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ISSUE 69

# BEVERLEY

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Employer Contributions change in October



## Employer Contributions - October 2020

- The government will pay 60% of wages
- Employers will pay national insurance and pension contributions
- Employers pay 20% of wages, making up 80% of the total, up to £2,500/month

## Job Retention Bonus\*

- Employers will be able to claim a one-off payment of £1,000 for every employee they have previously received a grant for under the Coronavirus Job Retention Scheme and those who remains continuously employed through to the end of January 2021 \*(subject to certain criteria)

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## LETTER FROM THE EDITORS

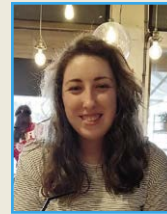


We are now being advised that we will need to live with Covid for some time to come until a vaccine is found. So October is now the month of thoughtfulness as we have to tackle Flu and Covid it is down to each and everyone of us to follow the guidelines. Stay safe, Stay your distance and be alert to the symptoms.

Towards the end of the month we will have an extra hour in Bed or we can get up and challenge ourselves to keep on top of our goals see page 23, "Setting our Goals".

Whatever you decide to do, support your local shops, businesses and look after each other.

Enjoy your October, stay warm, stay safe.  
**Julian.**



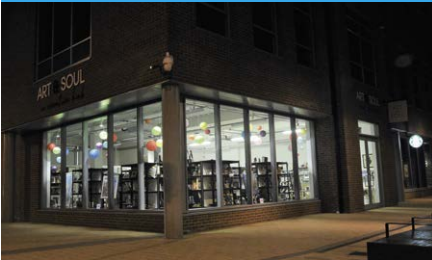
Happy October readers! In light of the darker evenings (pardon the oxymoron), I for one will certainly be making the most of the extra hour in bed!

I feel a duty to let you know that it's finally happened. I've worn my first thick woolly jumper of the autumn season. \*Gasp\*. I even had layers on! Now while the rain might start falling thicker, at least this month's issue of **Just Beverley** is here to keep you entertained!

We're looking forward to the festive spirit now, with Halloween at the end of the month, October half term fun, and dare I say it, Christmas just round the corner!

Remember to stay safe this October, and be careful when meeting up in your group of 6. Enjoy the issue.  
**Olivia.**

## 4 ART & SOUL GO ONLINE



## 8/9 BEVERLEY RACES



## 10 BEVERLEY BRAVES



## 13 DEGREE COURSES



## 20 CARFAN



## 25 BEVERLEY TOWN FC



### Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Gareth Botterill, Carfan, Jonathan Lee Cawkwell, Parkway Cinema, Jane Dale, Shaun Dart, Jack Dickerty, Jackie Hardman, Ed Hawkes, Rich Hayes, Sally Iggulden, Craig McCloskey, Lauren Middleton, Colin Raynor, Ian Richardson, Karen Shead, Sophie Tuplin, Sam Walton, Clint Wastling and Nathan Wilson.

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

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# ART & SOUL GO ONLINE

**STOP PRESS!**

**Art & Soul has announced it will be opening its online store in October.**

To combat the difficulties faced by artists due to Covid-19, the creative hub is continuing to showcase the work of local and regional talent in an online capacity. 65 artists are already contributing and selling their creations with the Flemingate-based business, and with 1800 products available for purchase in store and online, Art & Soul is emphasising the need for the community to stick together and shop local.

Its product collection is ambitious in wanting to offer something unique and different to high street and online shoppers, and includes homeware ceramics, prints and artworks, handmade gifts, framed art, jewellery, woodwork, glassware, embroidery, postage stamp art and much more.

In addition to being able to shop in store, Art & Soul will be operating online and customers will be able to view products on its website. Opening the store in an online capacity is a



great move for the business to keep up with the demand for its unique art, and will allow customers to purchase from the comfort of their home, office or phone. It comes as a critical time for businesses and customers alike, who may be looking to sell and shop for early Christmas presents.

With Art & Soul making it easy for customers to buy that extra special gift, it is hoping to keep the passion of art and creativity alive in these unfamiliar times.

[www.artandsoulhub.co.uk](http://www.artandsoulhub.co.uk)  
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[artandsoulbeverley@outlook.com](mailto:artandsoulbeverley@outlook.com)

## WESTWOOD ANNUAL BONFIRE AND FIREWORKS CANCELLED

**This year's Beverley Westwood Lions' Annual Bonfire and Fireworks Display on Beverley Westwood has been cancelled due to the Coronavirus pandemic.**

The Bonfire has run for many years and this year is the first time it has had to be cancelled.

The annual event was first run by the Beverley Lions where it grew in popularity and became a successful event on the Beverley calendar, before being handed on to the Westwood Lions who carried on the tradition.

Organisers have not taken the decision lightly, and are hoping it will recommence next year when the current Covid crisis subsides.

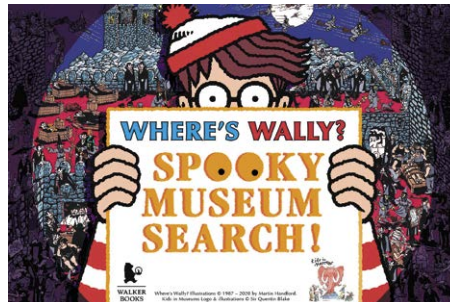


## WHERE'S WALLY? SPOOKY MUSEUM SEARCH - FIND WALLY AT THE TREASURE HOUSE IN BEVERLEY

**This Halloween, Wally, the world's favourite children's book character who wears a red-and-white striped shirt and black-rimmed specs, will be travelling the country, appearing in museums, including the Treasure House in Beverley.**

Families will be able to join the search for Wally in the Treasure House as part of the Where's Wally? Spooky Museum Search, organised by Walker Books and Kids in Museums, to celebrate the release of the new book, Where's Wally? Spooky Spotlight Search.

Over 75 museums around the UK have signed up to run the promotion, which is perfectly timed for Halloween. The activity will run in participating museums from 9 October - 1 November, 2020, and will be tailored within each museum to comply with their social distancing measures. Additional online activities will be available for those families choosing not to visit museums in person. Families will be able to visit their local participating museum to hunt for Wally amongst their collections, as well as spell out a spooky phrase with letters hidden alongside mini Wally



standees, and receive a special "I found Wally!" bookmark on completion of the search, as well as the chance to enter the Where's Wally? and Kids in Museums grand prize draw competition to win an ArtFund Family Membership and a bundle of Where's Wally? goodies. Walker will provide participating museums with an array of supporting print and digital materials including mini standees, activity sheets, posters, bookmarks, pin badges for staff and social media assets.

For more information on the Where's Wally? Spooky Museum Search at the Treasure House, visit <https://www.eastridingmuseums.co.uk/>

## BEVERLEY AC LAUNCHES COUCH 2 5K PROGRAMME

**Following on from its successful virtual Couch 2 5k programme launched during the lockdown, Beverley Athletic Club are running the programme with leaders to give participants as much support and motivation as possible.**

The C25k is a programme designed to get you running 5k in 9 or 15 weeks. Its secret is that it is a gentle introduction to getting the body moving, alternating between running and walking, building slowly, until you are ready to run a distance of 5k. The programme started late last month and continues to be run on a Tuesday at 6pm on



Molescroft Pavillion playing fields. For further details and information on registering please go to the Beverley AC website: [www.beverleyathleticclub.co.uk](http://www.beverleyathleticclub.co.uk).

## BROOK TAVERNER COMPETITION WINNER ANNOUNCED

**Last month, Just Beverley teamed up with Brook Taverner and asked you to name who is the store manager of the Brook Taverner Store in Beverley to be in with a chance of winning a Jacket and Shirt combo to the value of £170.00 to spend at the Beverley store.**

We had hundreds of entries and we are now pleased to announce the winner is David Langley from Mirfield, West Yorkshire.



David is a keen cyclist who enjoys the Tour De Yorkshire and other major cycling events, and according to him, his special win was by pure chance. Having watched the Tour in previous years, David noticed the Jacket worn by the Welcome to Yorkshire CEO Peter Wilson and the team. Seeing as it was August 1st, Yorkshire Day, he decided as an extra celebration on a whim that a trip out to Brook Taverner on Beverley High Street was on the cards. While he was in the store he entered the Just Beverley competition. Now David's name has been drawn out of the hat! It just goes to show how a day out on a whim can become a special day in more ways than one. Congratulations once again David.

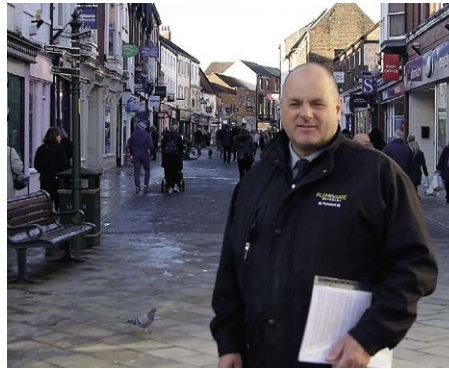


# BEVERLEY SHOPWATCH

*Beverley Shopwatch is a unique scheme that enables retail units to get notifications of currently known shoplifters who are out and about.*

We have had numerous success stories where known shoplifters have been convicted of shop theft and been given a custodial sentence.

The police have access to the group and monitor it regularly for updates and the whereabouts of certain shoplifters. Not only does Beverley Shopwatch deal with shoplifters, but we also have success in reuniting missing children and the elderly who wander off. We are very community based and give support to fellow shops who



require help and advice during this difficult time. If you are a retail premise in Beverley and want to join, then get in touch by calling **867024** during normal office hours.

Beverley Shopwatch, bringing the community together.

# ARDENT FIREWORKS OF BEVERLEY

*Ardent Fireworks is the burning passion of Craig McCloskey and was established nearly 20 years ago.*

Based in Pocklington, we opened our all year shop 7 years ago and opened our Beverley shop on **Annie Reed Road, Grovehill Industrial Estate HU17 0JT**, 2 years ago. Ardent Fireworks has over 100 of the best quality fireworks available. We stock lines for small gardens through to display quality.

These include, rockets, Catherine wheels, sparklers and multi-shot cakes, and we even do a range of low noise effects.

Ardent's team will also help you with safety advice and, if you are planning a display, we can help design it at no extra cost. We also offer a click



and collect service and a free delivery service is available, subject to conditions, on our website to help during these uncertain times: [www.ardentfireworks.co.uk](http://www.ardentfireworks.co.uk)

Our shop in Beverley will be open every day from 24th October until 7th November, 10am-6pm. Our shop in Pocklington is open Daily 10am-6pm (extended hours bonfire week). Call **01759 307849**.



We are often asked what do we do the rest of the year? Well, we fire amazing, bespoke firework displays for all occasions and events around the country. From birthday parties and weddings through to large corporate events and public displays. Our displays start from only £600 all inclusive. With our displays you get to make the show more personal. You choose the colour schemes, colours and effects to go with your theme. We have a range of low noise effects for those of a nervous disposition or around animals. Yes, we do also fire displays to music regularly. You can even choose to have it set up as a surprise for guests, friends and family as we don't use marked vehicles or wear uniforms and have a great set of excuses for being on land!

We also do special additional features such as a waterfall effect, and a heart with your initials for that extra romance.

What happens if it rains? We get wet... Everything is waterproofed so you will still get your display but you and your guests might need to bring a broly as we can't control the weather.

Apart from the fireworks, Craig and several of the team and family enjoy hill walking in the Yorkshire Dales, Wolds and Lake District. We love the great outdoors, both at work, and in leisure.

# ENJOY AN EXTRA HOUR AS BRITISH SUMMER TIME ENDS

*The nights are drawing in, the weather is colder and October is here to officially mark the end of British Summer Time for another year. Just like that, the clocks are going back and we are getting an extra hour in bed.*

That's because we're currently using British Summer Time (BST), well until October 25th at 2am at least. When we move the clocks forwards at the end of March, we are moving from what is known as Greenwich Mean Time (GMT) to BST. BST is also known as Daylight Saving Time (DST) or GMT +1.

So when the clocks change backwards in the last week of October, British Summer Time has come to an end and that's why we get the extra hour back.



The idea to change the clocks supposedly came in 1784 when American politician and inventor Benjamin Franklin suggested that people would save on candles if everyone woke up earlier when it was lighter.

BST is observed in the UK, Guernsey, the Isle of Man and Jersey and was an idea initially proposed by builder William Willet to save energy and money by making use of the lighter and longer evenings.

The clock-changing campaign was first adopted in Britain in 1916 after Willet's idea, however he did not live to see it implemented as he died in early 1915.

Since 1916, Britain has toyed with the notion of moving the clocks forwards and backwards.

The clocks were even brought forward 2 hours ahead of GMT during the Second World War, which was called British Double Summer Time (BDST), and decades later in periods to account for fuel shortages in the spring of 1947. One experiment between 1968 and 1971 meant the clocks were kept 1 hour ahead of GMT for a full year.

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## CHOCOLATE? FOR HALLOWEEN?

**Modern Halloween is known as the holiday of sweet-treats and dressing up, and is most often associated with kids over-indulging on cheap sweets. Nowadays it is a major date in the chocolate calendar, but why exactly do we gift each other sugary delights on the 31st October and what significance does it have for an artisan maker of luxury chocolate?**

The word "Halloween", or "Hallowe'en", originally comes from the term "All Hallows Eve". Hallow is another word for Saint, and All Saints' Day is the Christian celebration honouring all of the Saints dating back to the 8th century. It is widely believed that All Saint's Day supplanted an ancient festival known as "Samhain".

In 609 A.D., Pope Boniface IV dedicated May 13th as a day to honour all Christian Martyrs, but later Pope Gregory III expanded the festival to include all the Saints and moved observance to November 1st. Come 1000 A.D., the Church made November 2nd All Souls' Day, taking the old traditions and turning them into a Christian festival. Rather than wearing the pagan outfits of animal heads and skins previously seen in Samhain, Christians would dress up as the Saints, Angels and Devils, and tell stories of the dead.



It wasn't until the Halloween traditions went to America that people began to go house-to-house in their costumes asking for food or money, a practice that eventually became trick-or-treating. By the early 1900s the Halloween traditions had expanded across America to include town-wide parades and parties that became quite rambunctious. Fed up with anonymous vandalism and littering, there was a cultural shift to make Halloween more community driven and importantly more child-focused. Trick-or-treating became a tradition for the children and to include the whole community, the concept being that houses could prevent a "trick" by offering a "treat".

Like most things pioneered by the Americans, Halloween ended up being commercialised, with now an estimated \$6 billion spent annually, making it the second largest holiday after Christmas. The Americanised traditions then found their way back to Europe through pop culture and Halloween in Britain became what it is today.

As times and cultures have continued to change, the community aspect has largely been lost, with private parties being held over town parades, and sending children out door-to-door becoming less popular. Without hordes of sugary sweets being brought home, many parents now buy their children their Halloween treats, opting to spend a little bit more on something nice. Even in our years of business we have seen this rising trend. What used to be a blip for us has now overtaken Valentines as the 3rd biggest date in the chocolate year, with sales moving away from the cheaper chocolates to hand out to kids and more towards bigger spooky creations.

Often coinciding with Autumn half-term, Halloween has become a week of festivities and a bit of a favourite at White Rabbit. We love the flexibility and creativity that the season allows, producing wonderful and colourful treats often with a bit of humorous macabre. Our chocolate is both the trick and the treat, and we like to capture the market and produce a bit of everything, from the small shapes good to scare and share, from bigger treats to smash and enjoy to limited edition desserts to enjoy in our fabulously decorated café. Last year we even hosted hot chocolates at the end of the local ghost trail, in many ways returning to the original concept of community and celebrating the dead.

Halloween may have had a roundabout past, but its traditions are steeped in rich cultural history encompassing half the world and the past two millennia. We would love to see the trend continue, with Halloween returning to a community-driven (and chocolate-filled!) festival of celebrating those that have been lost to us. In the meantime, we are happy to spread a little joy with our playful chocolate creations which hopefully won't scare the kids too much!

**Ed Hawkes, White Rabbit Chocolatiers.**

## HELLO FROM PETS' BEST FRIEND

***This month has brought me some hairy and excitable dogs to groom, making the days more challenging and fun.***

I have noticed many dog owners opting for the BARF diet (Biologically Appropriate Raw Food), which can in some cases have excellent results. It certainly may not suit all dogs and cats, but it is more natural for the animals.

A raw diet should be researched properly and slowly introduced, but the benefits of it include:

- Strong teeth and fresh breath
- Increased energy and stamina
- Shiny coat and healthy skin
- Good immunity
- Healthy bowel and digestion
- Smaller stools
- Strong bones and joints

Recently we had an incident with Miss Bobby, our German Shepherd, who had hidden one of her quails behind the couch. This was found a couple of days later after it had started to smell.

Perhaps she wanted to let it ferment before eating it! She loves her raw food and will eat bones and feathers too, which seems to really work well for her digestive health.

I would like to say a big thank you to all readers as I begin a journey on pastures new.





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# 2020 BEVERLEY RACES GO THE DISTANCE

**No-one could have quite predicted that racing on the Westwood this year would be without the usual colour, noise and ambience that has become so familiar since racing started here in 1690. Apart from a few years during the wars when thoroughbred hooves didn't touch the course, every year has seen fixtures, people and fun for the locals and those from further afield.**

In March, racing was stopped nationwide just before the full lockdown which will define our generation. We thought it would be temporary, and ploughed on with preparations for our first day in April and continued to plan our first big theme day on the new Friday Bank Holiday in May, where the VE Day celebrations were to take place at the racecourse.

Quickly it became apparent that no racing would take place in April, and the cancellation of the Grand National was a big blow to the industry and a wake up call that sport as we know it was under threat.



Behind the scenes, much work was taking place to try and get some racing action to support the multi-million pound industry of horseracing.

Many thousands of people are directly employed in the sport and there are also many offshoots that sometimes get forgotten. Saddlers, farriers, betting shop staff to name a few.

Local economies that are boosted considerably in small market towns by each raceday - pubs, taxi firms, hairdressers, hotels, restaurants... the list goes on.

Towards the end of May, it finally looked like racing may be able to resume, albeit with a very strict attendance list and a new fixture list. At Beverley, we were keen to get going, but as the course is based on common land, the ruling of "behind closed doors" brought some issues.

We were not alone, as several courses across the country are based on public parks - like Pontefract, or heaths like Epsom Downs. We all worked together to find a solution and our landlords, the Pasture Masters, were brilliant in their support. The people of Beverley have been outstanding and so understanding that the Hurn needs to be closed on racedays in order to safeguard the participants and the local area. And so on 11 June, we welcomed horses back to Beverley, a very limited attendance list of participants only and lots and lots of hand sanitiser!

Safety was absolutely paramount with everyone undergoing a strict three stage health screening procedure before being allowed on course, and the car-park became alive with crowd barriers and men in full over suits, resembling a nuclear war!

The bars remained closed, the restaurant silverware was kept in the drawers and the balconies hung eerily quiet. But we were racing, which was so vital to a small independent racecourse such



as Beverley. Increasingly, racecourses in the UK are owned and run by large companies with shareholders, but at Beverley we remain happily independent.

If we are lucky enough to return a profit, it is put straight back into the facilities and horseracing, and we run the place for the good of horseracing and the community.

As is the case with so many small businesses, times have been incredibly hard, but from June there was hope that we could keep our business open and once again plan for the future. A very small team of staff remained, whilst the majority have been furloughed, but the spirit has been tremendous.

We have held 11 race meetings behind closed doors. They are functional but not too much fun, and we eagerly await the day that the public can return and add the colour and buzz that is horseracing at Beverley.

Our annual badgeholders have been brilliant - our most loyal customers who we have not been allowed to see this year. There was a time towards the end of July when we briefly glimpsed hope that we might be able to welcome them back, but that moment sadly passed, as so many glimmers of hope have this year.

For now, we do not know what the future holds and it really is one step at a time. Our thriving non-raceday business has all but disappeared - for now.



As soon as we get the green light, we will once again throw open the doors to unique wedding celebrations with happy couples crossing the winning line, and large conferences bringing people to our beautiful surroundings where it just doesn't feel like a works event.

And hopefully we can start planning for our next race season, although chances are we might have to add a new category to the accolades on Ladies Day. You guessed it, best mask!



# LADIES DAY BUT NOT AS WE KNOW IT

*With all the unexpected things that have happened so far this year, there was no surprise amongst the public when it was announced that Covid-19 would also have an impact on Ladies Day 2020.*



It was especially tough to feel inspired when this was to be the first Ladies Day that would have been cancelled since it started in 1993. However, while the initial feelings of disappointment for everyone involved was hard to take, it did not stop a team of dedicated workers from pulling together and turning it into an event that will go down in horse racing history.

Instead of the usual hectic buzz that normally happens on the morning of Ladies Day, instead of the excitement of setting up, the Pimms tent getting stocked, the erection of the large marquee, or the arrival of the ice cream van, Ladies Day was silently being organised behind closed doors. A whole team were working hard to put things in place and ensure special conditions were being met for the races to continue and the memorable day to go ahead.

Under new guidelines, working members of staff had to sit an online exam and questionnaire with the British Horseracing Authority (BHA) prior to each raceday. On arrival at the course, all staff were temperature checked, issued with PPE and shown how to navigate through the building operating on a new one way system, including the weighing room.

The jockeys changing rooms were both up and downstairs, taking over the Paddock Bar, so they could keep a safe distance from each other

and minimise risks. Due to the trainers no longer being allowed into the weighing room, a new system was also in place for issuing the silks. The silks had to be brought in by the trainers themselves and placed into the appropriate plastic boxes at the front of the weighing room. There was one box used for each race before it was then taken by the valets to the jockeys, thereby cutting down on contact with the trainers.

Following new guidelines, the jockeys are now required to wear a black face mask during the race. Everyone in the Parade Ring was also required to wear a mask; this includes Trainers, Stewards and Stable persons. At present, Owners are not allowed into the Parade Ring but can stand and watch from outside the ring.

Presentation of prizes were carried out unceremoniously in one of the course bars. There were no bars and restaurants open and none of the general public were allowed to be watch on the course, however all the races were streamed live so the spirit of the busiest raceday of the year was not lost.

While Ladies Day may have been a very strange and quiet atmosphere with no bookmakers and no crowds cheering their horses on to win, the essence was still there. The way the team working behind the scenes rallied together to turn what could potentially have been a complete cancellation into a historic event is inspiring, and we should all look to continue adapting and spreading positivity going into the Ladies Day of 2021. We look forward to seeing you all there, but until then, take care.



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# BEVERLEY BRAVES IN NEW TACKLE!

**Beverley Braves are slowly returning back to some sort of normality at their new home on Thurlow Avenue.**

The club is back training with boys and girls from their teams aged under 6 (Year 1 at Primary School) through to the U18s. The sessions are planned with COVID restrictions in place, and social distancing is adhered to when possible with contact at a minimum.



Plans are already in place for a potential mini season that the Rugby Football League are organising, and will hopefully commence in October going into November. This is clearly very dependent on Government approval.

The U8s team recently kick-started their plans for the future by presenting their players with new training kit. The team will move up to U9s when then enter the school year 4 in the new year.

The kit was kindly donated with the help of two fantastic sponsors. The players and coaches all received hoodies donated by Allen Slinger and his

staff at the Tiger Inn on Lairgate Beverley. Allen has been a huge supporter of the team since their formation at U6 level.

The Braves are one of several sports teams that Allen supports, as well as supporting many great charities in the community. The team also all received training t-shirts that were kindly donated by a Mental Health charity.

In what is believed to be a first of its kind certainly in the region, Fr Phil Lamb Parish Vicar at St Paul's and St Mary's Churches in Sculcoates, Hull and the Mental Health charity #MindHEALTH have linked up with the club as a whole to promote wellbeing amongst the players, parents and guardians.

It is hoped that the partnership with Beverley Braves will help to enhance the development of all the children that play Rugby League, both physically and importantly mentally.

It is anticipated that Fr Phil Lamb and the charity will soon be holding walk-in sessions at the club for those who need guidance and assistance with their mental health.

These two amazing sponsors will ensure the team feel as one with their teammates and help the club promote the game of rugby league within the community.

Also there to help present the team with their kit was the Braves new Mascot "Dave", who will be helping the club over the coming weeks, months and years in and around the town to promote the club and attract new players. Dave was certainly a



hit with the children as they arrived at training and even managed to show off a few of his skills with the U8s.

The club is one of the leading clubs in the area with membership rising year on year. The new ground, which unfortunately has not had the use it was hoped it would this year, will also enable the club to progress.

Training for most age groups is at 10am on Saturdays.

All ages and abilities are welcome. All coaches are trained to RFL Level 2 grade and fully DBS checked.



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

*It has been the practice in our household for many years to keep a diary and a wall calendar.*

In both of our working lives, a written diary was an essential tool that enabled us to maintain a record of our daily work. I could be asked to produce my diary in a Magistrates Court, and in my wife Doreen's case, as an accurate record of when she visited patients in her role as a District Nurse.

It is also a family habit. One of my wife's aunts kept a diary throughout her life and she lived in to her nineties. Close perusal of these diaries gives a glimpse not only in to her life, where she went and what she did, but also how she felt about herself and her single life.

Such diaries were written when the exchange of news and information did not happen at the same speed of light as it seems to do today. I'm not convinced it is always in our best interests to know every little detail of what happened to someone or what they said at the other side of the world within the same hour they said it.

I'm sure some of you will take a different view on that matter, and those companies who make money out of instant news certainly will. It is a fact that our diaries and calendars have now

developed a life of their own quite different to the ones we had for work.

Over the last twenty five years they have become a joint record of what we have done with our lives; moving house three times; great holidays; the constant help of our two daughters and the births of our four beloved grandchildren, keeping a note of the important dates of birthdays for friends and family to name a few.

Others may consider that remembering birthdays is not just a chore, and is instead a waste of time, but in our family it is a pleasure and when we get a new pristine calendar, marking down these special dates is one of the first things to do.

The recording of activities is also invaluable for many reasons, not least because it helps to keep your memory active; "Do you remember what you did last Tuesday?"

This year of course times have changed. From the middle of March, the calendar looked blank and the diary began to be a bit repetitive. That was, until we decided it was important to record what was happening in our land because we were living through a passage of history that would never be the same again.



So Doreen's diary is there to record when the sun shone for days and days; when you could see pictures of London in the middle of the day with no traffic around; when you needed to keep two metres apart from the next person and when the exam results got mixed up causing utter grief for many young people.

October may indeed be the month we can sing again in church, or when nobody will be quarantined on return from holiday or required to wear a face mask, or will it? It has been good for us to keep a record of this very strange year. There will never be another like it. We hope!

## THE HISTORY OF HALLOWEEN

*It might not be an official holiday, but over the years Halloween has become one of the UK's favourite and most celebrated days of the year.*

Always falling on October 31st, it is an exciting time for children and those young at heart to carve pumpkins, decorate their houses, dress up in costumes, and go from house to house yelling the phrase 'trick-or-treat'. So how did it become so popular in the first place, and what is Halloween shaping up to look like this year given the effects of the Coronavirus? The celebration of Halloween in this day and age is all about having fun, but the meaning behind Halloween has not always been a day of joy.

The term Halloween, or Hallowe'en, itself dates back to around 1745. The word "Hallowe'en" means "Saints' evening", and is derived from a term for All Hallows' Eve, the evening before All Hallows' Day.

The word "eve" is even, and this was contracted to e'en or een over time when (All) Hallow(s) E(v)en became Hallowe'en.

It is widely believed and agreed amongst historians that the origins of Halloween traditions came from the ancient Gaelic festival of Samhain, an event some 2,000 years ago for the ancient Celtic religion which celebrated the end of harvest and the start of a new year.



At the end of the summer, the Celts believed the barrier between the human world and the world of ghosts and spirits wore thin, and the festival was meant to scare these ghosts and spirits away. Any celebrations at the Samhain festival might have looked like dressing up in animal costumes, lighting fires and telling each other's fortunes.

Over time this has developed into a fun worldwide celebration, and typical Halloween activities nowadays can vary from trick-or-treating, hosting Halloween costume parties, apple bobbing, carving pumpkins into jack-o'-lanterns, lighting bonfires, playing divination games, playing pranks, visiting haunted attractions or going on ghost walks, telling scary stories, watching horror films and more.

Given the effects of the Coronavirus on the UK and restrictions on social gatherings in full force, there have been warnings that Halloween might be 'cancelled' this year. Even if it does mean an end to house-to-house visits this year, there are still plenty of ways to ensure fun such as having a creative celebration at home, having a Halloween themed film night, and making your own new Halloween traditions.

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# BROOK TAVERNER - AUTUMN WINTER COLLECTION

*As the days shorten and the central heating becomes required, we say goodbye to a rather unique summer gone by and welcome an Autumn Winter season filled with optimism and opportunity... hopefully! Here at 35 Toll Gavel, the Brook Taverner Autumn Winter collection has arrived with a bang, and just in time for the cooler weather and longer nights.*

Luckily, our outerwear collection has a host of practical, one-of-a-kind designs that will brighten any Winter night sky. None stand out more than our fantastic Harris Tweed outerwear collection. The Duncan & Panton overcoats are both incredibly stylish, fantastically warmth-retaining, and specifically designed to last the test of time. Each season we challenge ourselves to offer garments that one could not find anywhere else... We certainly believe we've hit the nail on the head with Harris Tweed garments, with both jackets and gilets available in similar designs.

All Shirts remain at 4 for £100 - unchanged and unbeatable as far as we're concerned. As always, our range encompasses a host of occasions



whether you're buying for work, an event, or to wear whilst meander along the wonderful Yorkshire countryside on a Saturday afternoon. For this, our array of checks, stripes, corduroy fabrics and cashmere touch shirts will certainly fit the bill.

This year has seen an extension into our Saturday evening shirt collection, seeing more eveningwear than ever before. Our Stag & Flower print shirts, alongside our wonderful multi stripe that, in our opinion, belongs in every wardrobe in preparation for that one-off event or occasion, provide the perfect excuse to pop out for some local dining and wining.



Our jacket collection offers more variety and more price points than ever before. The season has seen the introduction of a brand-new corduroy jacket now available at less than £100, available in 'the' Autumnal colours of 2020, we have already seen a fantastic response to a product we are incredibly proud to have created. With a further 4 additions to our Tweed jacket collection alongside various checks, stripes and weaves, we're confident we have what you're looking for - no



matter the occasion (or lack thereof)! One major change moving into the latter stages of 2020 and into 2021, is an increase to our size ranges. Casual shirts can now be found from size Small all the way up to XXXL, our jackets consistently from a 36" chest to a 54" (and up to 60" in some styles), and our trousers can be found with waist sizes ranging from 28" up to 48", and leg lengths found in half inch increments from 27" up to 37".

As always, our Beverley store can only display a certain percentage of all products and sizes on offer. If you have any requests, then please do speak to Lee and the team as they will always be happy to go above and beyond to fulfil them.

## Autumn Winter Collection Now Available In Store



### BROOK TAVERNER

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# DEGREE LEVEL COURSES ON YOUR DOORSTEP

*The Autumn 'back to school' mood often inspires adults to consider returning to learning, and in Beverley, people of any age can study for a degree right on their doorstep.*

University-level courses covering a wide range of subjects are available to study full or part time at East Riding College on Flemingate. There are a diverse range of higher-level qualifications on offer, including HNCs, HNDs, foundation degrees, full degrees, masters and teacher training courses. Subjects range from sport to engineering, media to social science and counselling to public sector management - and many more besides.



Studying locally can reap rewards, it makes studying alongside working and family life more manageable, it can reduce travel and accommodation costs compared to studying further afield, and it doesn't mean compromising on the quality of the education on offer. Most of East Riding College's degrees are awarded by the University of Hull, and other well-established and respected awarding organisations such as Pearson, who award high national qualifications and the University of Huddersfield, who award some of the College's teacher training provision.

Paul Smith, Director of HE at the College said, "The benefits of studying for a degree at East Riding College are best summed up by saying: University-level education without the university-level price tag. Our fees are very reasonable and our students can literally save thousands of pounds compared to typical university fees, over the course of a three-year honours degree. People can sometimes be put off by the idea of studying for a degree-level course full-time - or even part-time - especially if they are working, but they shouldn't be. Full-time degree study can be challenging, but the number of taught hours might be a lot less than first thought. Many of our students juggle work, family and study, and come out with tremendous results."

Unlike a lot of universities, the College is also starting the new academic year delivering the majority of teaching on all of its degree level programmes face-to-face, rather than online, ensuring (socially distanced) support from tutors, deemed especially important for new starters.

The College holds a TEF Silver rating, ensuring the quality of its provision is on a par with many much larger universities, and was the No.1 college or university in Yorkshire for overall student satisfaction in the National Student Survey in July 2020. 93% of students surveyed also agreed that East Riding College "staff value students' views and opinions about the course", which is significantly above national benchmarks. 93% said staff are "good at explaining things" and 91% said they get "timely" and "helpful" feedback from their tutors.

It's not too late to apply through Clearing for courses starting this October at East Riding College. Whether you want to stay close to home, need to fit study around your job or family, or are just looking to study somewhere different, go along to the open event on Saturday 10 October, or go online to [www.eastridingcollege.ac.uk/he](http://www.eastridingcollege.ac.uk/he)



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# THE EAST RIDING'S FIRST COLLEGE FOR PEOPLE WITH LEARNING DISABILITIES HAS OPENED IN BEVERLEY

**Beverley is now home to the East Riding's first further education college for young people with learning disabilities.**

Linkage College opened at Flemingate in September to meet the growing demand in the East Riding for high quality provision which prepares young people with learning disabilities for adult life in the most appropriate way for them.

Statistics from the Department of Education show that between 2014 and 2018 the East Riding saw a 49% increase in children or young people with a statement or Education, Health and Care Plan (EHCP), compared to a 35% increase nationally.

However, until Linkage College opened, young people in the East Riding had to access out-of-county placements if they wanted to move on to post-16 specialist college education.

With three established campuses in Lincolnshire, Linkage College has worked in partnership with the East Riding's SEND Commissioning Team to address that.

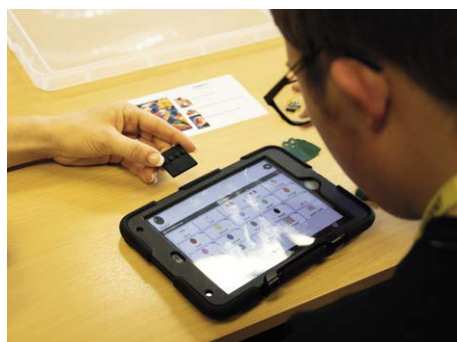


Linkage is an independent further education college offering a specialist learning experience to people aged 16-25 with a range of learning difficulties and disabilities.

Being an independent college means that it is able to follow its own curriculum based on the particular needs, aspirations and abilities of the learners.

The new campus at Flemingate will provide learners with what Linkage College's 2020 Ofsted report described as "experiences that are life changing".

Assistant Principal, Sarah Boughen says "Linkage College is all about giving young people with learning disabilities a safe and happy learning environment where they can



develop the skills and behaviours they need to transition into adulthood with a greater amount of independence.

"We don't believe in a one-size-fits-all approach so each learner has an individualised study programme which is completely unique to them. It combines of personal and social development, so things like social interaction skills, personal hygiene, managing money and travel safety, with vocational subjects, functional skills like maths, English and ICT, enrichment activities, work projects and a strong careers and employability programme where appropriate.



"With this mix we've seen Linkage learners, with varying degrees of learning disabilities, achieve academically and personally in ways they and their families could only previously have dreamed of. We're really excited to be bringing this experience to the East Riding."

The college's position in Beverley means that it is within easy travelling distance for learners in Hull, the East Riding and wider Yorkshire.

The newly renovated facilities offer a safe and calm place to learn, just a stone's throw away from the town's plentiful



opportunities for enrichment, community engagement and work placements.

Sarah continues: "Being in Beverley gives us shops, leisure activities, public transport and local businesses on our doorstep. From experience, we know that young people learn best through real-life experiences so access to these amenities is key for helping students gain the confidence, self-esteem and knowledge and skills they need for their futures.

"Whether it's practising using money, travelling on public transport or getting them ready for employment through work experience and internships, learners are going to have so many opportunities available to them."

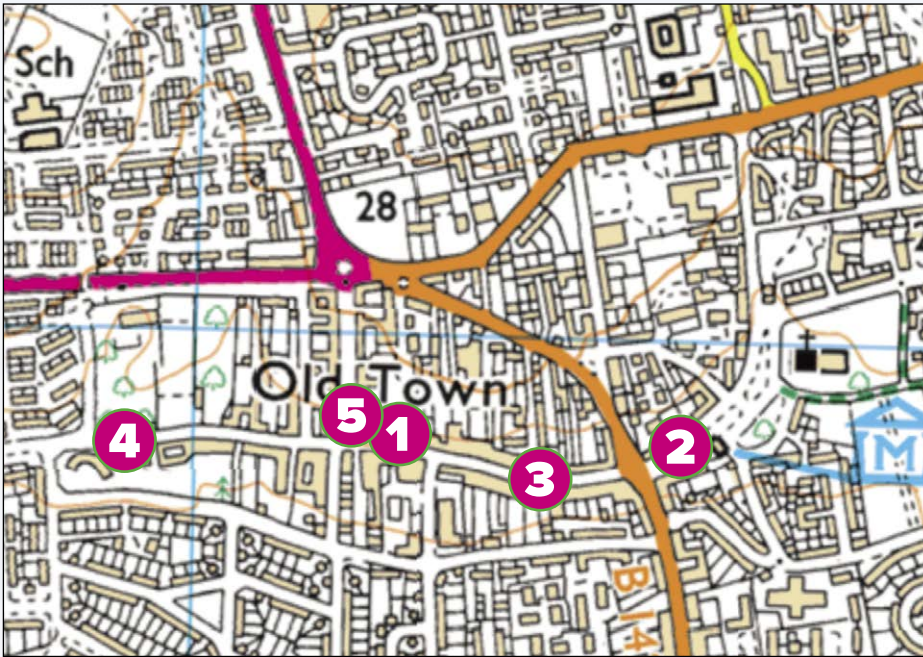
The college welcomes new starters year round and tours of the new campus are available now by appointment.

For more information visit [www.linkage.org.uk/college](http://www.linkage.org.uk/college) or call **01482 888305**.





# EAST RIDING TOWN WALKS NUMBER 1 - DISCOVERING BRIDLINGTON OLD TOWN



*Over the next few months, I will take you on a series of strolls to discover the rich layers of architecture, history and vibrant modern uses that lie in the streets of our East Riding urban centres, including Hedon and Hull's Old Town.*

Such gentle wanderings are well suited to the autumn and winter days when nights are drawing in and it is more than likely cold or wet - or both.

We begin with an exploration of Bridlington Old Town, whose fabulous High Street Pevsner is described as 'long, gently curving, under appreciated, with its continuation of Westgate, a delight.' The admirable Destination Old Town group are understandably keen to lure some of the thousands of visitors to the resort who know only the seaside attractions, and the mile up to this gem of a place.

On their website, [bridlingtonoldtown.co.uk](http://bridlingtonoldtown.co.uk), they sum up its appeal splendidly: Culture - Great Food - History.

This walk of just under a mile is a joyful exploration of all 3, in any weather.

**1** You can park for free in the large car park off Market Place, but the stroll can easily be reached by bus from town or by a short walk from the train station. Our route follows the north side of the High Street, crosses the main road at the pelican and proceeds to the Priory and into the lovely church grounds.



*The Globe on the High Street*

We return down the south side of High Street and on into Westgate, before making our way back to Market Place and your starting point. This side of the street is full of attractive buildings from four centuries, and every single one is worthy of attention.

On the corner of Market Place you will find the premises that featured in the recent Dad's Army film, which surprisingly to many, was shot in the Bridlington area. This building was used for Captain Mainwaring's beloved Marigold Tea Rooms.

It is nice to see our area make the big screen, and Brid. High Street in particular, came across so fetchingly. The Globe Inn, with its fabulous sign, and the former chemist at n.44, are especially attractive.

You will notice a series of narrow alleys running off the street. Many of the shop fronts of current and former businesses are very distinctive and

historically significant, I know of nowhere in England with so many fine ones. Numbers 16 (Craven House) and 22 (the handsome 9 bayed nunnery) are exceptional buildings for any town. There are also many antique and vintage shops, galleries, cafés and fine traditional independent food stores to entice you as you amble along.

**2** Cross the busy road by the public toilets, then head to the striking Bayle Gate that now houses a fascinating small museum, although this is sadly closed this year due to the virus. It was of course the entry to the vast priory complex, which like most others was much diminished by the sixteenth century English Reformation under Henry VIII.

He showed scant respect for the precincts of this major Augustinian monastery, and his ancestors Henry V and Henry VI had come in the previous century as devout pilgrims to the famous shrine of St. John of Thwing - this is now sadly lost.

Head over the lovely green - where there are some nice picnic spots which my wife and I enjoyed on a fine early autumn day - to enter the churchyard of the fine Priory Church of St. Mary.

Unfortunately, this great church, only a remnant of the pre-Reformation one, remains closed to visitors but the exterior architecture is a fascinating mix of styles and periods. The lavish north porch is especially fine, whilst on the south side traces of the former monastery can be seen.

The churchyard is delightfully kept with an admirable wildlife area. Perhaps best of all, make sure you walk the beautiful labyrinth at the east end. Make a mental note to come back and view the many treasures inside once the pandemic is fully controlled.



*The Labyrinth and St. Marys Priory Church*

**3** Make your way back to High Street, this time following the south side. Number 43 (the Toft) is the best house of all major architectural and historical significance. Next door, the famous architect William Kent was born and raised back in the eighteenth century.

He designed such masterworks as Holkham

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Hall in Norfolk and Burlington House in London, fittingly, as that was then the name of his native town. It is intriguing to see that the fine Black Lion inn, one of 7 of the once 25 pubs in the area, has recently rebranded itself as a music hall. Let's hope that venture prospers.



4 At the junction with Market Place, High St. becomes Westgate. Although the shops peter out, the architecture remains outstanding. Note the elaborate bank premises at the junction.

The Star Inn was constructed in the 17th century, whilst the hugely impressive Avenues, built in 1714, is most striking. Until the early 1980's, most Bridlington babies were born here, but nowadays most enter the world many miles away at Scarborough or Hull which saddens me somewhat.

Again every building is pleasurable. By the park, turn around and head back to Market Place.



5 Here, we are clearly in the beating heart of the medieval and later town. The Pack Horse still has its huge arched carriage entrance and there are replica stocks nearby.

Until around 1850, this was the commercial centre for all Bridlington, before gradually the railway and holiday crowds shifted the focus down to the sea and old quay where it remains to this day.

So when you visit the Old Town, you are experiencing centuries of Bridlington's rich past, yet be in no doubt, you are also enjoying some of the best things it still has to offer today.

**Ian Richardson,**  
September 2020.

# SPENDING MORE TIME OUTDOORS ON TYPICAL AUTUMNAL WEEKENDS

**Now that autumn is finally here, we can expect the evenings to get darker, the temperature to drop and the weather to be as unpredictable as ever, but that does not mean our weekends have to be spent stuck indoors.**

Every season has its highlights, and though it may be harder to plan indoor activities given the knock-on effects of the Coronavirus and closures still in effect, there is nothing stopping us from layering up and spending some quality time outdoors.



If you love exploring and being around nature, you can still plan for walks and hikes in the countryside.

Make sure you prepare for the walk by taking raincoats, wearing suitable footwear and be aware of the sunset so you are not caught out by the dark evenings.

There are many benefits of hiking in autumn than the summer, such as cooler temperatures that make physical activity slightly easier and the beautiful colours of the 'red carpet' from leaves that have fallen from trees.

Autumn is typically seen as the season that follows the lust for fresh starts of September.

This means that people start aligning themselves with their goals and work towards achieving them. Being out and active in the autumnal outdoors can act as a reminder to be in the moment.

Spending time walking or enjoying countryside view does not have to be seen as exercise though, and you can instead apply the term "forest therapy".



Forest therapy, a term that originated in Japan, practices the notion of immersing the senses in a natural atmosphere. This can mean taking as much time as you want to enjoy a mindful, sensory walk that uses the elements of nature to relax in a therapeutic way.

If you are new to the world of hiking or taking a walk in nature and do not know where to start. There are plenty of websites that focus on local walks to you, or free apps such as AllTrails that can help you find walks located close to you.

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## SHORT STORY - MOVING THE FURNITURE BY PAULINE KIRK



*Whenever she was angry or low, Sue changed the furniture round. The dressing table was too big for her bedroom, but it was a family heirloom, so it stayed. When she and David fought their last battles, it changed position a dozen times. Now it helped to fill the void Sally had left.*

"Funny," Sue thought. "You looked forward to her going." No more chaos in the bathroom, or dirty trainers in the hall...

Friends warned her the house would feel empty when her daughter went to University. They never really came home, just called bringing their washing. And all the stories you heard...

"Not Sal," she had assured the Jeremiahs. But sensible as Sally was, her new friends might not be.

"Stop it!" Sue told herself.

"She hardly looked back when I left." That was what hurt most. A wave as the car pulled away would have helped, but Sally was already talking to another girl.

Sue gave the dressing table another push. Maybe it would fit better by the window.

The corner stuck against the bed and banged her knee. Then her mobile rang downstairs. She couldn't ignore it. It was probably her mother. Having just moved to a seaside bungalow she needed support. Climbing over the bed, Sue limped to the door.

For a second, she didn't recognise the caller. "My mobile's dying so I can't chat. Can you send me some white cotton and needles, Mum?"

"Of course," Sue replied in bewilderment. "Why do you need them?"

"We have to wear masks more than I thought. Tom's shown me how to make one out of an old T shirt. I can't believe how much a sewing kit costs."

"Tom?" Sue thought but she had the sense not to reply. Her daughter was chattering on. "And if you've made any of your scrummy biscuits can you post me some? I need something to share. Pleeese."

"I'll see," Sue promised. She smiled at her daughter's cheek. At least she was settling in.

"Cool!" When the voice continued there was a catch in it, as of emotion held back. "Sorry I didn't say a proper goodbye. I might have howled if I had and I'd have looked a right prat, wouldn't I? Love you. Bye." Then the line went dead.

Sue stared at the family photograph on the wall, then she blew her nose and went upstairs.

No, she decided. The dressing table looked better where it was. Why keep moving it though? It was not her heirloom. If David wanted it, he could have it, or she could see if a dealer would buy it and send him the money. At the end of term, she and Sally could buy a smaller one together.

Or she could buy one now, Sue realised in surprise. Now she was alone she could make her own decisions, for the first time in years. Suddenly she felt good. "You're going," she said aloud, and gave the dressing table a final push.

*Pauline is a published poet and Editor of Fighting Cock Press. She writes as both Pauline Kirk and with her daughter, as PJ Quinn for the DJ Ambrose novels set in the late 1950's. Pauline was nominated for the York Culture awards Excellence in Writing category in 2018.*

## AUGUST BLUES - BY CLINT WASTLING



*My cycle route is dominated by the spire, arrow straight it pierces the Wold's heart, asserting Victorian morals on the landscape, guardian of fields where trespassers are prosecuted.*

*My way is lined with pinks deepening to purple, colours which exist in the eye of the beholder and the occipital lobe alive with impulses interpreting common blues flying over scabious.*

*Butterflies which rarely alight amongst hemp agrimony, willow-herb. In comings and goings they play track and trace landing out of reach of my camera.*

*When does pink officially become purple? Frequency of light, cones in the eye all play their part so I'll never know how others perceive colour.*

*Thin ribbons - rights of way where I can forget my August blues beneath the spire which pricks the evening sky draining life of colour as I cycle by.*

Clint has a poetry collection Layers published by Maytree Press available from <https://maytreepress.co.uk/shop-poetry-book/> His Fantasy novel, Tyrants Rex, is available from Stairwell Books.



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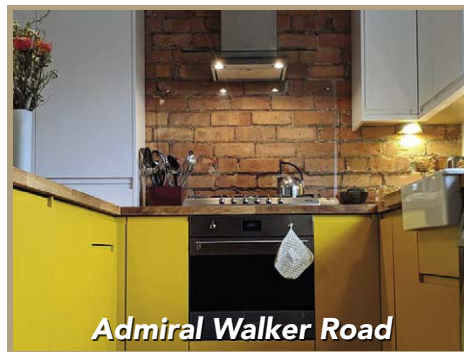
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# CLASSIC CARS WITH CARFAN - THE JAGUAR XK 120

*If ever a car is known for being an iconic model, it's the subject of this month's column - the Jaguar XK 120.*

Produced between 1948 and 1954, the XK120 scored some significant successes both at home and abroad, including a 1-2-3 finish in the Tourist Trophy and the Alpine Rally.

The lovely engine note comes courtesy of 3.4 litres, with six cylinders and twin carburettors joining in. The name 120 refers to the top speed, although some later examples went considerably faster and the first owner of a production car was the American actor Clark Gable. This probably led to a lot of extra sales in the U.S. The model featured is a convertible, or roadster as it was originally known, and was built in left-hand drive form, being exported to New York in 1952 before moving to North Carolina.



In 1982, it came back to the U.K. and in 1990 was subject to a "nut and bolt" restoration, which included moving the steering wheel to the right-hand side to facilitate driving on British roads. Make no mistake, this is no "garage queen" - its lucky owner drives it regularly, including a trip to North America in 2012, which means that it has crossed the Atlantic four times! Should you wish to have a 120 in your garage, be prepared to dig deep as prices start at around £65,000 for the coupe version and rise to £125,000 for the more desirable roadster, with some reaching even higher and most seen to be for auction - if you can find one, that is. With only just over 12,000 ever produced all those years ago and of those, over 10,000 were immediately exported, you probably won't see one on the school run, but should you see one purring along, don't forget that cheery Carfan wave!

Get in touch for your car to be featured in **Just Beverley**. If you have a car that has history, a story or is unique, drop us a line so we can feature it in a future publication: [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

## PRACTICAL MOTORING WITH RICH HAYES - THE BENEFITS OF REGULAR SERVICING THIS AUTUMN



**No matter the make of car you drive or how old it is, regular car servicing and car maintenance is a must.**

It is not mandatory like MOT testing or road tax renewal, but getting your car serviced regularly is important and has a number of benefits, such as:

### Extend the life of your engine

Keeping oil and fluid levels monitored and topped up if necessary with regular servicing keeps engine components working correctly throughout the colder months and minimises damage and deterioration to your car over time. This in turn saves you money on preventable repairs.

### Reduce breakdowns

The last thing you want in heading into winter is a break down, but regular servicing will prevent instances where your engine could fail and break down from oil issues due to its fluid and coolant levels all being sufficiently topped up.

### Prevent accidents

Scheduling regular servicing and maintenance checks will prevent accidents from safety issues you might have missed, and catch any wear and tear on suspension, steering and brakes early to avoid malfunction.

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# PUZZLE PAGE

## WORDSEARCH

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

CLOCKS PUMPKINS  
 FULLMOON SHADOWS  
 HALLOWEEN TREAT  
 NIGHT TRICK  
 OCTOBER

## WHERE IN BEVERLEY?

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



## KNOW YOUR NUMBERS

Each row adds up to the total on the right.

Each column adds up to the total at the bottom.

The diagonals add up to the totals top and bottom.

X	X	X	X	10
?	1	?	?	14
?	5	?	9	23
?	3	7	?	22
1	?	?	6	17
19	17	17	23	21

Answers on Page 23.

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

## THOUGHT FOR THE MONTH

Think about what you can do, rather than what you cannot do.

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# AUTUMN SALE

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1000 pocket spring divan set includes 2 drawers and luxury 24" headboard, choice of colours and styles

Single 3' Was ~~£548~~ **Now £299**

Double 4' / 4'6" Was ~~£698~~ **Now £399**

Kingsize 5' Was ~~£848~~ **Now £449**

Superking 6' Was ~~£1048~~ **Now £599**



## Opulence ottoman divan set

with luxury 24" headboard

Single 3' Was ~~£999~~ **Now £599**

Double 4' / 4'6" Was ~~£1199~~ **Now £699**

Kingsize 5' Was ~~£1399~~ **Now £799**

## Opulence 1500 pocket and memory foam mattress

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Kingsize 5' Was ~~£649~~ **Now £349**

Superking 6' Was ~~£799~~ **Now £499**

## Shetland 2000 pocket springs natural fillings mattress

Single 3' Was ~~£599~~ **Now £349**

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Kingsize 5' Was ~~£899~~ **Now £499**

Superking 6' Was ~~£1149~~ **Now £649**

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# THE POWER OF X8 ICE CLOUD TECHNOLOGY

Leightons are now stockists of the latest mattress technology using X8 ice cloud foam.

The X8 ice cloud foam adapts to your body to dynamically reduce all your pressure points. The foam has also been designed to be instantly cooling, taking heat away from your body whilst offering unparalleled levels of comfort and pressure relief compared to existing memory or gel foams.

Steve Domney, Leightons' buyer of beds & mattresses explains "X8 ice cloud foam's formula has been infused with bamboo molecules, giving it the ability to naturally remove heat from the body and creating a consistently comfortable sleeping temperature. This instant coolness can be felt by even touching X8 ice foam."

The X8 ice cloud is a worthwhile investment for sleep quality, with the advantages of being a non toxic, healthier choice. Adapting to you, perfectly matching your unique body shape and providing pressure free weightless support. It is also hypoallergenic with the natural bamboo molecules and of course soft as a cloud!



## SETTING GOALS AND STICKING TO THEM, WHAT'S THE SECRET?

**With last month being a period of fresh starts, you may have set some new goals you were determined to work towards, only now one month in you've lost your mojo. Whether you wanted to lose a few pounds, go to the gym more, learn a new skill, be more organised or something other, many people struggle to stick to it once the initial excitement wears off.**

We all know the drill; we set out with the best intentions of achieving the goal, but along the way we get disheartened because life happens and we don't have the instant gratification of seeing the results straight away. We become less motivated to put in effort, stop prioritising the goal, and eventually lose interest in it completely. So what is the secret to setting goals and sticking to them?

### Keep it realistic

Everyone has dreams, and dreaming big is a crucial part of the process that kickstarts the desire to make a change in your life, but it is important to be realistic.

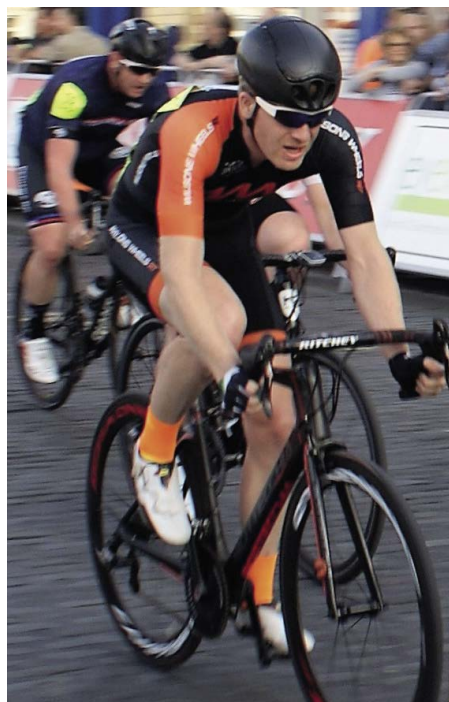
One of the keys to success is understanding that Rome wasn't built in a day. Okay okay, corny quote #1 over. But it's true, part of achieving your goals needs to come from accepting that it will take more than a day, or a month, or sometimes a couple of months to achieve it. Make smaller adjustments and the bigger results will come.

### Make your goals manageable

After setting your goals, you need to find ways to stick to them which means making them manageable. There's no point in wanting to achieve something too big too soon that puts strain on your efforts, requires you to jump through every hoop imaginable, and makes the process of goal setting boring and miserable.

Instead, take more from the small victories while you keep the end goal in sight. Remember, it's not about the destination, it's

about the journey. Okay corny quote #2 out of the way. Consistency truly is a key to success, so whatever your goals are they need to be something you will actively enjoy doing.



For example, let's say you want to be able to do 10 press ups. Start with forming a micro-habit such as working on hand position, or holding a plank for 10 seconds. Then build that up to 30 seconds, 45 seconds, one minute etc, and feel a sense of accomplishment when you achieve those minor goals.

When that feels comfortable, start attempting a knee press up, then an incline press up, and then a full press up.

### Have an accountability buddy

We can be held accountable in many different ways. Whether it's through friends, family, strangers, or even apps, having an accountability buddy is essential.

They are the person (or thing) that will motivate and inspire you to work towards your goal, the person you won't want to let down, and the person who shares your struggle while also understanding exactly what you're going through.

It's finding an accountability buddy that can be the tricky bit. You need someone who wants to accomplish the same or a similar goal, and someone you get along with. Look into your social circle to see if a friend fits the criteria, and if not, there are plenty of resources online. You'll find Facebook groups that are full of friendly, like-minded people who share the same goals.

The thing about goals is that we have the luxury of reevaluating them. Ask yourself if you're seeing results, if you're holding realistic expectations, and if you're being consistent. If you can answer yes, then you're doing the right things. If the answer is no, change your priorities and you can still achieve your goals.

### 'WHERE IN BEVERLEY' ANSWER

The roof line of East Riding Theatre

### 'KNOW YOUR NUMBERS' ANSWER

Missing numbers in yellow

X X X X 10

3 1 6 4 14

7 5 2 9 23

8 3 7 4 22

1 8 2 6 17

19 17 17 23 21



# WILSONS WHEELS

As the clocks go back at the end of the month, cyclists need to make a few changes in preparations before and after the rides they do.

Nights start to draw in so do not be caught out; wear something bright, check your lights and check your tyre's breaks to ensure they function properly.

## Tyres

Damp roads require better tyres, and mean that your brakes need to be in tip top condition. Tyre pressures are the key to good road holding, and perhaps drop a couple of PSI for a smoother ride and grip to the road.



## Lights

Make sure your lights are always bright and visible. Always carry either a spare inner tube or carry a repair kit including tyre levers.

As spray comes up off the road, get into a wash down routine to prevent



ingress of grime into the chain, cogs, brakes and gears, which will affect your performance.

Finally wear something bright, "Be Seen Be Safe".

Happy Cycling.

# SPORTSABILITY - THE HEALTH BENEFITS OF SWIMMING

Water based activities are a fabulous and fun activity and do have some amazing health benefits for adults and children alike. We don't have to be swimming to reap the health benefits either. By simply walking in the water we are working our bodies much harder.

The water acts as a resistance but unlike resistance machines in a gym environment where a single muscle or a small number of muscles are being activated, water based activities provide a workout for the whole body including the heart. Effectively we are targeting all our muscles whether that be in the internal organs (or heart and lungs) or the muscles attached to our skeletal system.

By moving more with resistance we are increasing our balance and our bones strength. We are equally developing muscle mass which lowers our blood glucose levels.

Finally the best benefit has to be the release of endorphins which improves our mood. Find health and happiness in the water.



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# BEVERLEY TOWN FC UNDER 7'S ANNOUNCE NEW TEAM SPONSORS

**Local Beverley football team Beverley Town FC Under 7s have revealed new sponsorship deals and kit suppliers for the 2020/21 season.**

The new team clothing and bags have been supplied by TMX Clothing Supplies and the team is sponsored by 3 local Beverley businesses; Beverley 24 Hour Self Storage, Beverley Motor Works and Greenthumb Beverley.

The team is both managed and coached by Simon Duncan and Mike Yardley, and is the latest team to form out of the Academy in October 2019.

The Academy provides an introduction to football for boys and girls in school years from Foundation to Year 2.

When Simon's son turned 5 in September 2018, he took him to the Beverley Town Academy, and after a few weeks Simon began volunteering to help as they had too many children for one coach to manage.

It was that Christmas he decided he wanted to get more involved and become a qualified coach. He started his FA level 1 course in March 2019 and was qualified by Easter.

Mike first qualified as an FA coach in 2009, and has been involved with Beverley Town for the past two and a half years, while also coaching his older son's team at Under 10, Beverley Town United.

His younger son started attending the Beverley Town academy in autumn 2018.



By the spring of 2019, a natural group was developing in the Academy that began showing promise of forming a team, which was when Mike and Simon volunteered to take the group forward.

Beverley Town FC Under 7s are in the highest group, Group 1, of the Hull and District Youth Football League, and have high aspirations for the fixtures ahead.



Simon said "We restarted training back in June, but we were not allowed to contact train at first so we focused on agility, individual ball work, passing and shooting drills.

"As a team, we want to be the best we can but fundamentally ensure the kids enjoy it and have fun."

When it came to finding new sponsors, the idea was to appeal to Beverley based



businesses whose sponsorship would boost morale and put back into the community and be something parents could relate to.

Speaking of the benefits local sponsorships have on clubs, Simon said: "Sponsorships help give local teams an individual identity under the wider club umbrella. It shows the parents and players that businesses care about grassroots football and are willing to invest in local sport to support the community they operate in.

"I think it's very important for local businesses to support local sport as it engages the wider local community, and kids then have a understanding of sponsorship from a young age and understand that a lot of work and money goes in behind the scenes enabling them to play football.

"Our new sponsors have been extremely generous and we personally can't thank them enough.

"We have all the equipment, training kits and playing kits we need to look and feel the part of playing under the bigger umbrella of Beverley Town FC."

Mike said: "Without sponsors, grassroots teams would really struggle to exist. Football at this level receives very little funding and relies heavily on support from the community and volunteers to provide an opportunity for children to play in an organised structure.

"Without the generosity of local businesses and parents, we simply couldn't fund the kits and equipment required to run a team.

"We can't thank them enough."



# FURLOUGH FRAUD AND ERROR

A senior HMRC officer has recently suggested that up to £3.5 billion of employers Furlough claims may have been paid out as a result of deliberate fraud or error.

This significant amount is an estimate based on 5% to 10% of the overall £35.4 billion that has been paid out in Furlough claims. It's understood that HMRC will now conduct a period of reviewing Furlough claims and issue heavy penalties to employers who have abused the system. Those employers who have made genuine errors are not expected to be penalised, due to the fact that the system was new and implemented during a challenging time. The Furlough calculations were difficult to understand and were changing on a regular basis in some cases. Small errors are therefore expected and are understandable. These errors are expected to be repaid though in due course.

Employees who feel their employer is not complying with the scheme are being encouraged to report the fraud to HMRC and 8,000 employees have already done so. HMRC have already identified 27,000 high risk claims that they believe are not consistent with their expectations and will work through contacting these employers to review those claims. Already 3,000 employers will have received letters from HMRC asking them to review their claims and repay any amounts that were claimed in error. HMRC may formally investigate these employers claims if repayments are not made. Any employers are encouraged to review their Furlough claims and correct these immediately through the online system on the HMRC website, failure to do this may result in penalties in addition to the repayment of the grant.

## Self Employed Income Support Scheme (SEISS) Grant

We also understand that in due course the self employed that claimed the SEISS Grant will be contacted. When the self employed made their claim for the grant, the HMRC website warned that evidence must be kept to prove that the business had been negatively affected by Coronavirus. It seems logical that when tax returns are submitted next year, HMRC will be in a position to cross check the reported income and then follow up on any claims that they believe were not entitled to the grant. Anyone who now feels that they claimed the SEISS grant in error should look to repay this before their 2020/21 tax return is submitted to HMRC. If you would like to discuss this in more detail, then please contact Gareth Botterill on **01482 862240** or email [gareth@botterillco.co.uk](mailto:gareth@botterillco.co.uk)



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# COUNTRYSIDE MATTERS WITH SAM WALTON - FARMING IN MODERN TIMES



*Sitting in the cab of my contractor's combine and looking down on the 30 foot header cutting the crop made me think of my youth, the days when we had binders pulled by horses and later by tractors to give us those lovely old sheaves, all done with a five or six foot wide cutter bar.*

They had a roller canvas platform bed upon which the cut corn fell, and that corn was taken up the side of the binder with another two roller canvasses and then pressed into enough corn to be able to make a sheaf and then automatically tied with string.

So what powered the platform? An enormous wheel that the binder rode on which was fine until it was wet! Then when tractors appeared, they could be powered by a PTO, a power take off shaft. Men would then go into the field and pick up the sheaves two at a time to make a stook.



A stook was a line of sheaves propped together in the shape of a triangle, either five or six rows per stook. These stooks always pointed north and south to have the best of any sun available to help ripen them. They would be in the field for about two weeks and were then taken up to the farm yard by being forked onto a horse wagon or cart, about as high as a man could fork them where they were neatly stacked with great pride.

Some of you may remember the corn stacks we had in the olden days, where even greater pride was taken to ensure the stack was shaped correctly all the way round and upwards too. It was an art. The stacks were then thatched or covered with loose straw and had a net on top of that to hold it in place.

The stacks would stand until the corn was required, either for feeding the



horses on the farm or to sell to merchants for feed or malting, and of course to give the farmer some revenue to pay the many staff and feed the many horses.

Threshing days were something else; hard work and very dusty

carrying chaff. Carrying 18 stone bags of corn was not for the faint hearted. How different today.

The modern combine with air conditioned cabs can cut around 100 tons per hour in a decent crop. It is taken away by large tractors and trailers to the farm where if it is dry enough it will either go into a corn store or into bins. If it needs to be dried, then that process takes place before being stored. That is roughly the difference between today and long ago where the corn ripened and dried in the stook. Such a difference, very few staff required with a huge output per person.



## Monks Walk Inn

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**Opening hours:**

Monday CLOSED

Tuesday CLOSED

Wednesday 4.30-9.30pm

Thursday 4.30-9.30pm

Friday 3pm-9.30pm

Saturday 12noon-9.30pm

Sunday 12noon-9.30pm

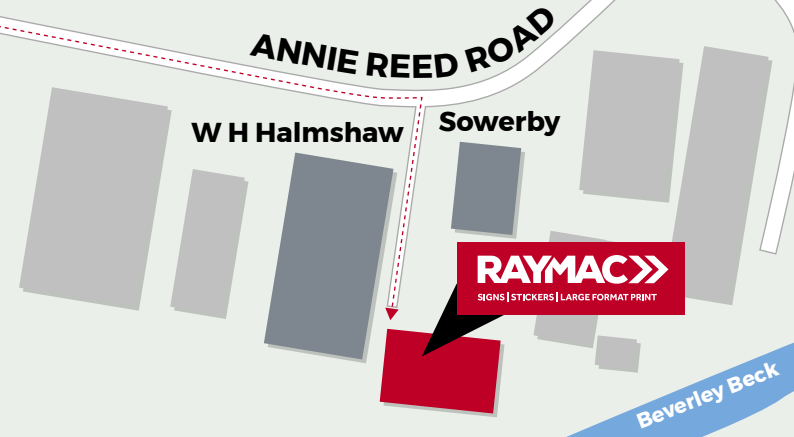
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Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world.

Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

All films are subject to change.

**Monday 28th September - David Attenborough: A Life on Our Planet (PG)**

**Wednesday 30th September and Sunday 4th October - Matthew Bourne's The Red Shoes (U)**

**Sunday 11th October - Bolshoi Ballet Encore; Romeo & Juliet**

**Tuesday 6th October and Monday 12th October - The Three Tenors: Voices in Eternity**

**Saturday 17th and Sunday 18th October - Michael Ball & Alfie Boe: Together Again (PG)**

**Wednesday 21st and Sunday 25th October - Stevie Nicks 24 Karat Gold The Concert**

**Sunday 1st November - Bolshoi Ballet Encore; The Lady of the Camellias**

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These are the films scheduled to open in October - *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)



2nd October



2nd October



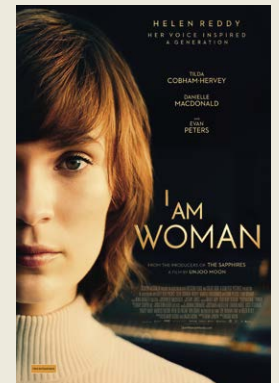
2nd October



9th October



9th October



9th October



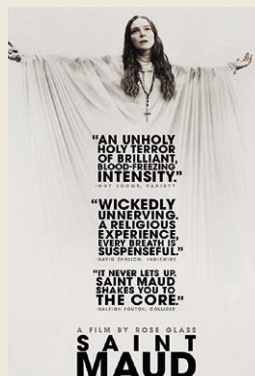
9th October



16th October



16th October



16th October



23rd October



23rd October

## BEVERLEY FILM SOCIETY SET TO WELCOME MEMBERS BACK

*Members of Beverley Film Society are getting ready to return to Parkway Cinema on 8th October following the abrupt pause to its last season due to the Covid-19 restrictions. The next film to be shown is the documentary about Ruth Bader Ginsberg, RBG, making this a poignant reunion in light of her recent passing.*

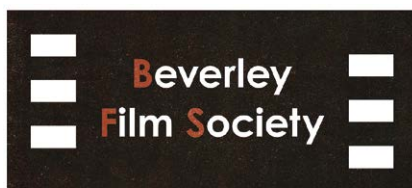
The Society is aiming to show the remaining films from the last season's programme, one every two months, starting with RGB in October. This will give existing members the chance to see the films they paid for but missed, with the interim season finishing in April.

The Society hopes to then have a summer break and start afresh with a brand new season of films in September 2021.

This means that the current membership (those who signed up for the 2019/20 season) will continue until April but new memberships cannot be processed until the new season later in 2021.

The process will be reviewed after each film, based on attendance and feedback. Members are being asked to keep an eye on their inboxes for future newsletters, which will let them know if any further changes are needed.

Parkway Cinema has strict safety guidelines in place to ensure audience members can enjoy, as near as possible, the full cinema experience, albeit with reduced capacity to enable social distancing. The Film Society will also be running a streamlined welcome desk, with simplified attendance checking.



The best of world cinema

**8 October 2020 - RBG (2018)**  
USA | Documentary | 98 mins | PG

Ruth Bader Ginsburg developed a breathtaking legal legacy whilst becoming an unexpected pop culture icon. RBG is a revelatory documentary exploring Ginsburg's exceptional life and career.

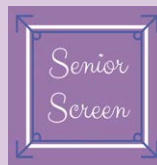
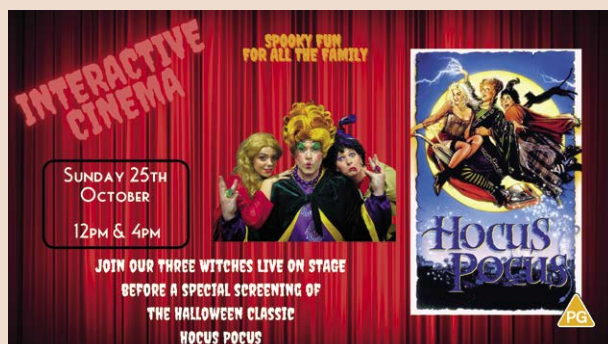
Dir: Julie Cohen, Betsy West.

Details about the Society are available online at [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk) and tickets can be booked via the Parkway Cinema website [www.beverley.parkwaycinemas.co.uk](http://www.beverley.parkwaycinemas.co.uk) or bought on the Society's film nights.

## HOCUS POCUS - LIVE ON STAGE!

*Before you enjoy the spellbinding film 'Hocus Pocus' the three witches you love to hate are back and LIVE ON STAGE.*

Magical illusions, pop songs and things that go bump in the night all form the essential ingredients of this bewitching event cinema.



**EVERY THURSDAY AT 10.30am**  
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen.

Only £4.20 with drink and biscuits included.  
Aimed at 55s and over.  
All films are subject to change.

**Thursday 1st October -**

**Misbehaviour**

Starring: Keira Knightley, Gugu Mbatha-Raw.  
Directed by Philippa Lowthorpe.

**Dark Waters**

Starring: Mark Ruffalo, Anne Hathaway.  
Directed by Todd Haynes.

**Thursday 8th October -**

**Jojo Rabbit**

Starring: Scarlett Johansson, Sam Rockwell.  
Directed by Taika Waititi.

**Misbehaviour**

Starring: Keira Knightley, Gugu Mbatha-Raw.  
Directed by Philippa Lowthorpe.

**Thursday 15th October -**

**Emma**

Starring: Anya Taylor-Joy, Johnny Flynn.  
Directed by Autumn de Wilde.

**Jojo Rabbit**

Starring: Scarlett Johansson, Sam Rockwell.  
Directed by Taika Waititi.

**Thursday 22nd October -**

**Bombshell**

Starring: Charlize Theron, Nicole Kidman.  
Directed by Jay Roach.

**Emma**

Starring: Anya Taylor-Joy, Johnny Flynn.  
Directed by Autumn de Wilde.

**Thursday 29th October -**

**Summerland**

Starring: Gemma Arterton, Penelope Wilton.  
Directed by Jessica Swale.

**Bombshell**

Starring: Charlize Theron, Nicole Kidman.  
Directed by Jay Roach.





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## BURTON ELECTRICAL SOLUTIONS - CHECK YOUR LIGHTING

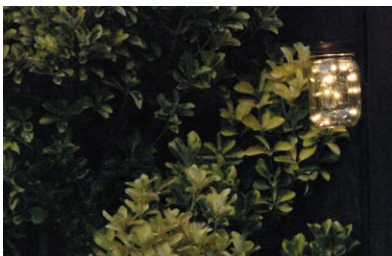
Setting up special outdoor lighting such as fairy lights in your trees and lighting over your pond or your decking are a brilliant way of keeping your household spirits up while transitioning from summer to autumn and through to winter.

To ensure we can feel the benefits of new outdoor lighting, it is vital that we can light up the dark nights safely by carrying out important safety checks.



Make sure to primarily check your lights and power sockets, particularly when the temperature drops and moisture starts to work its way into the electrics. Now, more than ever, is the best time to get these checks and installations carried out to avoid dangerous situations.

Home fires can occur all too easily due to electrical failures and improper usage of appliances, and many fires can be prevented by carrying out safety checks, such as checking appliances and sockets for poor electrical conditions and loose wires.



Installing weather-proof outdoor sockets that are RCD-protected is the safest way of enjoying your garden lights in the colder months. Contact Burton Electrical Solutions on 01964 552769 for advice on your outdoor lighting.

## IN THE GARDEN... OCTOBER

October is the month when autumn is in full swing with all its colourful hues on display. Chrysanthemums, Michaelmas Daisies, Japanese Anemones and Cyclamen provide this with flowers.

The 'stars of the show' however are berries, fruit and leaf colour. Berries can be found on Pyracantha, Cotoneaster and some varieties of Sorbus.

Ornamental Crab apples (Malus); Rose Hips and of course eating Apple and Pears provide us with fruits, and some of the best leaf colour is found on Maples (Acers) and Cherries (Prunus).

Others to mention are Cotinus (smoke tree), Amelanchier lamarckii and Parthenocissus. If you feel you don't have much 'autumn cheer' in the garden then now is a good time to plant something to give you colour for years to come - so pop along to your local nursery/garden centre for inspiration.

The pace for 'getting things done' quickens this month - there is a lot to do before the 'clocks change' and we lose our evenings so...

### Lawns in October

- Scarify established lawns with a rake, then aerate with a fork if you haven't done it already - this will be quite important this year as some soils will be rock hard and need opening up.
- Top dress established lawns and apply an autumn 'weed and feed', this has a slightly different balance of elements to the spring lawn feeds, encouraging strong root and grass growth next spring.
- Remove fallen leaves - if they are allowed to build up bare patches will appear.
- Continue to mow existing lawns (albeit less frequently) with the blades set at their highest.

### Harvesting in October

- Bring in tender perennials, trim and store in a frost-free place.
- Harvest apples and pears - before they fall and get damaged or 'nibbled' by various beasts.
- Dig up carrots, potatoes and other root crops.

### Tidying in October

- Rake up fallen leaves and clear up in the garden (any diseased leaves should be burnt not composted).
- Dig over any empty areas of soil - but not if too wet.

### Getting Prepared

- Plant up containers with bulbs and winter bedding.
- Plant bulbs in the garden.
- Put Glue Bands on fruit trees - these set in place a sticky barrier which stops female moths climbing the tree to mate and lay their eggs, and other pests from hibernating in cracks in the bark.
- This is also a good time of year to plant new shrubs and perennials. The warmth in the soil will help them to get quickly established.
- At the end of the month remove any pumps and filters from the pond, clean them out and store until spring.

That's about it for this month,

*Happy gardening, J.*

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







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