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FREE



ISSUE 19



GUEST AND PHILIPS

50 GOLDEN YEARS



- CINEMA SUICIDE SQUAD PACKAGE
- MINI TANK FUN DAY
- FINDING DORY FLEMINGATE COMPETITION

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Letter from the Editors



I can still remember the excitement of finishing school for the summer! Weeks of freedom, lovely weather and the family holidays beckoned. But now, like all parents, I am looking to see how I can keep my children entertained without spending a fortune!

Our What's On guide in the magazine and on the website keeps you in tune with events. Parkway Cinema has its own listings pages in the magazine and on the website as there is so much going on there. I can't believe they have been open for over 6 months! What did we do before it opened? You can see our feature on Cliff and his team on page 16. We are so lucky in Beverley to have so much to do! The Racecourse, Beverley Leisure, East Riding Theatre, Armstrong Social Club, Flemingate, restaurants, pubs, the Westwood are all fantastic places to visit. Beyond Beverley and the surrounding villages, we have the seaside, the Wolds and the city of Hull.

Have you followed the Amy Johnson Moths Trail yet? There are 59 altogether! The 4 in Beverley and 1 at Sewerby Hall can get you started! You can download more information at <http://amyjohnsonfestival.co.uk/a-moth-for-amy/>

Walking and cycling are great activities, which keep you fit as well as allowing you to get close to nature. If you like the idea of cycling but think it will be too much like hard work, check out the article on page 26 about the new e-bike which Minster Cycles has in stock. Or maybe you would like to try a new sport? Beverley has something for everyone, every ability and every age - the Golf Club, Bowls Club, Squash Club, Ramblers, and Climbing and Mountaineering Club are all welcoming new members. Whilst everyone is enjoying their summer vacation, the team at **Just Beverley** will be working hard on the next edition. So why not help us out, send in your good news and summer photos, let us know what you have planned and keep in contact on Facebook.

Happy holidays!
Julian.



I have to admit I am not 100% Yorkshire! I wasn't born here, although my paternal grandfather was from Hessle. He clearly did his bit for Yorkshire by marrying a Lincolnshire lass and expanding the gene-pool, which is why I am quite cool about following Hull City (up the Tigers!) and cheering on Yorkshire County Cricket Team.

I have lived here in Beverley since 1991 - well, Walkington to be exact until 2002, when I moved with my husband to be nearer to my daughter's school. What attracted me to the area apart from my 25% Yorkshire genes? Well, the people, the scenery, the number of things going on, the history... and especially the fact that Beverley was a centre of political up-rising against the reorganisation of local government boundaries in 1974! Yes, it was Beverley where the idea of Yorkshire Day originated. Once it was taken seriously, but now it is an opportunity for some light-hearted humour! If you are reading this before August 1st, then please join in with a celebratory chorus of 'On Ilkley Moor Bah Tat', enjoy a cup of good strong Yorkshire Tea with some Yorkshire Pudding, wear your flat cap with pride and take your ferret for an extra-long walk!

Whatever your background, whatever your story, why not share it with **Just Beverley**. It's people and their businesses who make the town what it is. If you would like to promote your business in **Just Beverley** we will help you every step of the way to get the best from your brand. Why not give us a call on **01482 679947**, message us on **Facebook** or email info@justbeverley.co.uk

Be happy!
Linda.

Get in touch with us:

Website: justbeverley.co.uk

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Facebook: [facebook.com/justbeverley](https://www.facebook.com/justbeverley)



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Competition Terms and Conditions

Competition answers should be emailed to info@justbeverley.co.uk before the closing date with the competition title in the subject field. Include your name, address and daytime contact telephone number along with your answer. Winners will be notified within 1 week of the closing date and **MUST** be available for publicity purposes for Just Beverley magazine, website and Facebook page and the prize provider. The judge's decision is final. No cash alternative is offered. Details may be used for marketing purposes by Just Beverley and the prize provider and for website analytics by Just Beverley.

CONTRIBUTORS

Julian Minshall, Linda Johnson, Alice Thomson, Alex Backshall, John Fewings, Jane Dale, Richard Manville, Paul and Anne Fox, Carfan, Colin Stamford.

You can pick up the magazine from:

Beverley Parkway Cinema, Beverley Tourist Information Centre, Beverley Library/Treasure House, Tesco, Morrisons, Browns café, Beverley News, Boyes, Tesco café, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, The Game Bird, Maple News, Leconfield PO, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, The Altisidora, Cherry Burton PO, Health Centres, cafés, hairdressers and more!

Printed by: Jadan Press

NGS Open Gardens at Beverley Allotments increases interest

The recent National Garden Schemes Open Day at Queensgate and Kitchen Lane allotments created a huge amount of interest from the public and would-be allotment-holders

Beverley has 245 allotment plots on 5 sites - the other 3 are at Sparkmill, Flemingate and Lairgate. When a plot becomes available, it is offered to the person at the top of the waiting list. Interested people should visit <http://beverley.gov.uk/allotments> to complete an application form.



There are three sized allotments:
 £17 for an allotment size up to 125 yards (small)
 £22 for an allotment size from 126 to 250 yards (medium)
 £37 for an allotment size 251 yards upwards (large).

Allotment holders (tenants) are expected to keep their plots clean, free from weeds and well-manured or in a good state of cultivation and fertility. The cart-track or pathway running alongside the allotment should also be well-maintained. There is a Best Allotment Plot Competition each year and also a Best Newcomer award. Beverley's allotments are owned by Beverley Town Council who also provide a handyman to help with maintenance of this wonderful resource. Each site has its own representative who meets with the Council regularly to discuss issues and developments. If you are a keen vegetable and flower-grower why not get on the waiting list? You will get lots of help and support from your fellow tenants!

New Rough Sleeper Support Service

East Riding Council have engaged the Emmaus Rough Sleeper Support Team to help those in greatest need of support.

The team will focus on reducing the need for rough sleeping. They can be contacted on **01482 223722**.

Foodbank Collection helps provide 8000 meals

Tesco's 8th Neighbourhood Food Collection at the Beverley store at the beginning of the month saw local people generously donate food and money to help people in need.

Richard Newby, Development Manager at East Yorkshire Foodbank, said: "I would like to thank all the staff at Tesco, the volunteers and people who donated. It never fails to amaze me just how generous the people of Beverley and the surrounding area are when it comes to helping local people in crisis. Thank you all."

Lions International recognises Peter Ranson

It was a huge surprise to Peter to be awarded Lions International Foundation's highest honour, the Melvyn Jones Fellowship Award. The award recognises dedication to humanitarian service of the highest degree.

Peter has been a member of Beverley Lions for 19 years, twice as President and has only recently retired from the club due to health reasons.

Harry Burton presented Peter with his plaque, which now takes pride of place in the hall of the home which Peter shares with his wife, Carole. Harry paid tribute to Peter's tireless fund-raising activities.

Even though he has retired, this year Peter has engaged Acklam Coaches as the Club's major sponsor and raised an additional £1200-worth of sponsorship for the Lions' Golf Day. Even though it is only August, Peter has already organised a school choir to sing at, and a Minister to conduct the Beverley Christmas Lights Switch-on!



Peter is a Beverlonian through and through. He was born at 3, Greyfriars Crescent (a house now inhabited by his friends, Paul and Diane Myers) and went to Beverley Wesleyan, St Mary's and Longcroft Schools. He remembers the oranges which were handed out at the Wesleyan School as William Spencer, who was Master between 1828 and 1887 left money in Trust for every pupil to be given a piece of fruit every year. He has been involved with Toll Gavel Church and Methodism all of his life, was a Grand Master of the Oddfellows and a Molescroft Parish Councillor for 8 years.

Peter's profession is that of compositor, but many will remember him from Waterside Filling Station and latterly from Bridge's Coffee House in Lairgate.

Melvyn Jones was the founder of Lions Club International Foundation which seeks to meet humanitarian needs locally and internationally. Current projects include awareness of and relief of River Blindness, children's education and drug awareness.

Beverley Lion's Harry Burton told **Just Beverley**: "Even though he has retired, Peter has said he will still help out. Peter has a very persuasive personality and never-say-die attitude. He is a master at raffle-ticket selling, amongst other things and we would miss him enormously if he stepped away completely. But his health comes first, as does spending more time with his wife, Carole. But it is a great honour and pleasure to make this award and the recognition which comes with it."

You can find out more about Lions Clubs International at www.lcif.org

Information about Beverley Lions Club is at www.beverleylions.org.uk or email info@beverleylions.org.uk

Claire Hastie joins OneWorld Travel

Well-known local travel consultant, Claire Hastie, has joined OneWorld Travel.

Claire has been running her own successful company for the last 6 years but has been tempted to join OneWorld as it expands and increases the range of holidays on offer. Claire has specialist knowledge of Italy and has also been involved with helping the cruise industry to become as successful as it is today.

Laura Hitchman, Beverley OneWorld branch manager told **Just Beverley**: "We are delighted to welcome Claire. She has fitted in immediately with the team as we move to another level. We will now be able to give our customers even more expert advice and ensure they get their dream holiday."



Hair by Rosie welcomes new stylist, Chantel

Hair by Rosie has expanded already! Chantel Heath has joined bringing with her a range of skills to enhance Rosie's offering.

Chantel has returned to the area after travelling all over the world, picking up ideas and learning new techniques. She loves meeting people and changing their image by changing their hairstyle. So colouring with different colours, using hi-lights and low-lights, adding in hair extensions and creative cutting are what she loves doing. As an introduction, Hair By Rosie is offering **20% off all bookings** with Chantel. See page 14 for the cut-out voucher!

Hair by Rosie is at **34 North Bar Within, Beverley HU17 8DL. Telephone: 01482 863603** or book on the website: www.hairbyrosie.mysalononline.com



The Virger and the Devil Team up!



The Monk's Walk in Highgate Beverley are serving food as of August 1st as cook, Ian Ibbetson joins licensee Neil Pickford's staff.

Neil is well-known in Beverley through his previous role as Virger at Beverley Minster, whilst Ian runs Chilli Devil Sauces.

Ian is delighted to be the new Head Saucerer at Monk's Walk, spinning up some magic in the kitchen and delivering good traditional pub food along with world foods.

Neil told **Just Beverley**: "Things are going really well in the bar with the range of traditional ales and other drinks we have available - with no wi-fi. Food will be served in a different room to keep the pub feel and to attract more people back to the Monk's Walk. It has been here for over 750 years and deserves to be a regular haunt for Beverley people!"

New-look East Riding Community Covenant (ERCC) to assess needs of local armed forces community

There is an on-line questionnaire which will help ensure any gaps in services designed to meet the needs of the local armed forces community is filled. Serving and former members of the armed forces and their families are invited to complete the questionnaire as soon as possible.

The ERCC was established in 2012. Councillor David Elvidge, the East Riding Community Covenant Champion at East Riding of Yorkshire Council, said: "I have been very impressed with the level of support and commitment that has been shown by the East Riding Community Covenant members and I am pleased to see that the membership of the covenant is continuing to grow and that agreed actions are being progressed. I am confident that the newly-developed questionnaire will act as a very useful tool to inform the planned needs assessment. Only by doing this are we able to fully address the needs of the local armed forces community."

The questionnaire can be accessed at www.eastriding.gov.uk/corp-survey/snapform/P01707/communitycovenant.htm and will be live until 30 September 2016.



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 with drink and biscuits included. Aimed at 55s and over. (All films are subject to change).

Thursday 4th August -

Love and Friendship (U)

Cast: Kate Beckinsale, Chloë Sevigny

Director: Whit Stillman

I Saw the Light (15)

Cast: Tom Hiddleston, Elizabeth Olsen

Director: Marc Abraham

Thursday 11th August -

Gods of Egypt (12a)

Cast: Brenton Thwaites, Gerard Butler

Director: Alex Proyas

Love and Friendship (U)

Cast: Kate Beckinsale, Chloë Sevigny

Director: Whit Stillman

Thursday 18th August -

Sing Street (12a)

Cast: Ferdia Walsh-Peelo, Aidan Gillen

Director: John Carney

Gods of Egypt (12a)

Cast: Brenton Thwaites, Gerard Butler

Director: Alex Proyas

Thursday 25th August -

Mother's Day (12a)

Cast: Jennifer Aniston, Julia Roberts

Director: Garry Marshall

Sing Street (12a)

Cast: Ferdia Walsh-Peelo, Aidan Gillen

Director: John Carney

MONDAYS @ 8.15pm

More 'what is it' than 'whodunnit'

Fancy a film but not sure what you want to see? Then try our Mystery Movie Monday! You won't know what it is until it starts! It could be a classic you love or a gem you have never seen; perhaps even the first screening of an upcoming film. The fun is in the discovery and it's only £4 per person. Look out for clues on our Facebook page and on Twitter @parkwaybeverley

Most screenings will be 15 and over only. However, and this is a big clue, some will be over 18 only due to content.



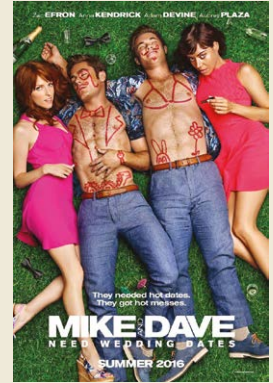
These are the films that will open in August. All films subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



5th August



5th August



12th August



12th August



12th August



19th August



19th August



19th August



26th August



26th August

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YOUR NEW INDEPENDENT CINEMA



EVERY SUNDAY AT 5.30pm

Films and documentaries from around the world for those with an independent spirit and inquiring of mind.

Sunday 7th August -

When Marnie Was There (U)

Cast: Sara Takatsuki, Kasumi Arimura
Director: Hiromasa Yonebayashi

Sunday 14th August - To Be Confirmed

Sunday 21st August -

Summertime (15)

Cast: Cécile De France, Izia Higelin,
Noémie Lvovsky
Director: Catherine Corsini

Sunday 28th August -

Chevalier (18)

Cast: Vangelis Mourikis, Nikos Orphanos,
Yorgos Pirpassopoulos
Director: Athina Rachel Tsangari

Suicide Squad Competition

This month's competition is to win Warner Bros. Suicide Squad goodies and a pair of Parkway Cinema tickets to any film of your choice.

The goodies are:

- Baseball cap
- Glow in the dark playing cards
- Set of 10 character face fans
- Tech decals
- "Worst Heroes Ever" T-Shirt



There are also 4 pairs of runner's up tickets courtesy Parkway Cinema, Beverley.

To enter the competition, just answer the following question:

'In Suicide Squad, this acting superstar and multi-platinum recording artist stars in the role of Deadshot - aka Floyd Lawton - the best marksman in the world. He's a two-time Oscar nominee for his performances in Ali and The Pursuit of Happyness, and will next be seen in the Warner Bros. Pictures and New Line Cinema's drama Collateral Beauty. Name this actor!'

Email your answer to info@justbeverley.co.uk by Tuesday 16th August. Please include your name, address and daytime telephone number. See page 3 for full terms and conditions!

The new version of Swallows and Amazons updated for a new generation!

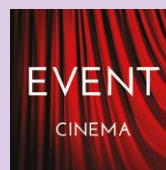
Many older readers will have enjoyed Arthur Ransome's classic novel Swallows and Amazons, followed the radio programme in 1999, seen the film from 1974 or even followed the 1963 TV series (yes, it was that long ago!).

It's an old-fashioned story of two families of children, the Walkers and the Blacketts, and their adventures in the Lake District sailing 2 dinghies called Swallow and Amazon. The children agree to join forces to fight the 'enemy', the Blacketts' Uncle Jim Turner, known as 'Captain Flint' (after the character in Treasure Island) who is writing his memoirs and has become unfriendly. There is a competition to see who is going to be the leader of the group, during which strange voices are heard. In this version, not to give anything away, one of the key characters becomes a suspected Russian spy with mysterious shadowy figures trailing him, inspired by the writer himself, who we now know was an MI6 spy and was possibly even a double agent for Russia!



Most of the filming was done in the Lake District, but Yorkshire also features - Plumpton Rocks to be exact. The film stars Kelly MacDonald, Rafe Spall and Andrew Scott and has the full support of the Arthur Ransome Society. **Just Beverley** thinks this is a film which will appeal to young and old alike because it is a rollicking good adventure story!

Bring out the lemonade and ginger beer! The film opens on August 19th.



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.

TICKETS NOW ON SALE

Tuesday 9th August at 6.30pm -
GLYNDEBOURNE: BEATRICE ET BENEDICT

Thursday 1st September at 7pm -
**NATIONAL THEATRE LIVE:
THE DEEP BLUE SEA (12a)**

Thursday 15th September at 6pm -
**THE BEATLES: 8 DAYS A WEEK - THE
TOURING YEARS Plus World Premiere Event**

Thursday 15th September at 7.15pm -
TURANDOT ON SYDNEY HARBOUR

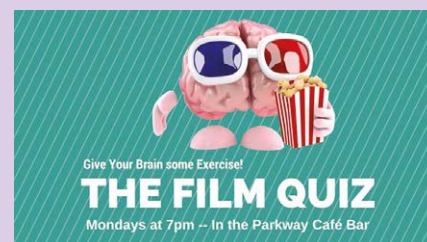
Thursday 22nd September at 7pm -
NT LIVE: THE THREEPENNY OPERA

Monday 26th September at 7.15pm -
ROYAL OPERA HOUSE: NORMA

Wednesday 28th September at 7pm -
**ROYAL SHAKESPEARE COMPANY LIVE:
CYMBELINE**

Tuesday 4th October at 7.30pm -
**THE AUSTRALIAN BALLET: SLEEPING
BEAUTY**

Wednesday 12th October at 7pm -
**ROYAL SHAKESPEARE COMPANY LIVE:
KING LEAR**



Why not test your film knowledge at 7pm before the Mystery Movie Monday?

There are free film tickets for the winners!

50 Golden Years of Guest and Philips

Beverley was a very different place fifty years ago when Michael Guest and his wife Anne established Guest and Philips or Michael Philips as it was then called.

In 1966, Beverley was a comparatively small rural town with a livestock market every Wednesday (the cattle market was where Tesco is now located) which brought the farmers and their wives into town, making it a busy day for the shops.



Most of the shops were privately owned in those days. Thursday was half day closing, which meant Beverley was almost deserted on Thursday afternoons. The internet wasn't invented until 1969 so life was very different!



Michael Philips was opened in one half of the building on Saturday Market which had been The White Swan public house. Michael worked for a chain of jewellers before opening his own business, on August 1st 1966, a move which wasn't popular with his then boss! But people liked the couple and the business thrived.

In 1975, Anne opened a gift shop called 'Design' next-door-but-one in a property which had been occupied by Tiplady's Port Butchers. A few years later, the Guests were able to acquire the dry cleaners which separated them, enabling the three properties to be incorporated into one store.

In the year 2000, the kebab shop at 25 Saturday Market became vacant, allowing for further expansion. Visitors to the shop can still see that it is made up of four different properties knocked through allowing for separate departments for watches, gifts, jewellery and repairs.

The business is now run by Michael and Anne's children, Philip and Karen.

Karen told **Just Beverley**: "Because we are located in such an old building, we have had a couple of incidents with ghosts. Prior to the White Swan being built, the site was occupied by the Bishop's Palace of a Franciscan Friar and we clearly upset something when we knocked through. Mike from the Watch Department, who is probably the most level-headed of all of the staff came down from upstairs one day and said 'I've just been passed by a monk - full cassock, everything', and then just carried on with what he was doing!

"Some of the staff won't go upstairs in the dark because we have another ghost which wanders round from window to window.

It's the ghost of a stable lad, wearing a white shirt and waist-coat with shirt-sleeve holders around his arms. Although there was no stabling at The White Swan, there was at The White Horse, The Green Dragon and the Dog and Duck. The ghost seems to be looking out for someone."

Guest and Philips has expanded over recent decades. They now have a presence in Pocklington and Cottingham as well as opening their new boutique store at Flemingate.



They have welcomed clients from all walks of life into their stores, as well as some famous people.

Karen said: "One day a big, black, chauffeur-driven Mercedes pulled up outside. The chauffeur opened the rear door of the car and out stepped Jeffery Archer! He wandered into the shop and had his watch-battery changed, just like a normal customer!"

Styles of jewellery have changed immensely over the years. Gate bracelets and Cameo brooches have been replaced by branded names such as Links of London or Georg Jensen although antique and period jewellery is extremely popular.

The Market Place store is a virtual Aladdin's cave of stunning period and classic pieces in gold and silver with diamonds and pearls. Karen is a diamond and antiques specialist so there is always something special if more modern designs are not to your taste!

The watch department now has a Cartier 'shop in shop' soon to be followed by Omega and Gucci



refits. The brand portfolio also includes Hamilton, Seiko, Longines, Daniel Wellington and Boss. Flemingate has a Swatch shop, too!

There are celebratory events planned for the 50th anniversary of this much-loved local store and the people behind it, who are so much part of the fabric of Beverley.



Michael, Philip and Karen have all been presidents of the Beverley and District Chamber of Trade, Michael is an MBE for services to the community in Beverley and has recently been awarded Honorary Freemanship of Beverley.



As to the future, **Just Beverley** wishes the Guest family all the very best for the continued success of this wonderful business.

**Guest and Philips Jewellers, 23-25 Saturday Market, Beverley HU17 8BB.
Tel 01482 882599/882334.
and
23a Flemingate Centre, Chantry Lane,
Beverley HU17 0PW. Tel 01482 881001.
www.guestandphilips.co.uk**

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STORM
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VIRTUE
LONDON

GPO

RETRO FURNITURE DESIGN

Bronzallure

THE raphael
COLLECTION

Thomas Sabo

BREMONT
CHRONOMETERS

BREUNING

LALIQUE

LJ
LAPPONIA
JEWELRY



GUEST & PHILIPS



Cartier

CARTIER - LADIES 'CLÉ DE CARTIER' 40MM,
18CT. ROSE GOLD & LEATHER WATCH

LONGINES

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LINKS
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GUCCI

DW
Daniel Wellington

UNOde50

MY iMenso

TROLLBEADS
THE ORIGINAL SINCE 1976

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HUGO BOSS

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PULSAR

DALVEY
— 1807 —

GEORG JENSEN

HAMILTON
THE AMERICAN WATCH SINCE 1851

MONT
BLANC

HALCYON DAYS



1966

2016

ANNIVERSARY

GUEST & PHILIPS STORE LOCATIONS

SATURDAY MARKET, BEVERLEY... FLEMINGATE BEVERLEY...

MARKET PLACE, POCKLINGTON... FINKLE STREET, COTTINGHAM

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One Year At Flemingate

Students and staff at East Riding College are celebrating the end of their first year at the new Beverley campus at the Flemingate Centre.

The £14m campus opened in September 2015 after a 12-month construction project led by Hull firm Houlton and has proven a huge success.

The first academic year has seen enrolments increase by more than 15 per cent - with applications for 2016/17 significantly higher again - as well as one of the best Ofsted inspection reports in the country this year.

Principal Derek Branton said: "Our first year in the new campus has even surpassed the very high expectations we had.

"Having such a modern learning environment really inspires students to aim high and, as Ofsted remarked, it provides the industry standard equipment that they will be using in the world of work.

"We are delighted that the increased visibility and accessibility of the College has resulted in increased enrolments and to have such a glowing Ofsted report was the icing on the cake."



Ofsted inspectors graded the College as "good" under the new, tougher inspection regime, with student behaviour and welfare, and courses for adults being classed as "outstanding".

Inspectors praised the "culture of high expectations", the outstanding learning facilities and the close alignment of its courses with the skills needs of the local economy.

Their glowing report also highlighted well qualified tutors who are role models for students, high levels of positive progression into employment and further study, and the ambitions of the Principal and senior team which staff are highly motivated to achieve.

The new location has also seen the College's restaurant, hair and beauty salon and travel agent, all of which are open to the public, becoming very busy with paying customers.

The Energy Technology Centre, which is part of the campus, has also become a very popular conference and events location for businesses and regional and national organisations.

For more information about the College, visit www.eastridingcollege.ac.uk or call **0345 120 0044**.



OUTSTANDING for adult courses, personal development, behaviour and welfare - Ofsted

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• Apprenticeships and pre-apprenticeships • Adult education

Drop in at our Flemingate campus to enrol or pick up a prospectus call **0345 120 0044** or visit www.eastridingcollege.ac.uk

East Riding College
BEVERLEY • BRIDLINGTON • HULL

The Little Gift Shop

There is a wonderful little shop now open on Wednesday Market which is full of lovely, quirky, often 'one-off' home-made crafts which you would usually expect to find at a craft fair - only now they are in a shop!

There are clocks; bespoke cards; pottery; glassware; jewellery; candles; cosmetics; figurines; teddy bears; owls and hedgehogs; tea-light holders; mugs and jugs; wine glasses and wine bottles; vases; plaques and cushions; stained glass; photo frames; Ashley and Burwood oil lamps; original prints and pictures and much, much more. It really is an Aladdin's cave!



What's more, many of the crafts are made by local artists and craftsmen and women: John Hood, Amanda Newell, Natasha Sharp and Amanda

Rose Designs to name but four. And much of that which doesn't come from the locality is made within 40 miles of Beverley!

Owner Rosie Steele said: "This is a dream come true for me. I love going to craft fairs but time is precious and I often don't have the time to go to them. So I've brought my favourite crafts to this Little Gift Shop in Beverley. I can cut down costs for my suppliers which I can pass on to customers, so everything I have in the shop is very reasonably-priced. That means people can treat themselves as well as buying these crafts as gifts for other people.

"I can also take commissions and customise gifts for all occasions. If you would like a card for a special event, I can arrange that! Want a drawing of something? - then I can organise a commission with the artist who creates the fabulous prints I sell. In fact, come and have a chat and I am sure I can co-ordinate whatever it is you have in mind." Call Rosie on **07902 678885**. Find her on Facebook at **The Little Gift Shop Beverley**.



Glow Tanning Studio

Beverley can now boast its own state-of-the-art tanning studio with the latest luxury, spacious stand-up and lay-down beds.

The beds have their own ambient lighting, cooling systems and are voice-controlled. What's more, they are compatible with android, iOS, Bluetooth and mp3 devices, so you can listen to your own music or radio station whilst getting a tan. Owners Sarah Whitfield and George Smithson stress that the machines offer a safe tanning solution to the people of Beverley. They meet all the new legal requirements for tanning at 0.3watts/m2 (in the past sunbeds were of a much higher wattage) and can be used for starting a tan before going on holiday or topping up a tan. There is currently a 20% offer for new customers.

You can find Glow at **6, Saturday Market, Beverley HU17 8BB. Telephone: 01482 762763**. Opening hours are M/T/W 10-7; Th/F 10-8; Sat 10-5 and Sun 10-3. Find out more on their website **www.glowtanningstudio Beverley.co.uk** and follow them on Facebook **/glowtanningstudio Beverley**.



Nicola King, the new Norwex Lady

Norwex is an international company, started in Norway in 1994, which has just launched into the UK. Its vision is to improve quality of life and make your home a safe haven by reducing the use of the harsh and dangerous chemicals used in traditional cleaning products.

Household pollutants negatively affect the environment (did you know that air quality in the home can be 70x more toxic than outside?) so Norwex's research has produced cleaning cloths and cleaning products which do not use chemicals. Households spend between £225 and £370 a year on cleaning products - by using Norwex cloths and products you could save up to 90%! You can also save on time as the products are so effective which improves efficiency.

Norwex's range of antibacterial, microfibre cloths means that 90% of household cleaning can be done only with water. How is this possible?

Nicola King, who is the local consultant for Norwex told **Just Beverley**: "Microfibre was invented in Scandinavia. Norwex use microfibre embedded with Baclock™ (silver) which 'grabs' dirt and grime but is also antibacterial, so it leaves a clean surface without the need for cleaning products or bleaches.

"The silver microfibre has self-purification properties, too, so cleaning the cloths only requires a rinse out with water. All the microfibre products have hanging tags, so you just hang them up to dry. Using Norwex products have saved me time as well as money!"

Nicola says that most of her cleaning is taken care of by using the ENVIROCLOTH™ which is available in 4 different colours so the cloth can be kept for different jobs.

There is a KITCHEN cloth, a WINDOW cloth, DUSTING MIT and DUSTING WAND for cleaning and dusting any surface all infused with Baclock™. There is also a mop system which is claimed to be more effective than a steam mop which can be used for windows as well as floors.

There is a full catalogue of microfibre products on the website along with chemical-free, hypoallergenic cleaning products, laundry drier balls, a make-up range and more. Do give Nicola a call if you would like more information about Norwex. You can order via Nicola or through the website. Norwex is also sold by party plan - as Norwex is new to the area, you could be one of the first to find out how you and your friends could make your homes into a safe haven!

Telephone: 07976 902227
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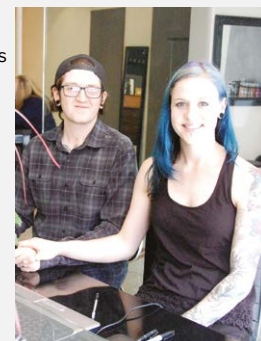
Tom Browns Tattoos

The classy studio which has just opened at 16 Lairgate could be mistaken for an artists' studio - and that is, indeed what it is. Tattoos are now high fashion and are worn by people from all and any walk of life. More than 1 in 3 young people now have a tattoo and body inking has become a career choice.

Tom Brown has been in the industry for 3 years and qualified as a licensed tattooist for the past 2. He served his apprenticeship in Beverley and has now branched out, along with colleague Michael Aaron Sanders, into this beautiful space where anyone who would like a tattoo, or is considering getting a tattoo, is most welcome to pop in.

Tom considers himself an artist who transfers his drawings onto skin. Using the latest technology, cartridges and vegan inks, the whole process is 'softer' than in the past. Yes, they can be painful, but Tom advises his clients on how to minimise the discomfort and look after the tattoo once finished to prevent it scabbing. Tom is able to offer tattoos in many styles and colours - he can mix colours to get the exact shade required - and can incorporate old tattoos into new designs.

Tom Browns Tattoos also offers body piercing. Tom's partner Andrena Hargreaves is a qualified piercer; she also assists as Studio Manager and front-of-house.



Tom Browns Tattoos is at **16, Lairgate, Beverley HU17 8EE**. Tel: **07507 966810** or **07884 271290**. Email: **tombrownstattoos@gmail.com**
Facebook: **Tom Browns Tattoos**

Legal Q's and A's

Every month, Just Beverley invites a local team of legal experts to answer a question to which we don't know the answer.

This month, the question concerns rights of access.

Q. My neighbours and I have a right of access, shown in the title deeds, over our back gardens. Now a builder has built on the land so that we cannot get to the unadopted road behind our properties. They put fences up, we take them down, and they put them back up again. They just put the phone down on us when we call them. What do we do?

Coles the Solicitors have provided the following response.

A. You should see a solicitor about this as soon as possible. You may be able to get an order from the court for the building to be removed and to re-establish your right of way. Is the builder working for a neighbour or on a development of his own? Either way your battle over the fence should have prompted him to sort out the legal issues. Pretending a problem doesn't exist doesn't make it go away.

If you have a question you need to know the answer to, why not give **Coles the Solicitors** a call?

They are located in the very heart of Beverley at **22, Lairgate, Beverley HU17 8EP**, telephone **01482 231300**.

Check out their website www.coles-law.co.uk

Incontinence - a taboo subject

It might be a subject which many of us do not want to talk about, but incontinence can be a problem for many people of various ages and for various reasons either temporary or permanent.

There is no need for anyone to feel that they have lost their dignity! You can lead the life that you feel that you want to with the discrete help of the type of products discussed below.

One of the major side effects of incontinence for those who are bed-ridden is damage caused to bedding and mattresses. There are also some children have problems with bed wetting which can last for a number of years. One of the ways of dealing with these is to use waterproof bedding and bed pads. Both of these come in different sizes. There is also an option of a duvet protector and mattresses cover which are both waterproof and which form an envelope around the item they are covering. This means that life of your mattress or duvet will be lengthened. It may be that rather than sleeping directly on waterproof bedding or bed pads, these could be put underneath a normal fitted bed sheet which would keep them in place and it would only necessitate the need to wash the sheet being laid on rather than all of the bedding.

Other uses for bed pads are on the floor to soak up spills from any liquid which may fall on the floor. They are particularly useful for underneath a commode. Disposable incontinence products can also be used by more able-bodied people underneath their normal clothes. These include pull-ups, which have an elasticated waist and are pulled up like normal underwear. There are also side fastening pads which use sticky pads at either side around the waist. If you prefer to use your own underwear then there are male and female pads which are attached using sticky fastening into your own underwear or alternatively you may wish to use disposable stretchy pants.

There are also a number of urinals which are available. These include male urinals, female urinals and unisex urinals with lids. The unisex urinal is available in adult and child version which can be used as and when needed by opening out the concertina and when emptied they concertina back to be small enough to fit into a handbag. The concertina urinal is particularly useful on day trips out so that there is not the anxiety and distress when unable to find a toilet.

Paul and Anne from Fox Mobility (formerly Allmobility) on Walkergate in Beverley can provide all of these products. **Telephone: 01482 887799.**

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Would a Vegan Lifestyle suit you?

**So what is a vegan and why go vegan?
What are the benefits of a vegan lifestyle?**

A vegan is someone who does not consume any animal products, meaning they do not buy or use any products which have inflicted any harm onto animals (e.g. testing for cosmetics and producing food and clothes).

We hear a lot about the greenhouse gases produced by transportation, but did you know that a staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture.

18% of greenhouse gases are caused by dairy and meat-producing animals themselves in the methane they produce as a bi-product of metabolism; methane being three-times more dangerous to the atmosphere than carbon. (Report published by the Worldwatch Institute).



A recent United Nations report concluded that a global shift toward a vegan diet is necessary to combat the effects of climate change.

Have you considered how you get your daily pint of milk?

The truth behind your milk carton is shocking.

A cow produces milk when it is expecting a calf, in the same way as a human produces milk for a baby.

After birth, the calf stays with its mother for a few days to stimulate milk production and is then taken away from its mother. The mother cow is then milked artificially by the farmer and the milk sold for human consumption.

Can you even imagine the emotions you would feel when having your child taken away from you?

Humans are the only species which drink milk from another species, mainly because we are able to digest it well into adulthood.

But just because we can doesn't mean that we should when the way in which we acquire the milk is so damaging to the animal and the environment.

The benefits of a vegan diet are endless; however, the main benefit is on your health and sense of wellbeing. Stopping eating animal protein can boost energy levels, clear the skin and improve digestion dramatically, although the benefits vary from person to person.

Becoming vegan takes commitment but there are places in Beverley and beyond where you can eat as a vegan and shops which sell vegan-friendly goods.

Give it a try, it will change your life. And help make the world a better place.

Sarah Clayton runs SaRaw's Food which can be booked for catering at events, sells food as an independent stall-holder and t-shirts to promote a vegan lifestyle.



Sarah can be contacted through her **Facebook page - Sarah Clayton (SaRaw's Food)**.



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Positive thinking can change your whole life!

Are you a glass half-empty sort of person? Are you the sort of person who always thinks the worse of any situation? Do you talk yourself out of doing something just because it might hurt you physically or emotionally? Do people avoid you because you are such a doom-merchant? Then read on - life can be so much more satisfying and fun!

Thinking governs emotions as well as actions. Thoughts are the result of interactions between brain chemicals and nerve synapses - processes just like moving a limb or digesting food. But negative thoughts trigger the amygdala which sets off the stress hormone reflex which makes us want to run away from or fight whatever has caused the negative thought (or freeze like a rabbit in a car headlight so that the cause won't see us anymore).

Accompanying the stress hormone reflex are negative emotions - often the stimulus for a negative thought - and the resulting behaviours which further drive the stress hormone response. Frustration can lead to adult versions of a child's temper tantrum (the phrase 'throwing your dummy out of the pram' comes from children who are frustrated because they cannot do what they want to do); disappointment can lead to adopting coping strategies such as smoking and drinking to deal with the resulting stress and perceived rejection can cause people to retreat 'under a shell'; all can lead to isolation.

Negative emotions can be so intense they can not only ruin your outlook on life, which can become narrow and self-centred, but affect the way you conduct your relationships. Continued negative thinking causes neural pathways to be

strengthened so you can get into a self-pitying rut. Fortunately, there is a way in which you can free yourself of this misery.

Positive thinking creates new neural pathways, leading to an open mind which can take in more of its surroundings, understand more of what is happening out there in the big wide world, increase our ability to see the bigger picture and realise that we are just a tiny part of creation. When we understand the effect our mind-set has on other people then we can appreciate why negative thoughts create behaviours which take us away from others - because others really don't want to be exposed to your negativity!

Positive attitudes and thoughts lead to positive, can-do emotions. And reduced levels of stress! So when the impossible seems, well, impossible, reframe the situation so that you can see possible solutions. 'I can do this' becomes your mantra instead of 'I can't do this'.

Remember what Henry Ford said: "Whether you think you can do a thing or whether you think you can't, you are probably right!" Tell yourself you can and you will! Being able to see that the impossible is possible is a great confidence-booster, not only to you but to the people around you. After all, if you can do it, then why shouldn't they? Limit your own ability and you can limit other people's ability, too.

Positivity helps you to see the good in yourself. Too often we practice self-deprecation - which can lead to us seeing the faults in others. This can lead to gossip and other destructive behaviours. No-one is perfect but everyone has strengths. Isn't it much nicer to see the good in



yourself and in other people, working together, harnessing their positive traits and being constructive rather than criticising and causing bad feeling? Positive people are like magnets - they draw others to them because it's much more emotionally satisfying to be with people who see the world as a fun place to be than with those who have a chip on their shoulder. So think positive thoughts, smile and, yes, the world will smile with you!

If you need some help with positive thinking, stress management or any coping strategies you may have adopted to deal with negative events in your life (such as drinking too much, smoking, over-eating) hypnotherapy and life-coaching can help. Do give me a call for a chat - it will be in the strictest confidence!

Happy August,

Linda

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Parkway Cinema Beverley establishes itself in just 6-months

Can you believe that Parkway Cinema is only just over 6 months old? In such a short time it has become a leisure venue for children and adults alike.

Being fans of film here at **Just Beverley**, it has meant we have been able to see more new releases than ever. We were interested to find out which were the most popular films.

We asked General Manager Cliff Baillie for the Top 5. They are:

- 1) **Star Wars: The Force Awakens**
- 2) **Dad's Army**
- 3) **The Jungle Book**
- 4) **The Secret Life of Pets**
- 5) **Eddie the Eagle**

3D films are particularly popular as there is no extra charge (beyond buying a pair of reusable glasses) unlike other cinemas in the vicinity. However, Parkway Cinema is not all about blockbuster movies! Event Cinema which brings opera, ballet, concerts and drama, many of the screenings streamed 'live', has been amazingly successful as it offers an experience which was not available in the past. 'Beverley in Film' was a sell-out as was the screening of the earliest surviving animated film, 'The Adventures of Prince Ahmed' with live accompaniment for the Puppet Festival. There is more ballet, opera and Shakespeare coming in the autumn.

Thursday morning Senior Screen welcomes up to 150 of the more mature amongst us to choose between 2 recent films and enjoy a natter, brew and biscuit all for £4.

It has now become entrenched in the Parkway week with regulars seeing it as a social occasion!

There is also a 'Lucky Seat' draw where one person in each showing wins a bag of sweets and a free ticket for the next week!

Engaging with the local community is enhanced by the Mystery Monday Movie! Quiz clues are published on Facebook (and **Just Beverley Facebook** page) and Twitter and create plenty of banter as movie-goers try to work out which film it could possibly be!

No-one knows except Cliff as to what the film is until it is shown at 8.15pm on Monday evening after the Film Quiz. The Film Quiz and Mystery Monday Movie are becoming more and more popular as people look forwards to something different on the first working day of the week.

The future is really bright for Parkway, because of its foresight in making Screen 6 an actual stage, with full lighting, PA, dressing rooms and seating for 259, including 3 wheelchair spaces. So coming soon is Tailgate Theatre with 2 plays, comedian Alfie Moore with his stage show and, in December, Beverley's own professional pantomime, Aladdin, starring Joe Maw from Tracy Beaker!

Cliff is really pleased to see the Cinema Café now being used as a destination in its own right and the function room hosting more meetings and parties (£170 for up to 40 attendees and their own private film show). Highlight of the parties has to be the appearance of Parkway Penguin who joins in with the party games!



The Cinema has hosted 3 successful charity nights and will be the new home of Beverley Film Society as of September, further increasing its engagement with the community. It now employs 29 people, including 3 managers and Cliff and as it becomes ever more successful, might have more job opportunities.

Parkway Cinema is located at Flemingate, Beverley. Find its current programme at <http://justbeverley.co.uk/cinema-times> or at <http://beverley.parkwaycinemas.co.uk/> where you can also book. **Telephone: 01482 968090.**





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Update on Flemingate

We know it's summer, but Flemingate is already working with Hull based company Agility Events, which has over 30 years' experience of themed events, performance management & theatrical performances, to create its first Christmas Grotto for 2016.

The Grotto which has a Disney theme is likely to be some 11 meters wide by 8 meters high and 9 meters deep with animation and characters involved throughout the Centre. The high impact grotto will be take the form of a bright and colourful Disney Castle with Disney characters who will interact with children both in a specially constructed performance area on the set and throughout the Centre. Dates will be announced shortly, but this is another first for Beverley! Here's an artist's impression on what it might look like!



Teenage Market Revisited!

June's Teenage Market proved to be such a great success that Flemingate is exploring the possibility of having a further event later in the year in conjunction with the FSB and East Riding College.

The free event, aimed at giving young creative traders and talented performers the opportunity to try out new business ideas, showcase their entrepreneurial skills, and sell their products in a real marketplace environment was very well received when it launched Humber Business Week earlier this year.

The original event attracted some 7,000 people on the day with one Beverley resident commenting: "Something regular like this will really draw crowds to Flemingate. Every time I walked past from early morning to late evening it was jam packed with spectators and shoppers. The feedback I got on Sunday evening was that something like this could potentially boost trade for every business." If the event does go ahead, it'll likely be held toward the end of August or the start of September.

It's Competition Time! Can you find Dory?

Flemingate has lost Dory and her friends! Can you help us find them? They can be very hard to find sometimes as they move very quickly and love to play hide and seek around the centre.

To coincide with the release of Finding Dory at Flemingate's Parkway Cinema, 11 of Dory's friends have been hidden in the shop windows around the centre (... although 1 is hiding inside one of the shops).

To win a **family cinema ticket for 4 people** for a film of your choice at Beverley's Parkway Cinema, a **£15 voucher** to be spent in store at The Entertainer and a **cinema poster** for the Finding Dory film all you have to do is find the 11 friends and colour in the drawing on the reverse side of the application form.



When you're happy with your drawing just return the form to **Parkway Cinema, The Entertainer or Deli No.1** at Flemingate by Sunday 14th August 2016 for your chance to win. The lucky winner will be announced on social media on Monday 15th August 2016.

The competition kicked off at Deli No. 1 at Flemingate on Saturday July 23rd where face painter

Sarah Knowles helped children get into the spirit of the competition by turning everyone into one of Dory's friends.

Summer Celebration at the Entertainer

On Saturday 27th August you'll have the chance to meet Star War's Darth Vader and a number of his Stormtroopers at The Entertainer in Flemingate.

Early visitors can expect in store giveaways, with face painting or balloon modelling throughout the day. May the Force be with you!



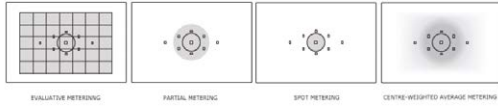
Understanding In-camera Metering

DSLRs have the ability to meter the scene you are photographing and is called "Metering Mode", or simply "Metering". Knowing how metering works and what each of the metering mode does is important in being able to get the correct exposure, whether you are using manual mode or one of the automatic modes such as AV mode.

1) What is Metering?

Metering is how your camera determines what the correct shutter speed and aperture should be, depending on the amount of light that goes into the camera and the sensitivity of the sensor. There are several modes to choose from depending on your camera brand.

- Evaluative Metering (Nikon call it Matrix)
- Centre-Weighted Average Metering
- Spot Metering
- Partial Metering (only in some Canon EOS cameras)



As you can see from the diagrams, depending on which metering mode you select the metered results can be quite different.

2) Matrix / Evaluative Metering

Matrix or Evaluative Metering mode is normally the default mode on most DSLRs. You should use this mode for most of your photography, since it will generally do a pretty good job in determining the correct exposure. It works by assessing the whole scene to give the correct exposure.

3) Center-weighted Metering

Using the whole frame for determining the correct exposure is not always desirable. Center-weighted Metering evaluates the light in the middle of the frame and its surroundings and ignores the corners. Compared to Evaluative Metering, Center-weighted Metering does not look at the focus point you select and only evaluates the middle area of the image.

4) Spot Metering

Spot Metering only evaluates the light around your focus point and ignores everything else. It evaluates a single zone and calculates exposure based on that single area, nothing else. Spot metering works great for back-lit subjects, lets say the sun is behind the person you are photographing, using Spot Metering will only measure the exposure on the persons face ignoring the bright sunlight behind, resulting in perfectly exposed subject but with over exposed background. Partial Metering is basically the same as spot metering only it covers around 8% of the view finder in the center vs 3.5% in Spot Metering.

Burton Electrical Solutions (BES) - a local company with the community at heart

BES is the sort of company that strives to ensure great service for its customers in Beverley and the surrounding villages by developing rapport and trust, treating people as more than just customers. Electricity can kill and Andy says he would much rather be called out than put lives at risk.

His mantra is 'loose wires cause fires'. He told **Just Beverley**: "I've known people try to change a lightbulb without switching the electricity off at the switch! But anything more than that and the electricity should be turned off at the mains. If you have any doubt at all, call out an expert."

Andy is an expert in domestic electrical systems. He works as a contractor for local new-builds but probably prefers working with individual house-holders - anything from total rewires, to electrical inspections, to extensions, to portable appliance testing (such as electric blankets) to putting lighting into gardens. Andy said: "Heating faults are sometimes caused by electrical issues - pumps are powered by electricity as is the programmer and the system sometimes just wears out."

"People tend not to think about electrical systems wearing out yet its good practice to have a periodic inspection and report on your property. It's like an MOT for a car but it's not mandatory, just ensuring your safety. If you were a landlord, you would need a regular electrical check; if you had an extension you would need an installation certificate so an inspection just gives you peace of mind." As an approved apprentice trainer, Andy keeps up-to-date on all new legislation, equipment and trends and any work is insured. He goes the extra mile to fit in with your requirements and availability (within reason) but above all, he likes a challenge.

"Old houses usually need a complete re-wire" said Andy, "but larger, sprawling, older properties sometimes have multiple systems which need maintenance. With these properties, the circuit diagrams are often missing so it takes a bit of detective work. Fortunately, most people's houses are less complicated but just as important. I really love my job as each day is different and I never know who I am going to meet. It's just lovely when I get repeat business and my clients then become friends."

If you have an electrical issue which needs Andy's expertise, do give him a call. Telephone: 07585 601730. Email: info@burtonelectricalsolutions.co.uk

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Dream Doors Beverley celebrate their 2-year Anniversary

Andy and Terri Wilkinson established their franchise on Swinemoor Lane in a shop which needed total refurbishment to display the 8 kitchen ranges currently on show.

In 2 years, their business has grown from strength to strength as they have increased their head-count; they are now looking to expand their territory!

Terri told **Just Beverley**: "The beauty of Dream Doors is that we can accommodate whatever the client wants. From a door swap or new worktops, to a full kitchen refurbishment or a bespoke redesign with made-to-measure carcasses and doors of any shape and size, we have endless choices.

"There are 8 ranges on show at the moment but the available range extends far beyond what is on display. Choose a colour, choose a design and get the kitchen you dream of!"

Just choosing a worktop can be mindboggling! There are tops in laminate, DuPont Corian, wood and quartz. Handles are chosen after the doors have arrived as they can 'finish' the kitchen. Dream Doors are members of Checkatrade; they have received many great reviews and scores for the quality of the products they install and their customer service.

They use a select team of local electricians, fitters, plumbers, plasterers and tilers who work together with designer Andy and installation manager Richard.

Terri says: "We take care of the installation from start to finish so there is less mess, less hassle and the whole process runs like clockwork. We make a great team! We can find solutions to problems our clients haven't considered, saving them time and money. Clients love being able to see a design on the screen before it is fitted so they can tailor those finishing touches to their dream kitchen.

"We give honest, trustworthy, reliable service and look forward to achieving great results for even more people!"

Dream Doors is at **Swinemoor Lane, Beverley. Telephone: 01482 861653. www.dreamdoors.co.uk**



Mums can be more worried than their kids when they move school...



September rolls round and we see all the Facebook status updates about 'my kid starts big school today', the cute pictures comparing the start of primary school with the start of secondary school, parents lamenting the passing of time, they are no longer needed for the school run and all that jazz! Well that was me last September when my son, Alex started at Beverley Grammar School.

I began to wonder what impact 'big school' would have on Alex. He didn't settle well in primary school, but after the year six transition day he was actually looking forward to going to the Grammar School. Wednesday September 9th 2015 came around very quickly; I walked with Alex to school for the first day. The boys were met by the Student Support staff and they were directed to the school hall where they would be welcomed by the Head teacher followed by the beginning of their first full day of lessons. Us Mums and Dads on the other hand stood around the gates, for what was likely to be the last time, chatting about how much the boys had grown up and here they were on their way to making new friends and learning new things.

Beverley Grammar School have a 'Bring your parent to School' week for all years 7's towards the end of September. I got to see what actually goes on in school. It was fascinating to be there right in the thick of things. Walking in the halls between lessons could have been quite intimidating, all these big boys and little ol' me, but it wasn't at all, the boys were respectful and polite, and they were like this in lessons too! Beverley Grammar School push the boys in their care to be the best they can and because of this Alex actually enjoys going to school now. Well, almost, it is still school after all!


Louise Barrett.

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Hard Water Horrors?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water, limescale, soap scum, streaks and spotting... the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances, it's only natural to want to keep them sparkling and pristine. The one guaranteed way to do this in our hard-water county, is to find the correct water softener for the property and get it installed as soon as possible.



Once installed, a professionally-specified unit will protect plumbing, showers and appliances and keep everything working at peak efficiency and performance year after year. Amazingly, the softener's activities don't stop there! It will also undo the previous years of scale build up in existing plumbing and appliances. Over a period of 6 months or so, it will gently dissolve away the built-up limescale. Cleaning and care for your kitchen and bathroom is so much easier with a softener! There's no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

Many people ask how they will find room for a water softener, as the perception is that they are large. Well, yes, they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side! However, the good news is that there are now compact, non-electric "consumer range" softeners that are the size of a tower computer, superbly efficient and stylishly-designed to blend in.

Modern softeners no longer need electric power; they are kinetically powered by water flow and are pre-set by our skilled installers to give perfectly soft water all of the time, with no dials to set or flashing lights to look out for. It's all perfectly simple, perfectly soft. There's no need to be moving big heavy bags of salt around either, nowadays. 4kg compressed salt blocks are now available for certain units, which makes storing and replenishing salt much easier. Salt can be delivered direct to your door or picked up from our Hull store as required.

The benefits of a softener listed above, though, won't be the main reasons why most softener fans would not be without theirs. They would almost always say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry!

For more friendly, unbiased advice and information, just call Dave Parry at: **Greens Water Services, 647 Anlaby Road, Hull HU3 6SX** please phone to check opening hours

Telephone: 01482 351 769. Email: d.parry@water-systems.co.uk

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In the garden...

August, like July is a month where we continue to bear the fruits of our labours from earlier in the gardening year and relax in the garden.

The weather will be similar to that of July, although the days will be noticeably shorter and there will be a chill more often than not in the evenings and we start to see the first signs of autumn towards the end of the month - leaves starting to turn, seed heads appearing on flowering plants and very still mornings with a heaving dew.

Tasks and Tips for August...

- **Water all containers every day and feed regularly.**
- **Arrange holiday care for your garden if you are going away** - try and arrange for a friend or neighbour to come round and water your containers, if you have vegetables ask them to 'help themselves' to produce too! If they can't come every day, take steps to cut down on watering requirements by moving all containers and hanging baskets out of the sun as far as possible - also larger containers require watering less frequently so, if you know that you go away a lot invest in some larger containers. Clay pots can be stood on trays filled with wet gravel. If you have a very elaborate summer display with window-boxes and hanging baskets, it would be worth considering installing an automatic watering system controlled by a timer or self-watering systems (or make your own from plastic bottles and hose as I've done, there's plenty of information on the web).
- **Lightly trim hedges and Lavender bushes once the flowers have finished** (this isn't essential and finches love the seeds).
- **Pick courgettes whilst they are still small and tender.**
- **Pinch out tomato side shoots and runner beans when they reach the top of the cane.**
- **Prune raspberries and gooseberries after fruiting.**
- **Mow the lawn before going on holiday** - don't give it 'a short back and sides', because if there is a dry spell while your away you'll return to a 'brown lawn'.
- **Roses** - stop feeding them as any lush new growth will not have time to ripen before the winter. Prune the long old stems of rambling roses when they have finished flowering, leave those that have not flowered this year to bloom next summer.

That's all for now - have a lovely time this August whether you're away or spending time at home, if you get chance maybe visit some gardens for inspiration in your own patch.

Until September, J.

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



OneWorld Travel - Visit Asia, Visit Vietnam

Graceful, historic Hoi An is Vietnam's most atmospheric and delightful town.

Once a major port, it boasts the grand architecture and beguiling riverside setting that befits its heritage, but the 21st-century curses of traffic and pollution are almost entirely absent.

Hoi An owes its easygoing provincial demeanor and remarkably harmonious old-town character more to luck than planning. Had the Thu Bon River not silted up in the late 19th century - so ships could no longer access the town's docks - Hoi An would doubtless be very different today.



For a century, the city's allure and importance dwindled until an abrupt rise in fortunes in the 1990s, when a tourism boom transformed the local economy. Today Hoi An is once again a cosmopolitan melting pot, one of the nation's most wealthy towns, a culinary mecca and one of Vietnam's most important tourism centres.

This revival of fortunes has preserved the face of the Old Town and its incredible legacy of tottering Japanese merchant houses, Chinese temples and ancient tea warehouses - though, of course, residents and rice fields have been gradually replaced by tourist businesses. Lounge bars, boutique hotels, travel agents and a glut of tailor shops are very much part of the scene here. And yet, down by the market and over on Cam Nam Island, you'll find life has changed little. Travel a few kilometres further - you'll find some superb bicycle, motorbike and boat trips - and some of central Vietnam's most enticing laidback scenery and beaches are within easy reach.



Read more: www.lonelyplanet.com/vietnam/central-vietnam/hoi-an/introduction#ixzz4F4aafcy



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Brexit - A view on the VAT implications

Discussions over the last few months have increasingly turned to Brexit and its implications. People have very different views on this topic and I've tried to remain impartial.

Much of the discussions with clients have focused on the short term implications for the housing market and for exchange rates and the stock market. Businesses that trade with companies based in the EU will be experiencing fluctuations in the currency markets, particularly the dollar and the euro. There is uncertainty, and the financial markets don't like this.

Tax is never far from our discussions and Brexit has already had a very direct impact on UK tax policy. Whilst there were announcements in the Budget in March and the Finance Bill was published as usual in April, Royal Assent isn't likely until October.

What this means in practice is that tax measures have been announced as being effective already but they still need to be approved by Parliament. At this time the way new tax measures will be implemented is not clear and in some ways it is tempting to sit tight and wait until the latter part of 2016 to see the full implications. Changes to taxes remain possible (and, in truth, are likely) and none of this helps business planning.

It is not just about the short term though. Clients are interested in the impact of the EU on UK tax policy in terms of understanding longer term implications of Leave or Remain.

The obvious tax that will be affected is VAT. Over the next couple of years there will no doubt be a

major review of our current VAT rules and there may be opportunities to change things for the better. VAT rules are extremely complex and some areas are in need of change.

One of the conditions of EU membership is to operate a common VAT system, based on EU VAT law. Leaving the EU means that the UK will be free to change its VAT rules, or even scrap them altogether. However, given that VAT is the UK's second-biggest source of tax revenue, we shouldn't expect drastic cuts.



After exiting the EU the government will be free to introduce new VAT rates for certain goods or services, which is not currently permitted under EU law. The government is likely to take the opportunity to reform specific areas of VAT law which are currently problematic.

For example, businesses making exempt sales are restricted on their recovery of VAT suffered. The partial exemption rules of VAT affects businesses in the education, financial services and insurance sectors. Many businesses in these sectors are trading at a disadvantage to their competitors due

to these VAT rules and some kind of revision to the complex calculations would be welcome as well as a reduction to the level of irrecoverable VAT.

Some aspects of the UK's VAT rules will have to change on exiting the EU. The UK will lose its intra-community trading status.

This will mean that goods being bought from markets in the EU will be treated as imports and exports, which will be subject to customs controls. Transactions will therefore be liable to import VAT and possibly customs duties.

Overall, this will increase the complexity of trading relationships and result in additional costs for UK businesses. Goods purchased from the EU will no doubt appear more expensive due to the VAT implications and this will have a knock on effect on the consumer.

Larger businesses may look to establish a presence in an EU country to continue to benefit from the EU single market VAT rules but this is likely to be unrealistic for smaller businesses.

A benefit of this is that the UK sourced goods could be cheaper than the equivalent imports and local businesses could benefit from this in the long term.

The impact of Brexit on the services industry may be less complicated. It is likely that over the next two years there will be major revisions to UK VAT law and the way our trade with the EU is accounted for.

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Tank Heroes Mini Tanks - from Beverley to the BBC and beyond!

In 2010, whilst sat in his Beverley home, Bren Taylor had an idea for something different. A team-building experience which anyone could take part in, a driving experience for thrill-seekers, an entertainment for events and parties, something eye-catching for publicity shots and more. This was when Tank Heroes Mini Tanks was born.

Tank Heroes Mini Tanks are extremely rare bespoke miniature tracked vehicles which look like miniature tanks. Take the tank shell off, and there is a very agile tracked platform capable of covering any surface in any weather, which can be used in many different applications. The tanks are controlled just by two levers which means that even people with lower limb disabilities find it just as easy to control as able bodied drivers; this is unique.



Tank Heroes quickly found its feet providing entertainment at major events including Waddington International Airshow, Eastbourne Airbourne, Weston-Super-Mare and Southport Air Shows. It has been involved in corporate and organisational team-building events throughout the UK, private events and parties and is now contracted by some of the biggest events

organisers in the UK to provide this amazing driving experience.

For example, it has headlined BBC Radio 1 DJ and recent 'Top Gear' host Chris Evans' Carfest for 3 years and entertained a string of celebrities including Sophie Ellis-Bextor. Tank Heroes caught the eye of Sky 1 HD 'A League of Their Own' and as guests at Elstree Studios, was featured as the chosen mode of transport for Jamie Redknapp, Freddie Flintoff and comedian Jack Whitehall.



Bren told **Just Beverley**: "Jamie Redknapp picked it up straight away. However Freddie Flintoff found it a little more challenging. It was such a surreal occasion! We were told off at one time for disturbing the filming of Holby City which was happening upstairs!"

Tank Heroes Mini Tanks has just signed a contract to provide Scout UK with Mini Tank Driving for the next 3 years at most of their major events throughout the year, something which is not only good for business but great fun for 1000's of Cubs and Scouts.

Locally, Tank Heroes Mini Tanks entertains clients

and parties at a site in Wawne which boasts 5 acres of especially-designed woodland with hills, dips, craters and even trenches to explore. It's also not uncommon on occasion for the land owner to bring out his collection of real tanks during parties too!

Bren said: "East Yorkshire has a distinct lack of Team-building companies. Most of our bookings are for clients in the Southeast and London area, but why not here? We want to shout out to companies in the Hull and East Riding who are looking for something different. We can provide management and work-force development in a fun-filled manner, which also gives them the opportunity to let off steam!"

Tank Heroes have provided Mini Tanks for weddings, proms, birthdays, product launches, publicity stunts and fundraising as well as for corporate days.



There are numerous opportunities in which Tank Heroes Mini Tanks really come into their own.

If you would like to find out more, check out the website www.minitankheroes.com and contact Bren by email at bren@minitankheroes.com



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Competition - Win a Mini Tanks Adventure!

Tank heroes Mini Tanks are offering 2 people (8 years and older) a 45minute drive at the 5 acre adventure site in Wawne.

All you have to do to win this amazing prize is to **identify the celebrity in the tank** in the photograph below.

Send your answer to info@justbeverley.co.uk by Tuesday August 16th. Include your name, address and daytime telephone number. Full terms and conditions are listed on page 3 of this magazine. Good luck!



Exclusive First Look at Minster Cycles' Specialized Electric Mountain Bike

When people think of an electric bike they usually picture a small, strange looking cycle that is mainly used by the older generation. Seeking to break the stereotype, Minster Cycles has recently stocked a modernised electric mountain bike; the first of its kind in the UK.

The *Specialized Turbo Levo* combines the rider's leg power, a lithium-ion battery and a direct-drive motor to give the rider a unique biking experience. In short, as the rider rotates the pedals the battery powers the motor, making the wheels turn faster to assist the rider and give them a 'turbo boost'.

The amount of assistance the rider gets from the electric motor can be adjusted manually by pressing buttons on the frame of the bike. Also, due to its innovative and unique style the bike can be connected with an app called *Specialized Mission Control*. Riders can use the app to fine-tune the bike's settings, customising different characteristics like acceleration response and maximum motor output. The app even logs bike rides and lets the user set a course so the bike can fine-tune itself to fit the rider's needs.

What about looks? In this day and age, most people would agree that the way a bike looks is just as important as how it performs; this bike certainly makes the grade.

Sporting a matte-black *Specialized* aluminium frame, the *Turbo Levo* looks slick, stylish and some would even say futuristic. The motor is built in to the frame and is not visible, making the bike easy on the eye.

The thick tyres and 27.5 inch wheels keep the



bike steady and make it able to traverse even the harshest terrain.

The main problem people have with electric appliances is battery life. When e-bikes were first introduced they had lead-acid batteries, the type that is common in electric cars. These batteries are fast disappearing, being replaced by lithium-ion batteries which take less time to charge and

last longer. The *Turbo Levo* takes 3.5 hours to charge or 7 hours if the travel charger is used.

Just Beverley was lucky enough to test the bike out. This was the first time we had ridden an electric bike - the first thing we noticed was how comfortable the seat was!

Pete Goldthorpe told **Just Beverley**: "You expect the motor to be noisy but it is almost silent. The only thing you can compare it to is the feeling of being in a car that speeds up quickly and really pushes you back into your seat."

Electric bikes have been popular outside of the UK for quite a while now. In the 1990s the e-bike market boomed in China; there are now more than 200 million of them there!

The market for e-bikes in Europe is also growing. 400,000 e-bikes were sold in Germany in 2014 and in Holland the number sold was close to 120,000.

However, the UK is still lagging behind as estimates say only around 25,000 e-bikes are sold here each year.

For more information on the *Specialized Turbo Levo* or other bikes and accessories visit: www.minstercycles.co.uk or call **01482 867950**.

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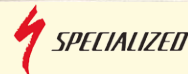


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New Flight Training School to be opened in 'Ginger' Lacey's Honour

Beverley Airfield at Leven has been the home of Hull Aero Club for the last 25 years. The Club was originally based at the Hull Municipal Aerodrome at Hedon where Amy Johnson landed on her return from her record-breaking flight to Australia on August 11th 1930.

She was greeted by a sea of fans, well-wishers and the Mayor and Mayoress of Hull and made a speech about her journey which attendees still remember!

The opening of a new flight training school is a rewarding moment for the privately-owned aero club and, after significant investment, is just one of the recent improvements made at the airfield. However, the club members, who all contribute to the success of the Club, will feel very proud on August 20th when the school is officially opened by 'Ginger' Lacey's daughter, Min, who has kindly agreed to allow her father's name to grace the school.



Squadron Leader James Harry 'Ginger' Lacey DFM and Bar and Croix de Guerre, was a WW2 Spitfire pilot who shot down 28 enemy aircraft, damaged 9 and contributed to the demise of 5 more. He was on duty on the first and last days of the war. He was one of the highest scoring pilots at the Battle of Britain.

Ginger was a Yorkshireman, born in Knaresborough, who lived and died in Bridlington. He was a flying instructor at the Yorkshire Flying School before the war. He remained in the RAF until 1967 after which he ran his own air freight and flying school business in Bridlington. He died at the age of 72 in 1989. There is a commemorative plaque at Bridlington Priory Church, but naming the Hull Aero Club flight training school after him is so fitting as training others to fly was such an important part of his life.

The new training school has two multi-use briefing rooms with the latest audio-visual equipment which brings a new experience to flight training and ground school activities. There is also an extension to the Clubhouse planned to welcome more flying and social members, guests and visitors.

The Aero Club plan a real celebration on the day the Ginger Lacey Flight Training School is opened on August 20th, as it also coincides with the anniversary of Amy Johnson's incredible achievement. Called 'Wings and Wheels' there will be a 40's themed event with static displays of aircraft and vehicles; flying displays including The Battle of Britain Memorial Flight; helicopters; vintage aircraft; bar, food and refreshments; re-enactments and more. There will be a band performing, too!

The fun starts at 10am with flying displays at 1pm (although there will be vintage aircraft arriving before then). Please be aware that flying is all subject to weather conditions.

There will also be the opportunity to take pleasure flights in a Harvard T6 vintage aircraft and Jetranger Helicopter, and 40s dress is optional!

Beverley Airfield is always welcoming to visitors who might wish to take a pleasure or trial flight in one of the club aircraft or a microlight. With the new training school opening at our own airfield, now might be the time to fulfil one of those dreams you might have of learning to fly - you will be flying with the spirit of 'Ginger' Lacey in the wind beneath those wings!
www.hullaeroclub.co.uk

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Static displays - 40's Vintage Car Group, Motorcycles, Tractors, Re-enactment Group and Amy Johnson Festival.
Aircraft static flight line displays including Spitfire and Messerschmitt.

PAY FLIGHTS - Rapide and Harvard vintage aircraft and Helicopter pay flights available, pre-book or pay on the day.

AIR DISPLAY - BBMF Hurricane, Spitfire, Dakota, Rapide, Harvard, Westland Scout, Search and Rescue Helicopter, Parachute drop, RC Models.

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Charity Champions

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The Beverley Singers

The Beverley Singers are a singing group with a difference! They are all retired ladies and gentlemen who sing for the pure pleasure of singing - and raising money for charity. They held a 'Round the World Concert' at Toll Gavel United Church on Armed Forced Day, June 25th, which raised £1200 for Help for Heroes.

Musical Director Ann Dixon, Pianist Margaret Thompson and the 80-strong choir (for which there is a waiting list!) meet every Monday at 2pm in the schoolroom at Toll Gavel Church. There is no audition, no need to be able to read music or even a need to be able to sing in tune - but hearing this choir with their infectious repertoire of classical to pop, you would not know that the members are not fully-trained choristers, especially as The Beverley Singers belong to the National Association of Choirs.

The Beverley Singers are always happy to hear from people who would like to join their waiting list or who would like to book them to sing. Give Diane a call on **01482 866065**.

Steve Royle - Beverley Golf Club's Steward with award-winning skills

Steve and his wife, Jayne, have been at Beverley and East Riding Golf Club for 7 months and have already gained a great reputation for their food.

They both have lots of experience of working in the catering industry, especially at golf clubs, although Steve first started his life working with food as a chef at the impressive Portman Hotel in London.

After 3 years at the Portman and studying at Westminster College, Steve, who hails from Keighley, decided to learn more about cooking with seafood. He landed a job as 2nd Chef at The Red Rose Restaurant in Jersey and became Head Chef within a year - at the tender age of 21! Whilst at The Red Rose, he won the Channel Islands' Salon Culinare, the most prestigious annual competition for chefs.

The Salon Culinare is held over 2 weeks, with mystery judging of dishes as well as testing of culinary knowledge. In the Channel Islands, every restaurant enters, so competition is fierce. Steve won the Gold Award with 3 Caps - an amazing achievement. Steve was in great demand for his culinary skills and spent almost 18 years in the Channel Islands, working at different restaurants, learning new skills at each one. But for a bit of light relief, Steve got his Class 1 HGV license and gave up the kitchen for the open road. He worked as a driver for the next 12 years, visiting 89 different countries.

Steve told **Just Beverley**: "I've been to the Middle East, Russia, Siberia, everywhere. My favourite country is Thailand; the people are so friendly

and they have a great way of life with the weather. I don't like the food, though! I guest-cheffed in Thailand at the Holland Tulip Resort, which introduced them to something very different to traditional Thai food."

Steve was tempted back to catering in 1998 when he was asked to become a Relief Manager at a Golf Club. He met Jayne in 1999 - she lived 50 yards away! - and they became the team they are today, travelling the length and breadth of the UK as a Manager and Manageress team.



The permanent vacancy at Beverley came up at just the right time as Jayne felt it was time to be more settled. Steve and Jayne's reputation has followed them! They are already putting on 'specials' nights for members and Sunday lunch once-a-month, to which non-members are welcome. Sunday lunch is £15.00 for a 3-course meal with a choice of 3 starters, 3 mains and 3 sweets, which is great value, especially as the beef is roasted strip-loin!

Contrary to popular opinion, Beverley Golf Club is not a 'closed shop'. Being a playing member costs £520/year but being a social member is only

£20/year, which gives additional benefits, such as discounts at the bar as well as access to the 'specials' nights. However, the club is available for private function hire for meetings, weddings, Christenings and funerals to non-members.

Buffets start at £7.50/head but there is space outside for barbecues - whatever the customer wants, Steve and Jayne can accommodate. As Steve says: "People eat with their eyes! Our aim is for all our food to have the WOW! factor." There are other changes afoot at the Club which are enhancing its draw to more local people. The new golf studio is already attracting those who would like to have a go at golf but don't want to go out on the golf-course, or wish to improve their swing, and there is excitement about the new Snainton Golf shop coming very soon. There are plans to refurbish the Club house, possibly change the license and Sunday lunches will soon be on every Sunday. The next 'specials' are an Italian Night on September 3rd (7 courses for £25) and a Steak Night on September 30th.

As Steve says: "Beverley and East Riding Golf Club really has an exciting future. With Stewart Fraser and Michael Durcan as the Pros, the best views in Beverley from this fabulous golf course, a forward-looking committee and great facilities, Jayne and I really think we have landed on our feet. Even though we're not locals, everyone has been so welcoming that it really does feel like home."

To find out more about Beverley and East Riding Golf Club, call **01482 867190**, email **golf@beverleygolfclub.karoo.co.uk** or check out the website **www.beverleygolfclub.co.uk**

Golf with Stewart Fraser

We know that Assistant Golf Pro at Beverley Golf Club, Michael Durcan, didn't qualify for the British Open, but he did get through to final qualifying at Glasgow Gailes Golf Course. I caddied for him. This is his story!

We arrived in Scotland full of excitement and looking forward to the challenge that lay ahead!

We arrived at the course early. It was overcast and quite a windy day - perfect on the links ahead. The Royal and Ancient set up is so professional. You are greeted on arrival, get your yardage chart and all necessary information and then invited to the driving range for a warm up. They even provide the balls - such a nice professional touch. We played our practice round with a young amateur from Lancaster.

We had to decide the best strategy to play the course. It was hours of work to fine-tune the game and work on the shots I thought I would need, where to position the ball off the tee and get a feel for playing the firm links turf. The Gailes is one of the best tests of links golf around.

15 minutes down the road is the Royal Troon Golf Club which hosted the Open this year. Stewart and I headed down there to walk the course. I had played it in 2012 in the British Amateur Championship but it was good to go and get a feel for it.

The following day was the big day. We got an early start (5am alarm call!) as I was in the 3rd group off at 7am and wanted to get to the course at 6am to warm up.

Despite the fact I was looking forward to the round, I struggled off the 1st tee and caught a lot of bunkers. I chased a lot to try to get the dropped shots back which led to unforced errors.



Between rounds, I headed to the driving range to try to find answers. Round 2 and I was off to the perfect start! A tap-in birdie on hole 1! I actually played worse off the tee in round 2 but was proud of how hard I fought to shoot the best score. My chipping and putting were good which meant I shot a respectable score.

Looking back, I was a little too aggressive off the tee. But it was great experience and to get this close to the Open has given me confidence and belief in what I am doing. With help from Stewart and a mind coach, I am transforming my short game, which has been a weakness.

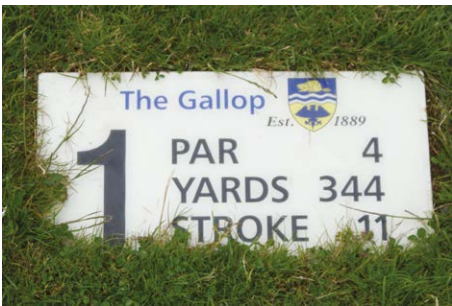
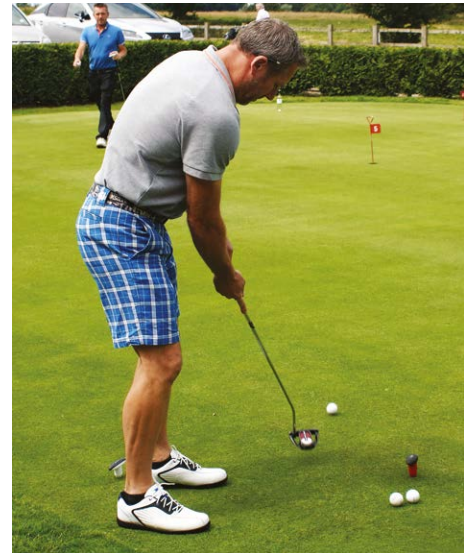


To compete against guys like Colin Montgomerie was great experience and I will be back for more next year! A shot which I use a lot when playing links golf is the low punch shot to try and control your ball flight in the wind. Hit this shot like this:

- Grip a little down the grip
- Position the ball a little further back in your stance
- Take a club extra (i.e. with less loft, instead of say a 7 iron, a 6 iron) and swing easy as this reduces the spin on the ball. The more spin the ball has, the more likely it is for the ball to balloon up into the wind.

Michael Durcan.

Beverley and District Chamber of Trade Annual Charity Golf Day



Tales from the Racecourse - a Day for the Ladies

There's huge excitement around the racecourse as Ladies' Day approaches. It's been in the planning for a whole year and finally, it's here!

The first Ladies' Day was in 1994 when Clerk of the Course, John Cleverley, thought a special day for ladies might be something a bit different. Who would have imagined what a great success such an event would turn out to be? Not me!



When John first told me he wanted to hold a Ladies' Day, I thought: "This won't last". How wrong could I have been? It has become one of the biggest events in the Yorkshire racing calendar!

It started off as a fairly quiet affair, but in the last 15 years since Chief Executive Sally Iggulden took hold of the reins, there is a real party atmosphere. There's competitions for Best Dressed Lady, Best Dressed Man and Best Hat.

There's a fashion show, music and more dining options. And great racing!

On the actual day, there's a real buzz about the place! We start early in the morning - ground staff, plumbers, electricians, caterers, cleaners and office staff - all wanting to show off the Racecourse at its best to the 10,000 people who will be coming, all wanting to make the day a great success.

Race-goers arrive into Beverley mid-morning. Pubs, cafes and shops are busy - with several ladies probably still searching for that 'special' hat or pair of shoes! By late morning, the crowds start arriving at the Racecourse, the ladies all looking stunning in their outfits and looking forward to a great day out.

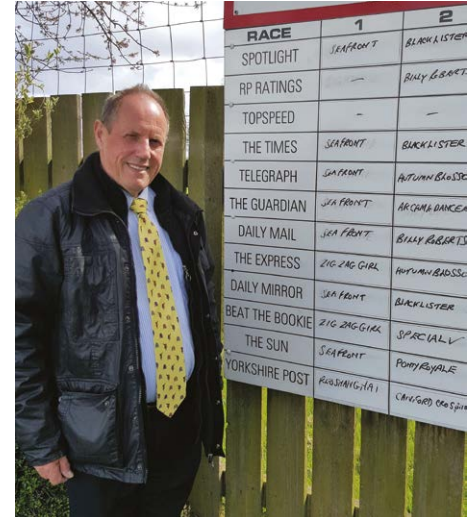
This is when I wish I was 21 again! The fashions have changed somewhat over the years but everyone looks fabulous.

By 2 o'clock things are well on their way. There are large queues forming in front of the bookmakers as well as the beer tent. Some ladies bet on every horse in a race just so they can shout their horse on to win! You certainly need your ear-plugs as the noise as the horses reach the winning post can be deafening.

Whilst all of this is going on, I'm getting on with my job in the Weighing Room, but taking a sneaky peek outside every now and again to watch the ladies tottering past in their high heels and getting stuck in the mud - it's all part of the fun!

Sometimes we even get ladies trying to get into the Weighing Room, thinking it's a bar. Thankfully, we have some very diplomatic doormen who will point them in the right direction.

At the end of the day, a processions of race goers, some shoeless and others penniless, head towards Beverley. They've had a great day out and are happy and some may even be a few pounds richer.



Maybe one day we should have a Gentlemen's Race Day. In the meantime, I hope to see lots of you there, in your finery, on Wednesday August 10th for that very special Day. Don't forget to have a go at Beating the Bookie!

Colin Stamford



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Evans Halshaw Identifies Top Summer Road Trips for Beverley Drivers

Vauxhall retailer Evans Halshaw is encouraging families to take to the road and make the most of the school break with its Summer of Fun Top Five guide to attractions across Yorkshire.

With the long holidays stretching ahead, this handy list identifies some of the best places to visit to keep the whole family entertained without breaking the bank.

For families in Beverley, the guide highlights some of Yorkshire's gems that are a little off the beaten track or in picturesque locations - making for a scenic and enjoyable road trip.

Aron Brown, Dealer Principal at Evans Halshaw, said: "Going on a day out should be fun from the moment you get in the car, so we wanted to highlight some of the best places to visit during the school holidays. From getting closer to nature to understanding more about our local heritage, this handy guide should offer something for all the family.

"At Vauxhall our range of vehicles is designed to make the journey as enjoyable as possible, so for families looking to upgrade their in-car experience this summer we'd encourage them to visit the showroom to see the spacious Mokka and check out our connected car system, OnStar - available on selected models, which makes entertainment instantly accessible while you're on the road."

VAUXHALL SUMMER OF FUN TOP FIVE - YORKSHIRE

Clifton Park and Museum

With relaxing gardens, a museum, play park and water splash area, there is something for all the family at Clifton Park.



Staithes Beach

The eminently photographic fishing village of Staithes is thought by many to be the prettiest on the east coast. Sitting within the shelter of the harbour and backed by the seafront is a small sandy beach, which is popular with families.



Mother Shipton's Cave

The magical parkland was once home to Mother Shipton, but now welcomes children of all ages to explore the history and adventure of this beautiful setting. With adventure playgrounds, kid's trails, unique geology and heritage to explore, there's plenty to entertain the family.

The Forbidden Corner

Near Middleham, Forbidden Corner is a unique labyrinth of tunnels, chambers, follies and surprises in the heart of the Yorkshire Dales.



Military Adventure Park, Scarborough

If it's real adventure you're looking for and something out of the ordinary, then the new Scarborough theme park attraction where you can try your hand at tank driving, shooting range, crossbow range, laser battle and an assault course is perfect.

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Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO₂ emissions (g/km). Vauxhall Corsa range: Urban: 38.2 (7.4) - 76.3 (3.7), Extra-urban: 58.9 (4.8) - 94.2 (3.0), Combined: 48.7 (5.8) - 88.3 (3.2). CO₂ emissions: 133 - 85g/km.

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PUZZLE PAGE

The funny things they say...

Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

4			3			6
		1		7		
8	7	6		4	3	1
5		1			8	9
	2					6
3	4				1	5
7	3	2		9	6	8
		3		6		
1			7			4

Wordsearch

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

AIRPORT
 BEACHES
 DESTINATION
 EUROPE
 HOLIDAYS

HOTEL
 SANGRIA
 SUITCASE
 SUMMER
 SUNCREAM

My sister is expecting a baby, I do not know whether I will be an aunt or an uncle

Well either side could win it or it could be a draw

He used to be fairly indecisive, but now he's not sure

Watch the time. It gives you an indication how fast they are going

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



"Will this hurt?!"

Competition Winners



The winner of the Yorkshire Soap hamper is **Rachel Winter from Walkington**. She picks up **Just Beverley** in her local Walkington Costcutter. She said 'I look forward to getting **Just Beverley** and having a good read! I pass it round the family - we all enjoy it'



The winner of the main prize in our cinema competition this month is **Kath Ward from Cottingham**. She picks up the magazine from Market Cross Newsagents. She told **Just Beverley**: "I really like coming to Beverley and **Just Beverley** magazine helps me enjoy it even more!"

The runners-up prizes have been won by **Ellie Jones from Hull**, **Mike Pickering from Leconfield**, **Pam Young from Grimsby** and **Emma Fox from Nafferton**. There were more entries for the competitions than ever before. Thank you to everyone for entering and for those who didn't win, better luck next time! You can find this month's competitions on pages 7, 17 and 25.

For The Body You Deserve

You really can change your body for the better without having to train like an athlete. With the right diet and just 30 minutes of muscle toning exercise each day, you can tighten, tone and strengthen your musculature without the need for expensive equipment or a Personal Trainer!

Gymophobics use a system is called "Resisted Tension" which is so different from conventional workouts that it is protected by a Trade Mark. Every month, Gymophobics will share some of their secrets with us so you can gain the figure you always wanted.

Cardio vascular exercise will never get you the figure you want. 'Cardio' is all those exercises which are designed to get your heart pumping such as jogging on a treadmill, exercise cycles, rowing machines even aerobic classes to music. That's not to say that you shouldn't do any cardio as it will get you fit and help you avoid a heart attack, but as far as figure improvement and weight loss goes, cardio is a waste of your valuable time!

To lose weight you need to burn more calories than you eat or drink. Cardio does not burn that many calories. One hour's non-stop jogging at a brisk pace will burn around 800 calories depending on your own body-weight, which sounds quite a lot.

But when you consider that you need to burn 3,500 calories to get rid of just 1lb of fat, that's an awful lot of jogging.

So unless you want to train like an athlete, there are easier ways to tighten and tone your body.



Resisted Tension can help you lose inches in all the right places and give you a 'lean & mean' figure' that will look great in a swim suit.

In the meantime, try this tummy toning exercise each morning when you get out of bed. In just two or three weeks you will see a noticeable difference.

The Tummy Tuck

Standing with feet apart, lean forward and hold onto the back of a chair for support.

Now exhale and pull in your tummy at the same time. Pull in your tummy as hard as you can both in and up. Now hold that position for the count of seven (seconds) and then relax while you take a breath.

Repeat that exercise 8 times on day one, which you may find surprisingly tiring. On day two repeat the exercise 9 times and so on, increasing the number of repetitions each day (if possible) up to 20 repetitions.

If your tummy muscles feel too sore don't be afraid to rest them for a day.

Finally, here is a diet tip to follow. For the next two weeks, put less food on your plate. Don't change your diet at all, just reduce your portion size.

The result may surprise you so remember to weigh yourself today and in two weeks' time.

This will show that it is not just what you are eating but the amount that may be the issue that needs addressing.

Beverley Gymophobics can be contacted on **01482 864414**. Find the Beverley gym at **24, New Walkergate, Beverley HU17 9EE**.

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British Classic Cars - the Triumph TR6

The subject of this edition is the venerable Triumph TR6, with the 6 telling us how many cylinders it has. It can certainly make its presence heard, giving out a lovely distinctive burble to impress the neighbours!

The TR6 is often referred to as the "last of the hairy chested sports cars" and who can deny that as you admire one passing by. It is a rare sight on our roads though, today, with only just over 8000 of the 94,000 odd built staying in this country.



At the time, it brought in a lot of much-needed foreign currency for Great Britain. It was launched in 1968. Production ceased at the end of 1976, when it was replaced by the rather angular TR7.

I know of one particular model which was

built as a left-hand drive model, which left our shores to stay with its first lucky owner in Texas.

The lack of salt used on American roads has undoubtedly contributed to the longevity of the car, which was repatriated in the 1990s.

On arriving back into the UK, it was given a thorough restoration, which included a full respray, although the original black leather seats still bear testament to how many burgers the original owner consumed!



Having fewer horsepower than its UK-bound brothers (as was usual in 1972) doesn't mean that this car is a slouch - it can still show a clean set of tyres to more modern rivals if it wants to at the traffic lights!

The lack of (optional) overdrive does not reduce the thrill of driving it, either.

The warm Texan climate and the fact that it has been fully undersealed mean that its current owner can take the car for a spin around its new home town of Doncaster, proud in the knowledge that he is driving a true British classic, having been cherished, cared for and brought back to the country of its birth.



Rule Britannia!

Carfan is the pseudonym of **Just Beverley's Classic Car** expert. He's a member of the East Yorkshire Thoroughbred Car Club www.eytcc.org.uk where he shows his Aston Martin DB716 Coupe. Some of you might think you know the true identity of Carfan - but we're saying nothing!



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Grace Christiansen - the young actor, singer-songwriter is heading north!

Cherry Burton's Grace Christiansen has landed a part in a John and Elizabeth Godber play, which includes music written by Ruby Macintosh.

This means she can use her acting, singing and playing talents in a single production. And what's more, the play is being premiered at the Edinburgh Fringe!



The play, *Ruby and the Vinyl*, plays at White Belly from 4th - 28th August. It's about two students who meet at a vintage shop in Hull and bond through their obsession with box sets. Reality and fantasy merge as they find it harder to separate truth from fiction.

The songs are inspired by music from the 50s.

Grace is currently studying Drama and Theatre Practice at Hull University. She heard about auditions for the production through the Hull University Facebook page.

Having studied John Godber's plays whilst studying for A-levels at Longcroft School of Performing Arts, she was really keen to meet him; being able to audition for a part was a bonus.

Grace told **Just Beverley**: "The opportunity to meet John Godber was something I was not going to miss! Even if I hadn't got the part, I would have met and chatted to a fantastic playwright. When I was informed I had been given the part, I was both scared and excited.

"I've performed in plays such as Jerusalem by Jez Butterworth and Alice's Adventures in Wonderland but this has thrown me in at the deep end. I'm now working with a professional theatre company, can use my musical skills and experience the Edinburgh Fringe all at the same time!"

Grace has wanted to perform from being quite young. She was taught to play guitar at the age of thirteen by her Grandfather, Ted Parker and has written her own compositions, some of which she released on an album on iTunes, called 'Three Corners'.



At the age of 18, she won Hull Daily Mail's Star Search and has sung at gigs, festivals, weddings and parties. She now plays a variety of instruments and can perform in a variety of different styles and is becoming very popular on the local music scene.

But the acting bug is getting to her and Edinburgh calls. For those of us who won't be able to get up to Scotland to see her, let's hope the play is reprised in Beverley so we can enjoy it!

If you would like to book Grace to perform at a party or wedding, she can be contacted through her **Facebook page Grace Christiansen Music** or email: **christiansen@outlook.com**



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www.rumisrestaurant.co.uk
Mon - Thurs: 5.30pm - 11.30pm
Fri - Sat: 5.30pm - 12am
Sun: 5.30pm - 11pm

Vegan Chickpea Curry

Ingredients:

- 1 tablespoon coconut oil (without flavouring)
- 1 large red onion, chopped
- 1 large tablespoon of curry paste of your choice
- 1 large can coconut milk
- 1 can of chickpeas, drained
- 1 head of cauliflower, washed and in split into florets
- 1 box of tomato passata
- 1 large can of chopped tomatoes
- 2 medium-sized sweet potatoes, chopped
- 1 bag of kale, washed and with stalks removed, or spinach, washed
- Salt and pepper to taste
- Naan bread or rice to serve.

Method:

Fry the onion in the oil until soft in a large, non-stick soup pan. Pour the coconut milk into a separate bowl and add in the curry paste. Mix well. Pour over the onion. Add the passata and tinned tomatoes. Add in the sweet potatoes and cauliflower. Cook for 15 minutes or so. Add in the chick peas and cook for a further 15 minutes. Add the spinach/kale and cook for a further 15 minutes. Adjust seasoning and serve with naan bread or rice.



TRICYCLE by John Fewings



*I love to ride a bicycle
There's nothing like a bike
But it's not half as nice
As my first childhood tricycle
Through wind and rain and icicle
I loved to ride that trike*

*My Dad made a set of lolly-stick-clackers
On the back wheel of that trike
They sounded like high speed maracas
They would scare off any attackers
They would drive the neighbours crackers
When I rode by on my bike*

*I'd ride it like a boy possessed
Ringing the bell as much as I like
Mrs Next-door says I'm a pest
She's off indoors to have a rest
I'm off to explore the Wild West
As soon as I've saddled my trike*

*I'd gallop along the grassy track
With all the things I'd need of course
Crammed in the tin box at the back
A string lasso, a gun(!) I'd pack
Indians won't dare attack
As I gallop along on my horse*

*Sometimes I'd turn much too fast and I'd crash
I'd lay there - pretend I was dead*

*... ..
But nobody bothered to check out the smash
Burn my body and sprinkle the ash
Solicitors didn't claim oodles of cash
I just got up and played on instead*

*I'd pedal like a crazy loon
To get my rockets burning
"I'm heading off towards the moon!
"Don't worry, Mum - I'll be back soon
"Though it might take me all the afternoon
"If I miss my turn returning"*

*Yeah - I love to ride a bicycle
There's nothing like a bike
But it's not half as nice
As that first childhood tricycle
I'll say it once, twice, thricycle
What fun I had on that trike!*

John Fewings is a member of the Argy-Bargy Poets and a presenter on Beverley FM. Find out more about John on his website: www.johnfewings.zone

Cheryl Murphy, Pets and their Behaviours

Beverley-resident Cheryl Murphy and her pet Golden Retrievers are famous in the world of dogs. Tilly, who is 13½ advertises Loxicom™, which is used for the alleviation of pain and inflammation and Sinoquine™, which is used for joint health. Ruby (4) advertises Snuffle Mats™ as does one of her daughters, Nellie (3 months).

Tilly and Ruby have also featured in doggy magazines and books, and are now featured in a book on pet behaviour for which Cheryl has taken all the photographs.



International Pet Behaviourist Kate Mallatrott saw Cheryl's work on her website, www.cam-ography.co.uk. Cheryl works with animals in their own natural environment, which appealed to Kate, who believes animals much prefer to be outside when they wish to be, running free, rather than always cooped up in the home.

Kate wanted to write a book about separation anxiety which can affect dogs left alone. Dogs should never be left for more than 4 hours, but sometimes it is difficult not to leave your dog for a short period of time. Although there are books on the subject, Kate wanted to approach the issue from the perspective of prevention, rather than trying to cure the problem of stress once the dog has been affected. Dogs with separation anxiety have been known to destroy homes due to their innate desire not to be apart from the pack. One solution is to use a crate, which becomes the dog's sanctuary, which is explored in the book; but there are other suggestions.

Kate used over 80 of Cheryl's photos to illustrate the points which she wanted to enhance. Cheryl told **Just Beverley**: "I found it very challenging and rewarding working with Kate and am very grateful for people who allowed me to photograph their dogs. We have credited the dogs rather than the owners in the book, but many of the owners gave up a huge amount of their time while I got that perfect shot of their pet."



The book '*Home Alone - and Happy*' (RRP £12.99) is available through Waterstones, Hubble and Hattie and Amazon, where it is currently No 12 on their animal book list. It has had some great reviews for both Kate and Cheryl and Cheryl has now found her photos are being used on the **International Canine Behaviourists' Website** and **Facebook** page!

Cheryl loves taking photos of pets with their owners and in family groups as well as by themselves. She also takes portraits of people without their pets! There are lots more photos on Cheryl's website and **Facebook** page, **Cam-Ography** to inspire you. If you would like to explore the possibilities of working with Cheryl, she can be contacted on **07540 698291**.

Performing arts classes - helping every child find the right direction, in performance and in life!

If you thought drama classes were just full of kids who wanted to be the next Harry Potter, think again.

Many parents and young people have realised that the real benefit is the increased confidence and improved communication skills that such sessions offer - and with a lot of schools offering less drama within the main curriculum, many are flocking to weekend drama schools like The Pauline Quirke Academy to find what they are looking for.

Performing arts education has a wonderful effect on young people and the success stories are impressive. Children who were once incredibly shy have not only put their hands up in class for the first time, but have then gone on to achieve previously unthinkable feats, such as singing in front of an audience or presenting to a room of their peers.

Parents are impressed not just by the huge change in their child's confidence but by the speed at which that change can occur, which in some cases can be as little as a few weeks.

And while young children learn essential life skills like listening and responding

effectively, canny teenagers with an eye on their future know that the ability to engage any audience, especially at a University or job interview, can give you the edge in a very competitive world.

So, what's the secret? What's important is how it's taught. Going to a drama class and being forced to perform in front of a group of strangers would be terrifying for anyone, let alone a shy and nervous child.

We make sure our staff adopt a gentler approach, using drama exercises that are non-threatening to slowly introduce the idea of speaking by yourself. We build the kids up gradually and we gain their trust because they know we're not going to make them do anything they don't feel comfortable with. We make it high energy and we make it fun, but at the same time we're dropping in essential skills like speaking clearly and charismatically and learning how to work as a team.

We have kids who want to be teachers and lawyers. We have kids that want to be entrepreneurs. We've got a couple who even want to be astronauts! If we can help of all them achieve their dreams, as well as the ones who want to be professional actors one day, then it's job done.

Children will also get a massive self-esteem boost from many of the actual performance opportunities on offer too. Taking a bow as a theatre full of people applaud you grows confidence like nothing else and at academies like PQA, children also get to see themselves on the big screen of the local cinema in one of their short film projects. Meanwhile, being able to take performing arts exams through organisations like Trinity College London can provide further inspiration and the chance to celebrate achievements.

With the opportunity to make like-minded new friends, enjoy new experiences and explore everything from clowning and stage combat to street dance, musicals and film-making, it's easy to see why performing arts classes are so popular now in the UK and how the benefits to confidence and communication really do help every child find the right direction.

The Pauline Quirke Academy of Performing Arts, Beverley Grammar School, Queensgate, Beverley, HU17 8NF
Every Saturday: 09:45-13:00
Principal: James Aconley
0800 531 6282
james@pqacademy.com
www.pqacademy.com

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ACADEMY OF PERFORMING ARTS

What's On IN BEVERLEY

Saturday 23rd July - Saturday 10th September

• Treasure House Children's Trail

Treasure House, Beverley. Free. Pop in during the holidays, ask for a trail sheet at the Museum reception on the first floor and take part in the trail to explore the treasures in the building. Prize draw!

Saturday 30th July

• Battle of the Somme Family Day

Treasure House Education Room, Beverley. 10am- 3pm. Free. Drop in and take part in interactive demonstrations with historian Andy Robertshaw. Handle objects, try on uniforms and enjoy craft activities.

• 5th Annual Raft Race in aid of NURSE

Beverley Beck. 11am - 4pm with first race at 12.30pm. Stalls, entertainment and refreshments.

• Midnight Walk in aid of Dove House Hospice

8-mile walk around Beverley starting and finishing at The Memorial Hall. 11pm start (sign-up from 9.30pm, warm-up at 10.30pm). £15 registration including goodie bag and treats. Minimum sponsorship £20. www.dovehouse.org.uk/midnightwalk

• A Buffet Evening supporting Yorkshire Cancer Research

Monk's Walk, Highgate, Beverley. 7.30pm. £10/head. English pub grub and world food featuring Chilli Devil Sauces. www.chillidevilsauces.com

Saturday 30th July and Sunday 31st July

• Far Horizons International Kite Festival

Beverley Racecourse. 11am - 5pm. £25/£10/£6/ free. Free parking. <http://amyjohnsonfestival.co.uk/whats-on/far-horizons/>

Sunday 31st July

• Yorkshire Eve Celebration

East Riding Theatre. 7.30pm. £12.50 to include Yorkshire grub. Join in with this new tradition of celebrating Yorkshire Day Eve! Music, poetry, drama and dance and the linking of arms to sing 'On Ilkley Moor Bah Tat!'

Monday 1st - Saturday 6th August

• Musical Theatre Summer School

East Riding Theatre. £150. For ages 14-20. Workshops for aspiring performers who wish to develop new skills and learn new ones led by industry professionals. www.eastridingtheatre.co.uk

Monday 1st August

• East Yorkshire Musicians Night at The Processed Pea

Light Dragoon, Etton HU17 7PG. 8pm. £4. Tom Kay, Lisa-Marie Glover, Graham Graham Beck and Lizzie Pickering. Organised by Rob Nicklas.

Friday 5th August

• Discover Beverley Minster

Beverley Minster. 2.30pm. Special children's activities, tours and cream tea!

Monday 15th August

• Magic Monday's Cash Bingo

Armstrong Social Club. 1pm-3pm. 01482 882999 for details.

Friday 19th - Monday 29th August

• She Productions present The StoryEllas

East Riding Theatre. 11am and 2pm. £28 family ticket/£10/£9/£8. Original songs, spell-binding script and the solving of a mystery with help from you!

www.eastridingtheatre.co.uk

Saturday 20th August

• Wings and Wheels 2016 celebrating 25 years of Beverley Airfield

Linley Hill Road, Leven, HU17 5LT. £5/free. 10am - 5pm (flying starts 1pm). 40's themed celebration coinciding with the Amy Johnson Festival. Air displays, static aeroplanes and vehicles, re-enactments, food and refreshments, entertainment, bar.

• Leven and Brandesburton Horticultural Society 75th Summer Show

Leven Sports Hall. 75p/free. 2pm. Over 160 village and open classes - all welcome to enter. Trophies to be presented by BBC Look North's Caroline Bilton. Tel: 01964 542867/01964543203. Afternoon teas and tombola.

Friday 26th August

• Discover Beverley Minster

Beverley Minster. 2.30pm. Special children's activities, tours and cream tea!

• Orpheus by Alexander Wright

Email: info@justbeverley.co.uk

Telephone: **01482 679947**

For more events visit:
justbeverley.co.uk/events

East Riding Theatre House Café. 7.30pm. £10. A modern retelling of Orpheus and the Underworld. www.eastridingtheatre.co.uk

Saturday 27th August

• Humber SFF Meetup

Monk's Walk, Highgate, Beverley. 4pm. Free. Meet the authors! David Tallerman (The Sign in the Moonlight) and Daniel Godfrey (New Pompeii) will be signing copies and answering questions about their books.

• Folk in the Field

Shiptonthorpe. £10/£5. Gates open 5pm, bands 6-11pm. Edwina Hayes, Nick Rooke band, Beggar's Bridge, Jack Patchett, The Heritage Band. Bar. Bring a picnic.

Monday 29th August

• Bank Holiday Organ Recital

Beverley Minster. 6pm. £6 on the door. Recital by John Scott Whitely.

Wednesday 31st August - Friday 2nd September

• Discoverer's Holiday Club

Latimer Church Hall, Grovehill Road, Beverley. 9.30am - 1.00pm. For children from reception age to year 6. Music, bible stories and crafts. Lunch provided.

bevatimer@hotmail.co.uk, <http://www.latimerchurch.org.uk>. Latimer Congregational Church logo."/>

Monday 5th September

• The Hillbilly Troupe at The Processed Pea

The Light Dragoon, Etton. 8pm £9. Help The 'Pea' celebrate its 47th birthday!

Tuesday 6th September

• From Sewerby to the Somme

Education Room, Treasure House, Beverley. 6.30pm. £5. Talk by Robert Chester about John Howson Graham, Butler of Sewerby Hall and his war record at the Somme.



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