yorkshire and further afield.**

Robert, a Beverley person throughout, enjoyed growing up in Beverley, working and living in the area. He developed a passion for watches from an early age and a passion to build a business in his local market town.

As you young boy Robert could be found most weekends in Beverley helping his uncle in his shop in Saturday Market (where Nero's is located now), and he was as they say "Learning the trade".

The days passed quickly and like a sponge he was soaking up all the knowledge he could about all types of watches, his skills being setting the "NEW" digital watches for all the customers, replacing batteries and teaching them how to use the new technology of the time.

As Robert's knowledge and passion grew, not only for watches but for the sales and customer service, he knew exactly which direction he wanted to go into and progress his career.



Having spent many successful years in the leisure industry and building up his collection of watches, he always had an eye for what his real aim was, as they say "Timing is everything", he decided to make it happen.

The shop in North Bar became available - it used to be a gentleman's outfitters, so it only seemed right to Robert to snap the property up and continue in high quality high end retail and pursue his dream to deliver watches of elegance to the people of Yorkshire, but with a twist.

Robert's passion for watches along with his passion for customer service and a need to meet his clients needs, selling exclusive brands such as Breitling, Cartier, Omega, Rolex to name just a few. He also provides for the collectors, so offers a buy and sell your watch or a consign service. All the details are provided on the website: [www.watchesofbeverley.com](http://www.watchesofbeverley.com)



Watches of Beverley guarantee that all of their pre-owned watches have undergone thorough mechanical inspections, including being ultrasonically cleaned, serviced and resealed to meet the highest standards of timekeeping.

All of the pre-owned and vintage watches, unless stated otherwise, are covered by a full or a limited twenty-four



month warranty, all fully explained in their Terms and Conditions.

As we embark on a new year, 2023 may well be the "time" to treat yourself, a family member or perhaps a time piece to become a family heirloom, at Watches of Beverley Robert has something to meet your budgets and an investment for the family.

If 2023 is your year to "Make it Happen" and buy a timepiece of significance book an appointment with Robert.

**WATCHES OF BEVERLEY**  
**2 North Bar Within, Beverley, East Yorkshire, HU17 8AX.**  
**Email: [hello@watchesofbeverley.com](mailto:hello@watchesofbeverley.com)**  
**Tel: 01482 869443**



Ω  
OMEGA  
*Seamaster*  
PROFESSIONAL

# WATCHES of BEVERLEY

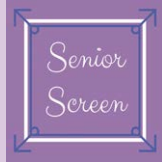
A wide range of luxury pre-owned watches

2 North Bar Within  
Beverley, East Yorkshire  
HU17 8AX

Telephone +44 1482 869443

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

[hello@watchesofbeverley.com](mailto:hello@watchesofbeverley.com)



**EVERY THURSDAY**

**(Doors open 10am)**

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 12th January -**

**Mrs. Harris Goes to Paris**

Starring: Lesley Manville, Isabelle Huppert, Lambert Wilson  
Director: Anthony Fabian.

**See How They Run**

Starring: Sam Rockwell, Saoirse Ronan, Adrien Brody.  
Director: Tom George.

**Thursday 19th January -**

**See How They Run**

Starring: Sam Rockwell, Saoirse Ronan, Adrien Brody.  
Director: Tom George.

**Banshees of Inisherin**

Starring: Colin Farrell, Brendan Gleeson, Kerry Condon.  
Director: Martin McDonagh.

**Thursday 26th January -**

**Banshees of Inisherin**

Starring: Colin Farrell, Brendan Gleeson, Kerry Condon.  
Director: Martin McDonagh.

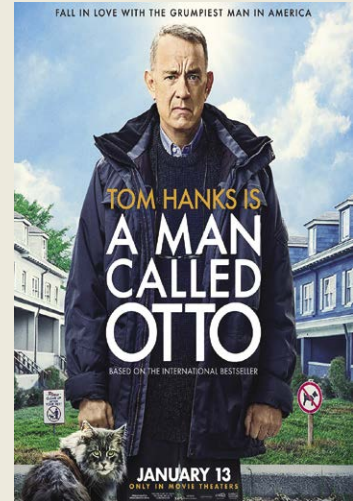
**Triangle of Sadness**

Starring: Harris Dickinson, Charlbi Dean, Woody Harrelson.  
Director: Ruben Östlund.

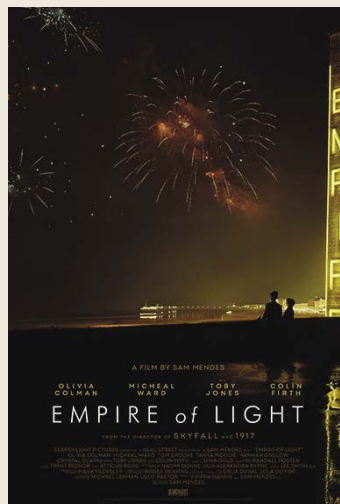
*These are the films scheduled to open in January - all are subject to change. Check out up-to-date cinema listings at [www.justbeverley.co.uk/cinema-times](http://www.justbeverley.co.uk/cinema-times)*



6th January



6th January



9th January



20th January



20th January



27th January



# YOUR LOCAL INDEPENDENT CINEMA



## JOIN US FOR SOME GREAT FILMS AND EVENTS THIS NEW YEAR

*We take a look at some of the films showing at Parkway Beverley this January.*

### ANDRE RIEU IN DUBLIN

*Visit the Emerald Isle in style with Andre Rieu in Dublin, the maestro's first filmed concert in the delightful Irish capital in over 20 years exclusive to cinemas.*

Join Andre and his Johann Strauss Orchestra, sopranos, tenors and guests for a whimsical celebration, with romantic melodies, popular classics, party tunes and beloved waltzes.

**Saturday 7th January, 7pm & Sunday 8th January, 2pm.**



### A MAN CALLED OTTO

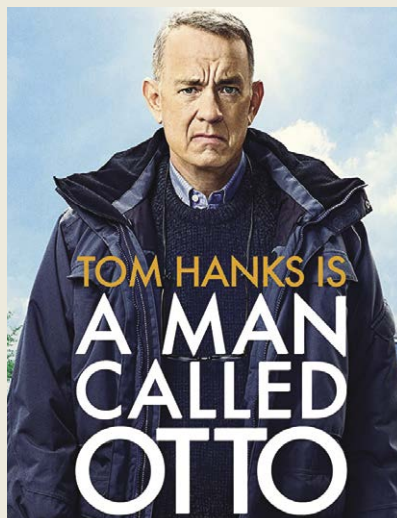
*Otto is a grump who's given up on life following the loss of his wife and wants to end it all.*

When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Starring: Tom Hanks, Mariana Treviño  
Rachel Keller, Manuel Garcia-Rulfo.

Directed by: Marc Forster

**From Friday 6th January.**

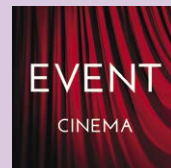
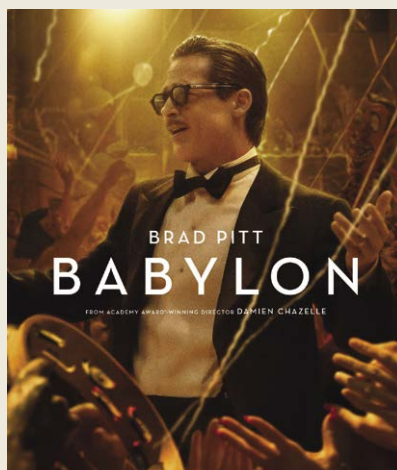


### BABYLON

*A tale of outsized ambition and outrageous excess, it traces the rise and fall of multiple characters during an era of unbridled decadence and depravity in early Hollywood.*

The film features an ensemble cast that includes Brad Pitt, Margot Robbie, Diego Calva, Jean Smart, Tobey Maguire, Jovan Adepo, and Li Jun Li.

**From Friday 20th January.**



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.

**Saturday 7th January, 7pm &**

**Sunday 8th January, 2pm -**

**Andre Rieu in Dublin**

Visit the Emerald Isle in style with Andre Rieu in Dublin, the maestro's first filmed concert in the delightful Irish capital in over 20 years exclusive to cinemas.

**Saturday 14th January, 5.55pm -**

**Met Opera: Fedora**

Umberto Giordano's exhilarating drama returns to the Met repertory for the first time in 25 years.

**Thursday 19th January, 7.15pm -**

**Royal Ballet: Like Water For Chocolate**

A modern Mexican classic of magic realism provides the basis for The Royal Ballet's new full-length work.

**Thursday 26th January, 7pm -**

**NT Live: The Crucible**

A witch hunt is beginning in Arthur Miller's captivating parable of power.

**Wednesday 15th February, 7pm -**

**Royal Opera: The Barber of Seville**

Expect heart-melting serenades, ridiculous disguises and a fairy-tale ending waiting just out of reach.

**Thursday 23rd February, 7pm -**

**NT Live: Othello**

An extraordinary new production of Shakespeare's most enduring tragedy.

# LEWIS NORTHEN - TWO YEARS IN BUSINESS

**Lewis Northen Funeral Directors celebrate two years in business in their modern facilities on Lincoln Way, Beverley.**

Lewis, having always worked in Funeral Care has not wished to do anything else, and he feels passionate about being there at the time people need help and support. Having worked with the late David Wilson for many years at F. Stephenson and Sons, he knew that one day he would like to set up by himself, have his name above the door and be there for people at their time of need.

With the support of his long time partner Kirsty, Lewis described the moment when he decided the time was right to set up his own business, "It was one of the most frightening yet exhilarating times and having Kirsty with me was the support that made it all happen. The last two years have passed so quickly, and we are so pleased to have

achieved so much in such a short space of time. We are so proud to have supported many families in the community over the last two years as an independent funeral director. We are touched and delighted to have become one of Beverley's most trusted and recommended funeral directors.

"We always aim to give our clients and their loved ones the best help and support, which is why we have invested in new vehicles giving us the newest and most up to date ceremonial hearse and limousine in Beverley.

"Our aim has always been to offer the best level of care whilst keeping our prices low, we have not

increased our prices, but kept the level of service and care high. We have an underlying objective to support the local community, care for them and be there all year round, not only at their time of need, when they have lost a loved one.

"Having moved into new premises, laid out a high specification for the building, our modern facilities/premises ensure



we can look after our clients to a very high standard and their loved ones can receive the best care."

Lewis, Kirsty and Vanessa, being Beverley born, feel it is important that they are always here to support the community that they have grown up around.

Lewis said, "We are Beverley people, supporting Beverley people as an independent modern funeral director with old fashion values, support and care".

**Lewis Northen Funeral Directors  
1 Lincoln Way, Beverley, HU17 8RH.**

**Tel: 01482 888658.**

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



LEWIS NORTHEN  
FUNERAL DIRECTORS



MY FAMILY TAKING  
CARE OF YOURS



**Get In Touch**  
1 Lincoln Way, Beverley, HU17 8RH  
info@lewisnorthyfuneralelirectors.co.uk  
www.lewisnorthyfuneralelirectors.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.



# LOOKING FORWARD TO 2023

Still got the post-Christmas blues and wondering what fun activities you can do in 2023? Here are some new things you can do this year.

## Upskill yourself

It's never too late to learn something new, so why not pick up a new skill this year? Make it one of your resolutions so you stick to it, and it could even be something that offers benefits to you personally and professionally. For example, if you have lots of Spanish speaking friends, why not try to learn conversational Spanish? Being bilingual will make you look more desirable applying for other jobs too.

## Volunteer

Looking to make a meaningful change this year? Perhaps volunteering is up your street. There are lots of ways you can give back to the Beverley community by volunteering, such as offering help at the charity shops around the Marketplace, or helping to coach a local sports club. The health benefits you'll see from volunteering might just be the shift in mindset you need to say goodbye to those January blues.

## Feel fit

If you're feeling a bit sluggish from overindulgence at Christmas, you could give exercising a go. It doesn't have to take anything as drastic as joining a gym to kickstart your new year new me campaign, but it could be setting yourself a challenge of going for a 10 minute walk a day on top of the usual daily exercise you get. However, if you do want to feel fit in a more intense way, try jump rope or running. Look online on Instagram for online communities to get involved with for support.



# NEW YEAR - NEW YOU - MAKE IT HAPPEN

**New Years resolutions. Something we set every year, and do we follow through? Whoops. If yours fall into the category of forgotten resolutions, here's some advice on how you can help yourself stick to them.**

## Lean away from instant gratification

As difficult as it is living in a society that puts so much value on instant gratification, we need to start leaning away from this notion. With the breakthrough of social media channels like Instagram and TikTok, we have become heavily reliant on posting to social media and receiving instant likes, and feeling deflated or like a failure if the likes don't come through. Perhaps it manifests in your life differently in the way you order products online and choose next day delivery? When these instants are reflected in daily life in the areas we can't control instantly, it's difficult to stay motivated. It is therefore more important than ever to set resolutions that are realistic and achievable within your desired timeframes.

## Forming a new habit takes time

According to science, it takes around 3 months or more to form a new habit. So if you are a person who makes more scientifically-led decisions, perhaps it will help knowing you are statistically more likely to stick to resolutions that are realistic and become habits. Just remember to be flexible with your goals and means of achieving them so you don't lose discipline working it into your busy lifestyle.

## Improve your mental health

If you're someone who struggles with seasonal affective disorder, a change in the weather, or the January blues, take time to work on your mental health in these periods. Lots of people struggle at this time of year, so it's important to talk to friends and family who can support you through these times. They may be feeling similarly to you and want to improve their mental health too, so you could do things together to help each other. What works for you might not work for them, but try to commit to getting as much natural sunlight as possible to help boost your mood. If you haven't prioritised your mental health before, now is a great time to start.

# New Year - New You

## Make 2023 the year you take up golf

- New challenge
- Sunshine
- Exercise
- Friendships
- Better health

Join today

01482 868757

**Beverley and East Riding Golf Club**



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

*There can surely be only one resolution to make in this first week of January. As the quiz master of Mastermind Clive Myrie says, "I've started, so I'll finish." Let us hope that is a resolution we are all able to keep.*

The month was so named by the emperor Caesar to honour the Roman god Janus. This god had two faces which enabled it to look forward to the coming year and backwards into previous years. Nowadays we have some very scientific equipment that (if we believe it) can look at the history of our planet, as Buzz Lightyear would say 'to infinity and beyond'. But we are no nearer knowing what will actually happen in this New Year. We can still only project and plan. Events of the last three years must surely have convinced us of that.

One event that I hope will take place without any difficulties is the Coronation of King Charles III on Saturday May 6th at Westminster Abbey. When Charles became King on the death of the Queen on Thursday September 8th last year, the Elizabethan age came to an end and the United Kingdom entered into the Carolean age (the word is pronounced Caro-lean). This is because we now have a King whose name is Charles and the Latin word for Charles is Carolean.

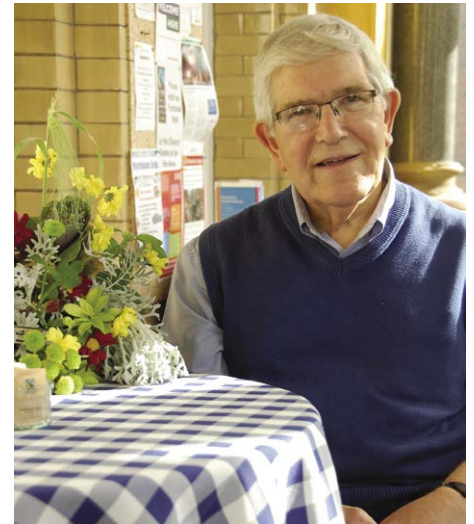
In truth a monarch can be called by whatever name he chooses. When Edward VIII abdicated in 1936 his brother Albert became King but chose to be known as George VI. King Charles III's son William is his natural successor but he may choose another name other than William. Let us trust that

such a time is many years hence. Whilst offering my thoughts on such matters I am also aware that many people may not share my appreciation of the monarchy and have legitimate views about the position that royalty has held over the centuries in our country. Thankfully such alternative views do not today lead to mass civil disobedience. During the seventy years of Queen Elizabeth's reign, the people of this country came to appreciate, and it may be said love, their monarch in a manner that I suggest no monarch before had ever achieved.

Many writers have stated that they felt King George VI never expected to become King as he had a very retiring nature and, as we now know had a speech impediment so that speaking in public was the last thing he would have chosen to do. I worked for many years with a man who, during his formative year, had a terrible stammer but with help overcame this difficulty and he became a senior social worker who was often called upon to speak in the local Magistrates Court.

Let us hope that services for folks who have similar problems such as my friend had (also severe deafness or poor eyesight and others) are not part of any cuts to local services that might occur in the coming months.

By 1939 King George VI had given three Christmas broadcasts but it was the one he gave just after the Second World War had begun that folks, alive at that time, recall. There was hope that the war would last but a few months but as we now know it lasted over six long years. To some



extent we are in a similar state of uncertainty and therefore the words of the poem spoken by the King and written in 1908 by Minnie Louise Askins called "The Hand of God" are worth recalling.

"And I said to the man who stood at the gate of the year  
give me a light that I may tread safely into the unknown"  
And he replied.  
"Go out into the darkness and put your hand into the hand of God.  
That will be to you better than the light and safer than a known way"  
So I went forth and finding the hand of God trod gladly into the night.  
And he led me towards the hills and the breaking of the day in the lone East.

# SSAFA - MAKE IT HAPPEN - 2023 WE NEED YOUR HELP

**Our armed forces keep us safe, protect us and are available at any time of need.**

The Armed Forces Charity - "SSAFA", previously known as the charity for Soldiers, Sailors, Airmen and Families Association who provide ongoing help and lifelong support to serving men, women and veterans from the British Armed Forces and their families - need your help. Can you "Make it Happen" in 2023?

The Charity "SSAFA" is in urgent need of volunteers to help support those who have served and now require support to help regain independence and dignity. People need a purpose, SSAFA needs assistance, put the two together and "Make it Happen". You will get the training required and your purpose will be to fulfil a role that will change people's lives, you can make a BIG difference.

If you are interested and would like to know how you can help, SSAFA are looking to fill the following positions:

- Admin Assistance
- Branch Fundraiser or coordinator
- Branch volunteering coordinator
- Caseworkers
- Divisional Secretarial support
- Mentors
- Recruitment Coordinators
- Treasurer support

Make it Happen in 2023.  
Please contact us on: **01964 552 837**  
Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)  
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# KEEP IT IN THE FAMILY WITH SMART TAX PLANNING

***There comes a point in life when thoughts turn to what happens after we're gone. For those with children and grandchildren, this will likely include considering how best to pass on any assets we may have.***

You might therefore be working out what you can do now to make life easier for your family, how you can give younger generations a helping hand and what you need to put in place for your own peace of mind. All of this could now have new significance as a result of the pandemic and its effect on our circumstances, objectives and plans.

But, whatever your specific aims, making the best of later life while also planning for your family's future is an area where tax allowances and reliefs can make a bigger difference than you might expect.

## ***The importance of planning***

The process of making sure that your beneficiaries can get the best from the assets you leave behind will often begin with Inheritance Tax (IHT) planning.

While only a minority of estates pay IHT, the 40% tax charged on assets above the nil-rate band (currently £325,000), there's also a main-residence nil-rate band, currently £175,000, an exemption for your own home when it's passed onto a direct descendant, makes it a risk not worth taking.

When you've spent your working life building up

your assets, you'll most likely want to protect them for the benefit of future generations. This is an area where pensions play a much more central role than they used to.

When you're trying to come up with a plan for passing on wealth, traditionally it's about trusts, property and so on, but people are increasingly using their pension pots, and some are using them to skip generations.

A pension has long been one of the most tax-efficient ways to pass on wealth, even more so after changes to pension rules in 2015. Your pensions sit outside your estate for IHT purposes, meaning your beneficiaries can access your savings without having to pay any IHT.

If you die before you turn 75 and you haven't accessed your pension, your beneficiaries can receive all of it tax free, provided they claim it within two years of your death.

If you die before 75 and you've been using a drawdown arrangement, your beneficiaries can access what's left and decide how they want to use it. If you die after turning 75, your



beneficiaries will be charged Income Tax at their marginal rate on any pension you leave behind (and it'll be passed on tax free if the beneficiary doesn't pay any Income Tax).

## ***Making the most of ISAs and gifting***

If you're planning to pass on as much of your pension as possible, you'll need to consider where else you get your income from in retirement.

You might be making more of your ISA allowances and taking income from those to create retirement wealth. Remember, however, that while ISAs offer shelter from Income Tax and Capital Gains Tax (CGT), the money you hold in them will form part of your estate for IHT purposes.

The tax system is also your friend when it comes to helping younger generations while you're still



# Just ask

If you're thinking about the road ahead, we can help. Whatever's on your mind, just ask.

## **NAVIGATION WEALTH MANAGEMENT**

*Managing Partner Practice of St. James's Place Wealth Management*

01482 379504  
navigationwm@sjpg.co.uk  
www.navigationwm.co.uk



# NAVIGATION

WEALTH MANAGEMENT

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

alive. For example, you can give away a total of £3,000 worth of gifts each tax year without them being added to the value of your estate (and you can use the previous year's allowance, too, if you haven't already).

Similarly, small gifts of up to £250 can be given free of IHT during a tax year to any number of people who haven't also benefited from your £3,000 annual exemption. This is money you can give away while still alive in order to reduce the IHT bill, so it should be part of your end-of-year tax planning.

It's worth keeping a record of any gifts in case you or your beneficiaries need to provide paperwork for HMRC.

You can also maximise the benefits of financial gifts to children or grandchildren by putting the money into a children's pension. This is a win-win, as you get both the IHT reduction and the tax relief on pension contributions.

#### **Practical and emotional support**

This is an area where you can really benefit from the insight, knowledge and experience of a professional adviser. There's a lot to consider - the wide range of options available, continual changes to tax rules, the complexity of certain aspects of IHT and the emotional challenge of considering what to leave behind when you're gone.

Retirement continues to change, with implications for how inheritance planning works. Advice is especially crucial here to balance your own needs and those of your loved ones.

Take control and give you and your family choices.

The levels and bases of taxation, and reliefs from taxation, can change at any time. The value of any tax relief depends on individual circumstances.

To receive a complimentary guide covering wealth management, retirement planning or Inheritance Tax planning, contact Navigation Wealth Management on **01482 379504** or email [navigationwm@sjpp.co.uk](mailto:navigationwm@sjpp.co.uk)

## 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.

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

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



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*We look forward to serving you*



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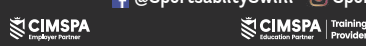
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**TANGLED CHAINS**

**GOLD COINS**

**DAMAGED JEWELLERY**

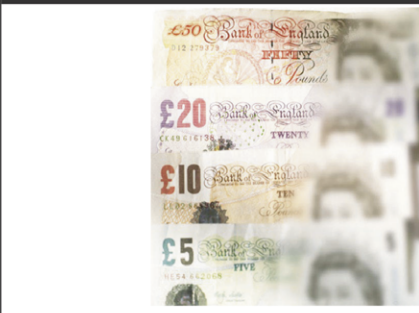
**BANGLE & EARRINGS**



**Bank Notes**

**Kruggerands**

**Gold up to £900 per oz paid**



Kruggerands bought up to £850 paid

**All of out of date withdrawn bank notes  
£5, £10, £20 and £50 notes  
Large and small amounts required**

**We buy for Cash**

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**Silver**

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**SOVEREIGNS AND HALF SOVEREIGNS WANTED TOP CASH PAID**



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**WE WISH TO PURCHASE THE FOLLOWING (ALL PRE 1990)**

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**URGENTLY WANTED**      **TOP PRICES PAID**

**CHRONOGRAPHS**




**URGENTLY WANTED**

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**TOP PRICES PAID**

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also on WEDNESDAY THE 25th JANUARY 11-2pm  
ASK FOR VALUATIONS AT RECEPTION  
**Call JOHN on 07572 535497**



We wish to purchase all quality watches especially with box and papers

**Wanted**  
All military cap badges.  
Any military items issued out such as—Cap badges, Buttons, Top prices paid



**LADIES**  
Please look in your jewellery box, if you have any old rings, chains, earrings, brooches, necklaces, pendants, bracelets etc. Then please bring the box down and let us surprise you



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Please have a good look around for all those old gold cuff links, studs, tie pins, pocket watches, and chains, medals, military watches and especially old gold wristwatches



**Wanted**  
**OLD NOTES & COINS**



**Wanted**  
**Dinky & Corgi Toys**



**Gold top prices paid**  
All Gold coins purchased Kruggerands, Sovereigns etc



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**We purchase all quality watches and jewellery, Gold and Silver is at an all-time high so cash in**  
From old silver coins to antique silver tea sets we want them all  
**Wanted all Aviator diver/military watches best price paid**

**Wanted**  
Pre 1947 silver coins. Half crowns, Florins, Shillings and Sixpences. Five times face value paid




**Wanted**  
**all scrap gold and silver**




**All gold and silver pocket watches wanted**



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**Foreign coins wanted**



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Old pennies 1d £1 per kilo  
Old brass threepences 3d 1p each  
Old sixpences 6d 1p each  
Old shillings 1/- 2p each  
Two shillings 2/- 4p each  
Half crowns 2/6d- 5p each



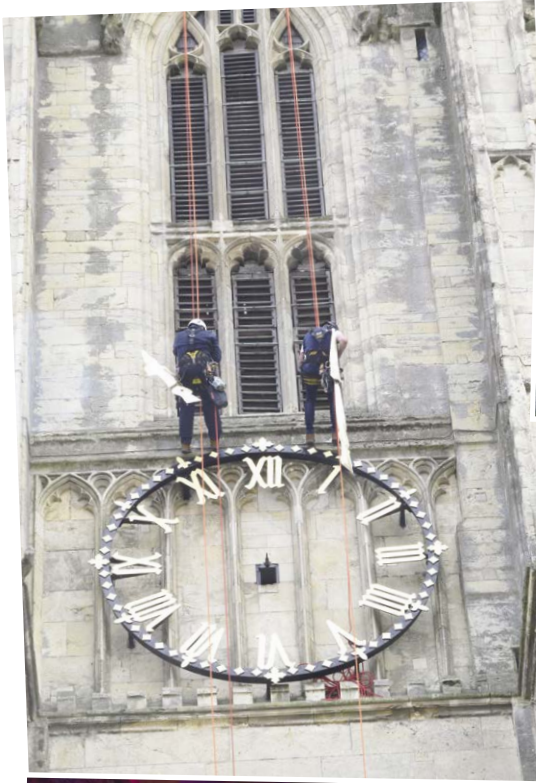
**BANK NOTES WANTED**  
UK—Ireland—Scottish— Isle of man—Guernsey—Gibraltar—Falkland Islands—**HALF FACE VALUE PAID!**  
All foreign notes any amount bought

**ALL OUT OF DATE UK & SCOTTISH BANKNOTES URGENTLY REQUIRED ANY CONDITION**

Damaged, creased, mouldy, tattered, damp. No matter what condition we will buy! 10/- Shilling notes, £1 Notes, £5 notes, £10 notes, £20 notes. Large or small amounts required  
**ANY AMOUNT BOUGHT HALF FACE VALUE PAID!**



# LOOKING BACK ON 2022



# HUMBERSIDE SCOUTS LAUNCH "THE WHITE RIBBON BADGE"

**Humberside Scouts are proud and excited to have partnered with White Ribbon UK and High Sheriff of the East Riding of Yorkshire, Jacky Bowes to create the first White Ribbon Scout Badge.**

White Ribbon UK commented to say, "The badge, the first ever of its kind, poses an incredible opportunity for young people to learn about and adopt values that contribute to creating a gender equal society"

Jacky aims to get people together, in order to raise the issue of abuse of women and girls.

Everyone needs to be aware and look to implement changes that will influence positive attitudes and behaviours and have those difficult conversations. As we start another year, everyone is looking forward to a positive year ahead and making changes.

"New Year Resolutions".

Making resolutions should not be taken lightly. Resolutions that can be adopted that they can commit to, not whims after over eating through the festive season, but resolutions that will make a difference.

Everyone needs to be aware and to spread the word to young people that violence against anyone irrespective of gender is totally unacceptable.

In scouting the White Ribbon Badge is about living by our values, influencing positive attitudes and behaviours from an early age, whilst calling out inappropriate behaviours and attitudes.

Humberside Scouts will ensure all scout leaders will be 'watching out' for any young people who identify as having problems and we will be there to support them and importantly, this offers a safe haven for some individuals who may otherwise have no one to talk about their issues and get the help that they need and deserve.

The scouting movement aims to establish the White Ribbon Badge as a national badge to build a powerful platform to raise awareness and send the message out loud and clear abusive behaviour will not be tolerated and the appropriate bodies will be notified and actions taken.

Jacky Bowes said, "I feel so privileged to have had the support of the amazing team at Humberside Scouts and also very honoured to have so many people across Hull and the East Riding who have offered their support and encouragement including the Lord-Lieutenant, Chair of ERY Council, The Lord Mayor of Hull, The Mayors of Beverley, Drifffield, Hessle and Hedon, The Senior Officers of Humberside Police



and Humberside Fire and Rescue, Head of the Probation Service and so many more including the CEO, Chair of Trustees and the team at White Ribbon UK".

Jacky went on to say, "To have fulfilled a year in office as the High Sheriff has been one of the most amazing experiences of my life.

"I can not tell you how excited I am about the launch of the White Ribbon Badge at Humberside Scouts and the thought of it becoming a national badge is incredible.

"With the scouting movement behind the badge it will be such a powerful platform, a platform to spread the word and support those who really need help."

Gary McCune, Lead Volunteer for Humberside Scouts said, "As Humberside Scouts we are proud to have worked in partnership to create this badge, that we hope will go on to be used around the UK, enabling Scouts to champion lasting change.

"We are always looking for more adult volunteers, so we can provide even more opportunities for young people to have fun, go on adventures and learn skills for life.

"Please visit our website if you would like to find out more:  
[www.humbersidescouts.org.uk](http://www.humbersidescouts.org.uk)"



# FERGIE FOOD AND CRAFT FAIR 2023

The Ferguson Fawsitt in Walkington reopened its doors early in 2022. Allen Slinger, owner of the "Fergie" managed to take a little time off over the festive season and reflect on his first 9 months at The Ferguson Fawsitt, and what he can build on for 2023.

Following the refurbishment, the new layout, menus that change to represent the seasons, and the opening of the Gallery Cafe and event space, Allen has turned the Ferguson Fawsitt into a community hub, entertaining the locals and bringing people into the village from far and wide.

Whether that be through the Monday night club, bingo, quiz nights or introduction and continued success of the Food and Craft Fair. Allen opened the Event Space which is available for private hire, birthday parties,



celebrations, music nights and now the Food and Craft Fair. Proving to be such a draw to the area, the fair will continue through 2023 and Allen aims to make it a bigger event attracting more stall holders throughout the year.



Allen contacted Lisa at The Little Cheese Pantry and presented his ideas of what he wanted to achieve with the Food and Craft Fair, and without hesitation Lisa jumped at the opportunity and ran it past a number of local traders she knew, to see if they were interested.

Lisa said, "When Allen got in touch, I just knew that with the lovely food and hospitality that the Ferguson Fawsitt provides it would work really well, for people to come to the fair and then have a bite to eat or people who already were coming to the Fergie to then buy some treats or essentials to take home".

Lisa went on to say, "For 2023 the idea is for



the fair to continue to grow and attract more stall owners to occupy the outside space as well. It's already known locally as the Fergie Food and Craft Fair. We are all looking forward to a good 2023".

As the "Fergie Food and Craft Fair", continues to grow, if you are looking to get involved then contact Lisa at **The Little Cheese Pantry** via Facebook or [thelittlecheesepantry@hotmail.co.uk](mailto:thelittlecheesepantry@hotmail.co.uk). Remember the Fergie Food and Craft Fair is on the 2nd Friday of the month 10am to 4pm.



The  
Ferguson  
Fawsitt



## OPENING HOURS

MON: 19:00 - 23:00

THU - SAT:  
12:00 - 23:00

SUN: 12:00 - 22:30

# Happy New Year!

## What's on at the Fergie

Monday Night Darts Night - 9pm

1st Thursday of the Month - Bingo from 2pm

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](http://www.fergusonfawsitt.co.uk)  
tel: 01482 526317

## FOOD HOURS

THU - SAT:  
12:00 - 19:30

SUN:  
12:00 - 18:00

# IN MY VIEW... IT'S TIME TO FOCUS ON THE WORLD AROUND US

*Hello everyone, and Happy New Year! 2023 is finally here. I hope you had a truly great holiday season. It may even be that you were lucky enough to get a shiny new camera - in which case, you have come to the right place!*

As we move away from the festivities and towards a fresh start and new chapter ahead, I thought it would be good to talk about getting out and about this issue. Going for long walks and taking in the sights and locations that we are so lucky to have close by is one of my favourite things to do - especially after all that Christmas indulgence!



I don't really think you can beat Bempton Cliffs for a bit of photography, exercise and fresh air. The images in this article focus on some of the beautiful birds that can be spotted there. There are endless opportunities for excellent shots, and it's the perfect place to experiment with different shutter speeds.

Fast shutter speeds are ideal for birds, simply because they can just suddenly take off. In fact, it's better when they do because you can get some great wing span shots. I also recommend using continuous shooting mode. This way, the camera will continue to shoot for as long as you have the shutter pressed. So, if the bird does take off, you will capture the whole sequence. The faster the shutter speed, the better, so experiment with that and be amazed by the results.

Also, it is worth pointing out that puffins make their annual appearance at Bempton Cliffs between May and early July. I plan to go and see them this year; if you go too and see me there, feel free to say hi.

Other great places to go with your camera are Tophill Low, where foxes and kingfishers can be found by particularly lucky photographers. Add in The Deep, The Yorkshire Wildlife Park, The Westwood - there are so many lovely and photogenic spots to visit nearby, both on our doorstep and a short journey away. I hope this article inspires you to visit some of them.

I tend to not get too technical in these articles but if you have questions, or would like a more in-depth understanding of shutter speeds,



apertures etc., please feel free to get in touch. I am always happy to go into more detail to help you branch out and try some new photography techniques.

So, charge your camera, get your warm togs on, grab a flask and a snack and get out there snapping. Not only will there be plenty to see and photograph, you'll be getting active and enjoying that January recharge we've all promised ourselves.

As always, I would love to see what you do so please do share your photos with me.

Happy snapping everyone!

Instagram: [@sara.kruger](#)  
 Facebook: [@sara.kruger.photography](#)  
 Web: [www.sarakrugerphotography.com](#)  
 Email: [info@sarakrugerphotography.com](mailto:info@sarakrugerphotography.com)



## Four Generations, Giving Over 125 Years Service

Herbert 1870-1962	Eardley 1908-1986	Geoffrey 1939-2015	David 1964
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# 2023 - THE YEAR TO MAKE IT HAPPEN

*I would like to wish every reader a very Happy New Year as we embark on 2023.*

Over the Christmas and "Twixmas" period I have had opportunity to sit and reflect on the achievements and main events of 2022 and what we would most like to achieve in 2023.

In keeping with the strap line for Just Beverley I would like it to be the year to make it happen. The world is a huge place and there will be something somewhere for everybody.

Each year I like to try to visit a new destination and have some new experiences and to be honest after a very difficult 2020 and 2021 we found that in 2022 we were able to make up for it. We were able to visit Dubai & the Maldives as two new places for us which were very different to each other but both amazing.

We also enjoyed the five star service and fun atmosphere of two Virgin Voyages in the Mediterranean so a couple of new ports were visited too. To end the year I had a fun filled



eventful day visiting Santa in Lapland for the day. So I think 2023 will be hard to beat to be honest however I am very much looking forward to planning some new adventures for the family.

2022 was filled with many different types of holidays for my clients - many of which we took for granted for many years and then when borders closed we wondered if we would ever get back there!



Reuniting family in Australia and New Zealand was a pleasure to arrange. Some very romantic wedding proposals in Sweden amongst the most stunning backdrop having enjoyed husky rides and gazed at the northern lights through a perfect igloo!

Several honeymoons and anniversary holidays taking in South Africa and the wonderful close encounters with wildlife on game drives in the wild. Christmas lights in New York, and Christmas Markets in Prague. Some amazing river cruises have also been booked alongside the cruise



voyages which are a significant part of my business.

Sailing tall ships in Costa Rica and around the mediterranean. A huge bucket list entry the Ice Hotel - literally from very cold to very hot, very adventurous to very relaxing, very cultural and varied to enjoying home from home.

At Travel Counsellors we have it all covered and we are with you every step of the way. Completely independent and based in Beverley and happy to make your holiday dreams happen for you in 2023.....

The big question is where will you choose to go?

**Amanda McConnell, Travel Counsellors.**

**T: 01482 770540**

**E: amanda.mcconnell@travelcounsellors.com**

**W: www.travelcounsellors.com/amanda.mcconnell**

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- Full planning and supplier consultation on your behalf.
- A detailed timeline.
- On the day coordination.

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Starting from just £250 - You might already have everything planned but just need a helping hand with those final last minute details. We can help with that too. From set up to close down we will be there to make sure everything runs perfectly.

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- On the day timeline.
- A helping hand for the whole day.

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## POEM BY RICHARD HARRIES - A NEW YEAR'S POEM



It's New Year's Eve again  
 A time when  
 We can have great hope and belief  
 That things will change and with relief  
 We look forward to life  
 Being with love, no strife  
 Joy for everyone  
 No starvation, a full tum  
 True equality at last for all  
 No deprivation, for that we call

For the end of war for mankind  
 Evil dictatorships left behind  
 A year where bigotry and prejudice we cannot find  
 And we appreciate each other and use our minds  
 Not fear and ignorance leading to woe  
 Things like that no more will grow  
 A time when governments will invest in us  
 Defeat dreaded diseases with no fuss  
 When the investment is in people's quality of life  
 And not just an economy full of greed and strife

When politicians and bankers are not crooks  
 And we can give each other honest looks  
 That's the New Year I hope for each time  
 And if we ever got there it would be so fine

But every year we celebrate this special day  
 And hope that all this will happen somehow, someway  
 Until then let's keep good cheer  
 And hope that the corrupt will us fear  
 We make resolutions, very fine  
 Some we keep to for a long time  
 Last year I vowed to lose some weight  
 And to do so has been my fate  
 This year I have promised to make more of my days  
 Be more thoughtful, kind and help in many ways  
 I hope that I can keep positive and carry this out  
 And expect that this can bring about  
 Love and joy for those around me  
 And that all our spirits will be free

So to you this joyous day  
 I wish that you all may  
 Have a peaceful stress free year  
 With health and a total lack of fear

The wish that I for you sincerely do conceive  
 Is to have for all this to happen from this New Year's Eve.

**Richard Harries is a 70 year old Yorkshire poet. He appears at charity events and festivals regularly.**

**He is signed to Stairwell books of York and his first volume AWAKENING was published in February 2021. It was their best selling book.**

**ICONIC TATTOO is his second poetry collection.**



Richard Harries  
 Iconic Tattoo

## SHORT STORY BY CLINT WASTLING - RESOLUTION



I don't usually bother with New Year's Resolutions. I prefer to concentrate on being a nicer version of myself, kinder, empathetic.

Needless to say, I don't always succeed and grumpy old man comes to the fore, especially at drivers who don't obey the give way to the right at roundabouts... well I have to check there are no children in the car! Odd things get to us all sometimes, particularly after several sleepless nights. I've had a few of those lately; often worrying about nothing.

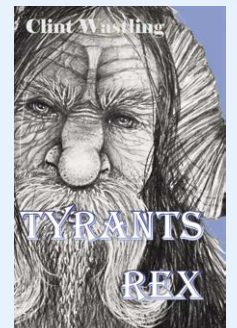
However, November's heating bill topped £150 and December's, well after that cold snap, it came in at £270! Good job there was some financial support or I'd have ended up robbing Peter to pay Paul. I do hope January is mild, not only to reduce my heating bill but also so that it's not too cold for walking my Aunt Gertie's cockapoo. My Aunt is moving to sheltered accommodation next week, well at ninety four, she's done well living independently. Chester, her cockapoo, needs fresh air and two walks a day. I've agreed to take him on, at least for a trial over the New Year. We'll be able to see how we get on with each other. I'm looking forward to the challenge. I'm regarding this as an agreeable challenge not a resolution.

A few weeks ago friends and I clubbed together to form a lottery syndicate. One can live in hope! I can't claim that as a resolution either because too much luck is involved. On New Year's Eve, I did make one resolution. I vowed to give up drinking for January at least! Well after half a bottle of champagne listening to the chimes at midnight as the Minster Bells celebrated the arrival of 2023, I could do with a few days off! I have kept to that, although January's not through yet!

As for Chester, a huge success! I used to be regarded with suspicion, a bachelor walking alone. Now fellow dog walkers will happily exchange pleasantries and if you keep to the same times, you invariably meet the same dogs and their owners. I have particularly enjoyed meeting up with Sarah (a mature attractive lady) and her cockapoo Sally. I think Chester has a thing for her.

So here's to Chester and I and here's to Good Luck to all in 2023! Do say morning as we avoid golf balls on The Westwood. Happy New Dog Walking Year!

**Clint Wastling's scifi novel Tyrants Rex is available from Stairwell Books: [www.stairwellbooks.co.uk/product/tyrants-rex](http://www.stairwellbooks.co.uk/product/tyrants-rex)**



## POEM BY YVIE HOLDER - HEAT AT HOGMANAY

The flaring logs, the dance, so fast, she had to mind her skirt, the spit and crack, the young men back from war, so keen, that lass, to please a lad who'd picked her out. Highland reels, Gay Gordons, the Cumberland Square Eight, her favourite. How close he'd be at times - the heat and flush and beat - she'd try to keep it secret, how it burned inside, left her gasping, so alive. Brief kisses, whiskey breath and smoke, till time was called. The hall spilled out. Through rutted tracks of snow, the long traipse home. Thick dark. The moon. Stars. New Year. Beneath her shawl, a spark.

**Yvie Holder weaves themes of landscape, politics, love, loss and celebration through her writing and draws on her UK and Caribbean heritage.**

**Yvie was the winner of the Helen Cadbury Prize, awarded in The York Prize Poetry Competition. A version of this poem first appeared online at The Poetry Shed, 2016.**





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# COUNTRYSIDE MATTERS WITH SAM WALTON

**That we are living in strange and difficult times there is no doubt and that does not just apply to farming.**



The amount of people now needing assistance with food, accommodation and rising prices is astounding and I feel for them very much.

It is a quiet time of year on the farm currently, fortunately the crops look well at the moment, but what lies ahead we never know and that is one of the worries about the industry. There is so much uncertainty throughout the World, not just in the East Riding and not just in farming either. Mr Putin is having a massive effect globally and there appears to be no end in sight just yet and that affects us all.



All businesses, not just farming, need to plan ahead but particularly in farming where the previous subsidy to provide the nation with cheap food is quickly disappearing and that is difficult or can be in normal times, but even more so now that costs are rising and some doubling, like electricity, which affects all households. The cost of inputs you would not believe the increase in fertiliser prices, astronomical!

The climate seems to be changing as well, I have never known autumn temperatures so high, and the lack of frost seems to kid the growing crops that it is spring already. So, if the crops keep growing and then we get some severe frosts, there could be a lot of damage to them which would affect the yield.

I know we are nowhere near self-sufficient in food and if there is heavy frosts later in other countries, well there could be some interesting situations.

Stay positive and look forward to a Healthy New Year.



# MAKE IT HAPPEN IN 2023

**What will you be doing on New Year's day 2023? If the answer is lying in bed with a hangover, don't beat yourself up, it is a holiday and a chance to reflect on changes you might like to bring about in the forthcoming year with a few realistic, incremental shifts.**

Being aware of what we already have is a good place to start and someone who attends my mindfulness sessions text me with the following message today:

*"I've just remembered that one suggestion from your mindfulness course was to do a bedtime journal, listing 3 things to be grateful for that day, preferably things which money cannot buy and I found this really helpful. I don't know why I stopped doing it but I'm going to start it again as we take so much in our lives for granted - I just thought I would share this with you."*

It was a reminder that making a gratitude list can both start and end the day in a really positive way. Below is a suggestion of some of the things we may be grateful for and even if we don't have them all, we can focus on the ones we do have. Whether it's that first cup of coffee/tea, waking to a beautiful sunrise or having a sense of peace of mind, taking a moment to savour what we have in this moment.

## List Of Things To Be Thankful For

- Your family
- Close friends
- Good health
- Your home
- Your job
- Healthy food
- Your education
- Your pets



New Year is a time for making plans for the future whether personal or business... maybe booking the holiday of a lifetime, changing job or looking forward to a new baby in the family. I'm guessing some of you might have ambitions of running a marathon or the Beverley 10K in May and if you are, you'll know that it all starts with the first step which might be taking a walk across Beverley Westwood or the Beck and then doing the weekly Park Run. I've helped athletes work on their physical wellbeing, diet and mindset to complete marathons. The attached blog tells the story of a lady who sought my help to not only complete but enjoy the experience of running the London Marathon which resulted in her raising over £40,000 for the Parkinson's Disease Association ([www.francesdunning.com/case-studies](http://www.francesdunning.com/case-studies)).

If you're reviewing all aspects of your life, a useful tool is the Wheel of Life which can be tailored to your circumstances. Your Wheel might have segments such as Family, Health and Fitness, Career, Personal Development, Romantic Relationship, Community/Giving Back... in which case the Wheel would be divided into six segments. Now rate each segment out of 10 so your career might be a 9 but health and fitness a 2 which means that when all the segments are joined together, the wheel will give you a bumpy ride but it's a useful tool to look at where energy is being focussed and maybe areas that need attention.

My mantra for 2023 is "Do More and More of Less and Less" which doesn't mean being lazy but simply focussing on the things I love doing and being disciplined with my time so not losing half an hour looking at my mobile phone! Anyone relate?

For more information and details on further techniques including hypnotherapy, visit [www.francesdunning.com](http://www.francesdunning.com) or contact me, Fran Dunning on **07973 819867**.

I can support you to change your thinking and be that friend to talk to.



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Many Landlords are actually underwhelmed managing property and believe getting a tenant in and sorting the odd issue is easy; as long as the money comes in every month.



But what happens if you need to evict a tenant? Have you supplied all the necessary documentation during their check in?

What happens if the tenant is injured in the property? Are you fully compliant with the latest regulations to prevent being fined, is your documentation up to date, are you carrying out regular checks?



Here at Em Lets we regularly meet new landlords who struggle to keep up with regulations. Most Landlords do try to do their best with the information they have available at the time. But as time goes on and the landlord is busy with their business, job or retirement; regulations are constantly adapting.

Landlords can quickly find themselves vulnerable to be fined due to these changes. It is important to understand that as a landlord you are responsible to your tenant, ensuring the property is up to standards for living in, all documentation is correct and that timely responses to repairs are made.



We at Em Lets offer a free health check for landlords to help make sure you are fully compliant.

We love property management and have a great professional team around us to help with day-to-day management / repairs.

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Save yourself from missing the little details which could cost you a lot of money should something go wrong, save yourself the time and hassle of tenant calls, reports, and management, and have Em Lets do the hard work to make your life easier!

Call today on **01482 241261** or email us at **admin@emlets.co.uk** or visit our website **www.emlets.co.uk**

**Latest regulation update** - From 1st October 2022, it became mandatory to put CO detectors in every room used as living accommodation with any appliance which burns or is capable of burning fuel.

This includes open fires and gas boilers.

**Em Simpkin, Director of Em Lets Limited.**



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# PUZZLE PAGE

## WORDSEARCH

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

CHANGES  
 COMMITMENT  
 DIET  
 FITNESS  
 HAPPINESS

LAUGHTER  
 NEWYEARWISH  
 NEWYOU  
 SMILES  
 WELLBEING

## WHERE IN BEVERLEY?

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



## WHAT IS IT?

Can you identify what this may be? Answer on Page 34.



## NEW YEAR COMEDY CORNER

Things that make you laugh!

Who is a dog's favourite composer?  
 Bark.

Knock, knock.  
 Who's there?  
 Hannah.  
 Hannah who?  
 Hannah Happy New Year!

What do farmers grow in January?  
 New Year's Hay.

What's the Prosecco bottle's Dad called?  
 Pop.



## WORDS OF WISDOM - NEW YEAR THOUGHT

"Life's not about expecting, it's about making it happen"

Do you have any amusing stories, quotes or pictures? Send them to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)



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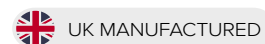
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Of course snow, ice or freezing conditions may be a step too far so be sensible, keep an eye on the weather forecast and don't get caught out.

For advice and guidance pop into Wilson Wheels, they are there to help and give you tips to ensure your bike stays in top condition.

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# BEVERLEY AC - CELEBRATING AND LOOKING FORWARD TO 2023!

**Beverley AC members had some festive fun with a choice of activities including the Santa Run.**

120 Club members enjoyed a socially festive run around Beverley before enjoying mid run refreshments at The Beaver pub before returning to the Beverley Cricket Club for food and musical entertainment.

The event also raised funds for Dove House Hospice, and a total of £75 was collected. Many local residents and passing drivers supported the running santas and their cheers and waves were much appreciated.

Adding to the Christmas festivities in Beverley, the Club sponsored its very own tree in the Christmas tree festival in the Minster, where a Bertie the Beaver was placed on the top of the tree.



For anyone feeling the excesses of Christmas and wanting to adopt a healthier and fitter lifestyle in the New Year, the Club is once again offering its' popular Couch to 5k programme.

Starting on 30th January 2023, this popular running programme takes people from being non-runners to completing their first 5kms event in a few months of training and will culminate in a graduation run at Beverley Westwood parkrun on Saturday 6th or 13th May 2023.

The cost of the course is £15 and includes a memento t-shirt and a discounted Beverley AC club membership. For more details and to sign up, please go to the Club's website found at the end of this article.

Important dates for your diaries. Beverley's iconic 10kms race takes place Sunday 14th May 2023 and details of the event and registration will be circulated in the New Year, whilst Walkington 10kms will take place on Friday 14th July 2023.

New members, whatever your age and fitness level, are always welcome and further details about the membership and what the Club has to offer to its members can be found on the Club's website:

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

A Happy New Year to you all!



## GRACIE ACHIEVES GOLD

**Gracie Wilson started Judo in 2017 to build up her confidence, and meet like minded children enjoying a full contact sport. She attended the Judo classes which were taught at the Beverley Leisure Centre, and since 2017, Gracie has gone on to become one of the top athletes for her age.**

Gracie is coached by Seth Birch and she now fights for Huddersfield judo, but also frequently visits her old club and coaches, Danny Kissenisky and Steve Shepard of East Yorkshire Judo Academy. In addition to Judo training, to increase her strength and stamina, Gracie trains daily at JD Gym doing a full weights program and working daily on her cardio fitness.

Gracie falls under the elite athlete status as she is on the GB Pathway 2018-present day. In February 2019 she achieved a West Yorkshire championships Bronze medal and in May the English open Bronze medal and London area open (Heart of England) silver medal June 2019.

On Gracie's first trip abroad with (R.E.D.S) Regional



England Development Squad she finished 5th and then went on to compete for Yorkshire and Humberside in Stuttgart, taking her 1st international Silver medal. Gracie continued to win medals throughout 2019 with the Northern Home Counties Gold in September, and competed in the Commonwealth Judo Championships finishing 7th.

She also won a Silver medal in the Welsh Open, finishing off in December as a British champion taking Gold in the under 17s at the British Championship in Sheffield. Finally, she won the Hull Daily Mail Young Female Sports Personality of the Year 2019. The success continued and in 2021 Gracie managed a medal at every English closed event and continued with podium finishes. One of her special moments in London was early in 2022, her first major competition where she took the English Open U17's Bronze and Silver in the U21s, followed by a double Gold in the C2 international with competitors from all over Europe.

Gracie won Gold in the U17s and U21's which has lead to her being selected to represent her country in all the European cups in Portugal, Spain and France and attended the French International training camp with team GB. Away from the highs of competition, Gracie continues to develop her craft and at the age of 15 became a Black Belt 1st Dan (the youngest age that this can be obtained). In order to achieve her Black Belt, Gracie managed it in one of the most prestigious ways by way of a line up of FIVE continuous fights without a break and not being defeated by anyone. (Defeating athletes all older than Gracie in the 16 - 23 category).



Whilst Gracie has represented her country in France, Holland, Germany and Denmark and scheduled to go to Poland in 2023, her greatest achievement without doubt was to become (Under 21) Junior British Champion in December at the Sheffield Institute of Sport at just 16 years of age, defeating the numbers 3, 2 and 1 seeded fighters. Gracie is now an active part of the team GBR juniors and seniors training alongside full time Olympic team fighters.

January 2023 offers no rest for Gracie as she continues with her training and development and aims to achieve her ambition to become an Olympic athlete and bring home medals for her country and become GB's number One.

Gracie said "It is with the help and support of her family that she is able to achieve so much and appreciates all the travelling they do to help her achieve her goals".

Fingers crossed we hope Gracie achieves her dream and "Makes it Happen".

# LEWIS ANSWERS 23 QUESTIONS

Each month we will put 23 questions to people around Beverley to find out what they are like, in work, out of work, aims and ambitions. For our New Year issue we put 23 questions to Lewis Northern - "In the Hot Seat".

**1. Do you consider yourself an introvert or an extrovert?**

Introvert, but can be funny at times.

**2. What's the craziest thing you've ever done?**

To set up my own business whilst already in a secure job.

**3. When was your biggest adrenaline rush?**

Going on a new bike and getting the feel of it.

**4. Is what you are doing now, what you always wanted to do?**

Yes, I always had a desire to become a Funeral Director.

**5. Who were you closest to when you were growing up?**

Grandad and Grandma and Nanna and Grandad.

**6. Who is the one person you can talk to about anything?**

Kirsty, my partner.

**7. What are you most thankful for?**

My two Boys Ellis and Ruben

**8. What's on your bucket list for 2023?**

Getting married and buying new motorbike.

**9. If a genie granted 3 wishes, what would you wish for?**

Continued good health, continued success in business and another wish!

**10. What's your idea of a perfect vacation?**

Relaxing - somewhere with the family and Kirsty in the caravan.

**11. What do you think about when you are by yourself?**

I daren't go there - usually work.

**12. Do you judge a book by its cover?**

No - People always surprise you, it's great to get to know them which is why I am answering these questions.

**13. What's your favourite all-time movie and why?**

The Godfather, I love the way it tells the story of the mafia years ago and Marlon Brando as Don Corleone.

**14. What would you do differently if you had your time again?**

Started my business with the late David Wilson.

**15. What would you change in Beverley and why?**

Ease traffic congestion around Beverley.

**16. What was your most memorable birthday?**

My 16th when I got my moped and freedom.

**17. What's your favourite drink, alcoholic or non-alcoholic?**

A good cup of Coffee first thing in the morning.

**18. What's your biggest achievement - sporting,**



**hobby or past-time?**

Opening my own business.

**19. How would you describe yourself in one sentence?**

A workaholic who cares for people, but avoids cooking tea!

**20. Favourite meal? Brown or red sauce?**

Brown sauce and Sunday dinner.

**21. Check the door is locked once or go back and check again?**

Lock it, check it, and know the ladies will be there to check it.

**22. Favourite band and best concert you have been to?**

Rod Stewart - just brilliant!

**23. What made you choose to be a funeral director?**

To care for others in their hour of need and give their loved ones the best care possible.

**NEW COURSES STARTING IN 2023**  
Venue: David Lloyd, Hull

**GYM INSTRUCTOR - Starts January 28th**  
**PERSONAL TRAINER - Starts 22nd April**  
**PILATES - Starts 25th March**  
**SPIN - March**  
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# THE TIME OF OUR LIVES COMPETITION



Just Beverley have a pair of tickets to give away to *The Time of our Lives*, celebrating the *Movies of the 80s*, a never-ending whirlwind of classic movies and timeless soundtracks!

The show is brought to you by Producers of Rock For Heroes and is on Thursday February 2nd at 7.30pm at Hull Truck Theatre.

From Dirty Dancing to Top Gun, From Ghostbusters to The Breakfast club all the hits are here from your favourite 80s blockbuster movies. Come dressed up as your favourite 80s character, sing along, dance, and laugh! We're gonna party like its 1985! So don't be put in the corner and we'll make sure you don't forget about us!

All you have to do to be in with a chance of winning this great prize is answer the following question:

**In the 1985 film Back to the Future, what year did Marty McFly travel to.... was it:**

- a) 1965
- b) 1955
- or c) 1975

Send your answer by email to [competition@justbeverley.co.uk](mailto:competition@justbeverley.co.uk) by noon on Tuesday 24th January. Put 'Time of our Lives' in the subject box with your name, address and daytime telephone number in the body of the email. The winner will be the first name drawn out of the hat after the closing date.

Winners must be prepared for publicity for Just Beverley. There is no cash alternative.

# WHAT'S ON AT ERT IN 2023

2022 was another busy year for ERT with music, comedy, festivals, theatre and workshops entertaining local audiences. It has been heart-warming to see so many people return to the building and ERT's volunteers have delighted in welcoming loyal and new customers through the doors.

2023 promises to be another exciting and jam-packed year of high-class entertainment. The first season of the year welcomes the return of ERT's candlelight sessions with Lasso the Moon serenading you on a cold January eve (26th January) in our cosy cafébar.



Stage4Beverley kicks off in February with a whole host of music and spoken word events including poetry from John Hegley (17th February), music from Gary Stewart's Graceland (19th February) and informal afternoons such as The Poetry Café (18th February).

The Big Beverley Comedy Night returns on 24th February for an evening of raucousness, celebrating hilarious local talent.

March welcomes back The John Godber Company with their brand new show Living on Fresh Air, performed by the double BAFTA and Olivier Award Winning partnership of John Godber and Jane Thornton as they pull on their walking boots, pack up their knapsacks, and tackle modern life head on. Runs from 15th-25th March.

WWW.ONENTERTAINMENT.UK  
**ROCK FOR HEROES PRESENTS**  
**THE TIME OF OUR LIVES**

**THE MOVIES OF A GENERATION**  
 BREAKFAST CLUB | ST ELMUS FIRE | KARATE KID | PRETTY WOMAN |  
 THE LOST BOYS | THE NEVER ENDING STORY | ELECTRIC DREAMS |  
 ROCKY | TOP GUN | BACK TO THE FUTURE | FOOTLOUSE |  
 GHOSTBUSTERS | DIRTY DANCING |

Thursday 2nd February 7:30pm  
 Box Office: 01482 323638  
[www.hulltruck.co.uk](http://www.hulltruck.co.uk)

Acta booked so far - more to be announced!

**STAGE 4 BEVERLEY'S Winter Festival**  
 Sun 12 to Sun 19 February 2023  
 Ear Riding Theatre / Monks Walk / Toll Gavel Church

Actors featured: Rusty Shackle, Gary Stewart's Graceland, Lauren Housley Trio, John Hegley, Bob Harris and Martyn Joseph, Curtin Rose, Late Night Clubs.

**WHERE IN BEVERLEY?**  
 The shield of the Beverley Market Cross

**WHAT IS IT?**  
 Did you guess?  
 It was a water bottle!

*John Godber Company in association with Harrogate Theatre*

# LIVING ON FRESH AIR

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