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ISSUE 79

BEVERLEY

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Julian Minshall, Olivia Peace, Rich Manville, Cliff Baillie, Carfan, Jane Dale, Jack Dickerty, Ed Hawkes, Rich Hayes, Pauline Kirk, Suzanne Mathers, Amanda McConnell, Navigation Wealth Management, Colin Raynor, Ian Richardson, Sam Walton, Clint Wastling and Nathan Wilson.

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

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AUGUST LETTER FROM THE EDITORS



At last Summer is here! We can enjoy our freedom whilst respecting those around us.

Whether you are holidaying in this country or abroad, we would like you to share your experiences, lift peoples

spirits, so send in your holiday stories and amusing pictures.

As temperatures start to increase, be aware of the sun, so SLIP, SLOP, SLAP to protect yourself and your loved ones. SLIP on a t-shirt, SLOP on the sun cream and SLAP on a hat. And keep a (reusable) bottle of water with you, too, so you can stay hydrated! Keep your pets in the shade and hydrated as well.

Have a great August.

Julian.



Happy August readers! In the spirit of increasing the time I spend outdoors during the summer holidays, I've sat in my garden at any chance I get. While this is proving to be something of a challenge due to my fear of wasps, I tried a new

method of distraction - reading (revolutionary, I know).

The recent glorious weather has made the attempt to rekindle my love of the fantasy genre all that easier, and now I can't put the book series down. Although it is about dragon riders in a mythical world, and who isn't excited by that?! After years of making excuses not to read, I remembered how great it feels to feel gripped by a story and find myself lost in the pages. So if you are also on the verge of a reading breakthrough, this is your sign to pick up a book!

However you're spending the summer holidays, whether reading in your garden, having a UK holiday or going abroad, send us your stories and stay safe. Have a great August.
Olivia.

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ERT REOPENING

It's good news for theatre lovers - ERT have finally been able to reopen its doors at full capacity!

As of July 19, the government gave the green light for restrictions to be lifted, meaning theatres across the country are now able to reopen at full capacity without social distancing measures. Face masks have still been strongly recommended for indoor settings to increase safety and confidence when returning to theatre venues.

Having reopened on July 24 with a taster music event featuring singer-songwriter Edwina Hayes, ERT is looking to the future and coming

in September, it will be presenting its first in-house production since 2019. ERT is located in a converted Baptist chapel in Beverley, and since opening in 2014 it has achieved much of its success through a huge community effort. It delivers an eclectic programme of quality theatre, music and entertainment to the people in Beverley and beyond.

The priority in ERT's ability to reopen is the safety of its audiences, artists, and the volunteers without which it would not be able to operate.

Are you looking for ways to entertain your kids this summer? Kids have had it tough this year, so ERT want to get them involved in some drama themed fun. This summer ERT is bringing back its much-

loved 10-day drama school run by Andy Johnson, from 28th July to 7th August. It ends with 2 public performances on the ERT stage to a LIVE audience.

This is a great opportunity for anyone aged 14-21 wanting to gain invaluable performance experience whilst having heaps of fun.

To book tickets for the taster music event featuring Edwina Hayes, or find out more about ERT Summer School, visit the website: www.eastridingtheatre.co.uk



KIRSTY YOUNG WINS FESTIVAL OF LEARNING AWARD

A member of staff and former student at East Riding College, Kirsty Young has won the 2021 Festival of Learning 'Return to Learning' Award.

The national Festival of Learning Awards celebrate learning and its benefits and aim to encourage and inspire those that do not already take part in learning. Festival of Learning award winners showcase the wide-ranging impacts learning has on individuals, families, communities and employers. Kirsty was nominated by the Helena Kennedy Foundation, a charity that awarded her a bursary to continue her learning journey at university - providing financial support and mentoring. Kirsty has recently raised over £3000 for the Foundation in order to fund a bursary to support another student progressing to university this year.

Kirsty was a victim of child grooming from the age of fourteen and suffered domestic and sexual violence as a result. For four years she had no contact with her family or the outside world. By the time she was nineteen she had two children, was pregnant for the third time and found herself facing homelessness.

At that point her family found out about her situation and she was re-introduced back to them. However, by this time she had suffered so much abuse, she was suicidal and was suffering de-personalisation disorder and was on the anorexic scale. She eventually moved to her own home under police protection in 2007. Encouraged by her mum, she joined East Riding College to do a level one in health and social care.

During her time at the College she learned how to communicate with others and gained some self-confidence. Her learning journey took off from there, and with the encouragement and support of the staff at the College and her family and friends, she moved through the qualification levels until she was able to progress to university.

Kirsty says, "Initially my motivation for learning was to try to build some self-esteem and to re-learn how to fit in within society after being isolated and controlled for so long. I wanted to provide a future for my children to give them the best start in life and free them from hardship. I wanted my children to have opportunities to be happy and to succeed. I had fantastic supporters at the College who could see my potential even when I couldn't, such as my guidance officer who provided me with much needed motivation when I didn't see my own value.

"As I progressed, my motivation and hopes were to succeed in education so that in the future, I could work in a role supporting young people to help them succeed in life and achieve their best outcomes. I wanted to make a positive difference to people's lives. Learning has changed my life forever. It has given me a future full of opportunities and possibilities. I didn't think I was clever enough to achieve in anything, so university wasn't even a consideration. Learning has taught me education is for everyone. It has helped me grow as a person and allowed me to gain confidence and learn my own value. The qualifications I gained mean I can work as a Learning Support Advisor. I support students who have additional needs such as learning and physical disabilities, in a wide variety of subjects on their learning journeys.

"I meet many students who have had negative learning or life experiences which affects their views of education and themselves. I try to inspire students with my own story and teach them that they can achieve. My learning journey has ultimately influenced my own children and they too have a positive attitude towards learning with goals of their own for their futures."

Shahida Aslam, Director of Operations at the Helena Kennedy Foundation said: "We are blown away by Kirsty's ambition and motivation to develop herself. For a long time she had very little



confidence and no self-worth yet with support and encouragement, and her own determination, she has achieved so much. The Helena Kennedy Foundation exists to overcome social injustice by providing financial bursaries, mentoring and support to disadvantaged further education students just like Kirsty - people facing significant barriers to continuing or returning to education. She is an excellent ambassador for the charity and we're delighted her progress on her learning journey has been recognised by the Festival of Learning Award."

In September 2020, Kirsty was accepted onto a PGCE course, with the aim of becoming a teacher for those with learning disabilities. She put her plans on hold due to COVID-19 restrictions but her learning journey will continue when she starts the course in September 2021.

In the future Kirsty hopes to do a Masters degree at the University of Hull in Special Educational Needs, Inclusion and Diversity.

DRIZZLED BROWNIES AT BENTLEY'S

Bentley's Coffee Shop is a family run, independent cafe in Beverley town centre.

Formerly located within Debenhams, Flemingate, we have now relocated to Saturday Market in what was formerly Clubley's Estate Agents and ideally located to meet, catch up with friends, read a book, do some work or simply grab a brew. Having recently celebrated World Chocolate Day, we were thinking up yummy new chocolatey treats. After much deliberation, we've hit upon intensely rich

chocolate brownie drizzled with chocolate and sprinkled with chocolate nibs, making a perfect partner to a cuppa.

For a limited time only, to coincide with their launch, we're offering a complimentary brownie with any coffee (including our iced lattes), tea or hot chocolate purchased. All you need to do is mention the 'Just Beverley offer' when you pop into Bentley's during August. We hope you'll like them as much as we do! Find Bentley's Coffee Shop at **68 Saturday Market, Beverley, HU17 8AJ.**



www.bentleyscoffeeshop.co.uk
www.facebook.com/BentleysBeverley

BEVERLEY PRIDE 2021

August is the month of Beverley Pride, a month dedicated to celebrating the LGBTQIA+ community within and surrounding the market town.

With lots to be celebrated and support to be shown, the council is encouraging businesses in the town centre to hang flags and decorate windows to show how welcoming Beverley is.

LGBTQIA+ stands for lesbian, gay, bisexual, transgender, queer, intersex and asexual. The + is an inclusive symbol which means 'and others' to include people of all sexual identities. Nationwide, Pride is celebrated in June to commemorate when the Stonewall Riots took place in 1969. The Stonewall Riots were important and historic riots that took place in the USA which changed gay rights for millions of people around the world.

During Pride month there are usually colourful parades, marches, concerts and other entertainment. Unfortunately due to Covid-19,



Beverley Pride, now held in August, has had to be scaled back. However, this means there is every reason more to spread joy and colour in our streets to celebrate the LGBTQIA+ community in our historic, welcoming and accepting town.

NAVIGATION WEALTH MANAGEMENT SECURING YOUR FUTURE IN BEVERLEY

West Yorkshire based Financial Advice company Navigation Wealth Management are extending operations into Beverley, East Yorkshire.



Established in 2000 in Wakefield, West Yorkshire, Navigation provide client focussed financial planning to households and business all over the UK, they are set to open premises in September 2021 in Beverley. With

an established team of 17 Financial Advisers (6 of which are East Yorkshire based) they will provide financial guidance to local residents and business to help them secure their financial futures.

Navigations C.E.O Matt Hammond said "Our East Yorkshire clients have been asking us to expand into the local area for years, they want their own

friends and family to have access to the level of service and advice that they benefit from. There is a misunderstanding about financial advice, many people think you need to be uber wealthy to require it, the reality is that virtually everybody needs it in one way or another. This can be from setting up your first mortgage or protecting your loved ones through to the more complex areas such as Inheritance Tax planning.

"Unfortunately the high street banks offering this level of service has all but disappeared, meaning that this important service isn't widely available. We aim to change that, we're bringing to East Yorkshire what we have done for over 20 years in West Yorkshire and that's helping clients of all ages and wealth achieve their financial goals".

Navigation has already created jobs in the local community and expect to increase those opportunities further in the coming months.

PARKRUN IS BACK

Hundreds of local runners were delighted when the Parkrun returned to the Beverley Westwood at the end of July.



After many months without it, local runners were excited to get out and run in almost perfect conditions while enjoying the open air, with people all around them supporting each other.



If you fancy getting up on a Saturday morning making your way to the Westwood for 9am to meet like-minded people, join in the fun on the Parkrun. You can run, jog, walk or even bring your dog.



MEMORIAL BENCH IN CHERRY BURTON

The money collected from the funeral of Mrs Dorothy Doughty, who died on 31 May 2019, was put towards a memorial bench for the residents of Cherry Burton.

Dorothy was the wife of Peter, who has been a member of Beverley Lions Clubs for over 40 years and was a former County Librarian. They lived in Canada Drive.

The memorial bench honours this and is located at the corner of Canada Drive, offering residents views towards the pond where people can go to

sit and reflect in peace.

Stuart Doughty said: "The locals now have a place to rest and sit down at the end of their dog walk. It is nice to have a bench in memory of my mother and to give back to the local community".

Photo L- R: Andrew Lindsey, (Vice chairman of Cherry Burton Parish Council), Stuart Doughty, (Peter and Dorothy's son), Ian Sagar, Judy Sagar, Alan Porter, Seated: Christine Graham (Lions President).



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ANDREA OPENS EVERYTHING BUT THE DOG

It's been two years since Andrea registered the business 'Everything But The Dog', and now with the doors well and truly open at the Butcher Row store, Andrea and the team can provide you with (almost) Everything But The Dog.

The tagline Andrea and her team like to use to describe the unique business is "anything but ordinary", and while you browse around the store you will notice that nothing is ordinary. Everything But The Dog is a happy place, with floral and colourful interior design encouraging a happy experience as you walk into the Boutique, all at a very high standard.

The hidden gem at the back of the Boutique is the Spa, which we will come back to.

High-end retailers have always taken pride in their shop windows and Andrea is no different, ensuring the space for her passion for the business's high standards in the Beverley aura.

The shop window's 'window feature' will change every month to represent something new and different, and will be an eye-catching display for the people of Beverley to talk about.

Andrea is keen to work with local businesses, local suppliers and local artists in the East Riding area to deliver the unique style that is Everything But The Dog.

One sculptor she has partnered with, Emma Stothard who lives in Whitby, is widely known for her work with Willow and Wire Sculptures, and provides a trio of life-size dog sculptures for visitors to admire.

Collaborations that are unique to the Boutique means that beautiful ranges of harnesses and collars with co-ordinated accessories are available and fun accessories that will reflect your dogs breed and personality can be found.

The range of dog beds made in West Yorkshire, provide a special place for your pooch to rest after fun filled days in our amazing location.

Add to this the work with local artists in several different styles, and there really is an opportunity to have something really special for you or someone that you know who loves their dog, past or present. As you venture through the shop to the rear, you'll find the new Spa for Dogs. Providing luxury



Spa treatments from a bath and dash to a full groom to breed standards, Everything But The Dog is a place where you can take your dog and get nothing but the best treatment.

The Spa uses Hydrobaths which are renowned for the standard of coat clean that is achieved in a really time efficient way, ensuring that your pooch has an amazing experience.

The Spa isn't just about grooming the dog, it is about the experience of providing health benefits to dogs and ensuring that not only do they get the best treatment, but that the dogs feel great afterwards, meaning the owners and the dogs enjoy returning.

When booking an appointment, the team follow a series of questions so they know and understand your dog's needs before they even enter the Spa.

Since reaching out to other local businesses, Everything But The Dog has been working with Ford Framing who provides all the frames for the artwork on display.

As well as the Dog About Town Gallery, if pictured, you could win vouchers to enjoy discounted treatments for your dog or discounts in the Boutique area.

Look out for the Dog About Town photographer, Joanne Heywood, and your dog could be in the frame (please refer to the store for more details).





Over the past 18 months, it has been widely recognised just how much pets have been the lifeline for many people. The ownership of dogs has risen at a phenomenal rate, and given owners much needed companionship when they have needed it most, so now is the time to return that care, love and affection.

Whether you treat your dog to a spa or another unique gift, Andrea will have something to keep you and your best friend happy, immaculate and well dressed for the occasion.



Remember, at **Number 4, Butcher Row, Beverley HU17 0AB**, Andrea and the team have Everything But The Dog. Call **01482 874897** to make that special appointment or email: andrea@everythingbutthedog.co.uk





EVERY THURSDAY
(Doors open 10am)

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

Thursday 5th August -

Minari (12a) - 10.45am

Starring: Noel Kate Cho, Youn Yuh-jung

Six Minutes to Midnight (12a) - 10.30am

Starring: Judi Dench, Eddie Izzard, Jim Broadbent

Tuesday 10th August -

Fatima (12a)

Starring: Goran Visnjic, Harvey Keitel

Thursday 12th August -

Six Minutes to Midnight (12a) - 10.45am

Starring: Judi Dench, Eddie Izzard, Jim Broadbent

My New York Year (15) - 10.30am

Starring: Margaret Qualley, Sigourney Weaver, Douglas Booth

Tuesday 17th August -

Fatima (12a)

Starring: Goran Visnjic, Harvey Keitel

Thursday 19th August -

My New York Year (15) - 10.45am

Starring: Margaret Qualley, Sigourney Weaver, Douglas Booth

Land (12a) - 10.30am

Starring: Robin Wright, Demián Bichir

Thursday 26th August -

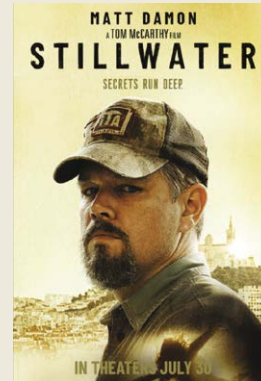
Land (12a) - 10.45am

Starring: Robin Wright, Demián Bichir

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



6th August



6th August



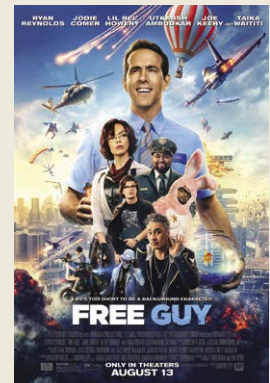
6th August



9th August



13th August



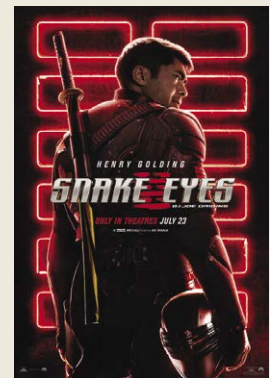
13th August



18th August



18th August



20th August



27th August



27th August



27th August

YOUR LOCAL INDEPENDENT CINEMA



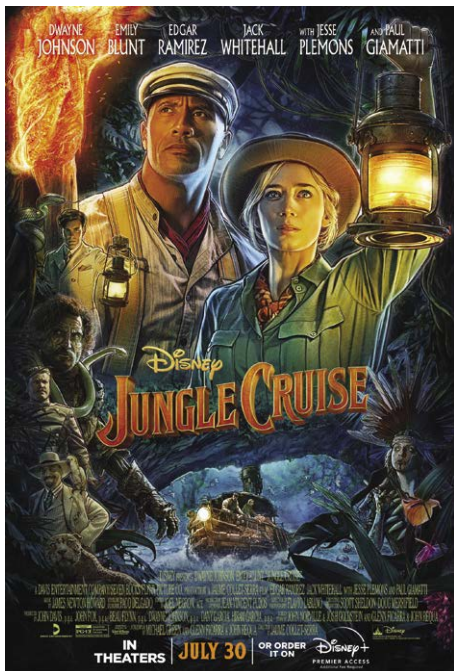
PARKWAY BIG SCREEN ENTERTAINMENT

As the government looks to continue easing lockdown and continue to lift restrictions, Parkway Cinema continues to ensure their customers come back with confidence to enjoy the big screen experience and live events.

With new films being released on a weekly basis, Parkway are keen to ensure that they keep customers happy both from an entertainment aspect and equally by offering a safe environment.

Having followed all the guidelines throughout lockdown with an extensive cleaning regime in place, a fantastic ventilation system that is regularly serviced and maintained, social distancing practices, and a full ongoing training programme, Parkway look forward to welcoming everyone back young and old.

What's new at Parkway?



Jungle Cruise - Released on 30th July

Disney's "Jungle Cruise" is an adventure-filled film not to be missed. It's a thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton.

Lily travels from London to the Amazon jungle and enlists a suitable guide, Frank. Frank's mission is to guide her downriver on

La Quila - his charming boat.

Lily is determined to uncover an ancient tree with unparalleled healing abilities, possessing the power to change the future of medicine.

The duo encounter many dangers enroute, along with supernatural forces all lurking in the beauty of the rainforest.

As the secrets of the lost tree unfold, Lily and Frank's fate - and mankind's - hangs in the balance!



Andre Rieu: Together Again - Saturday 28th and Sunday 29th August

Always popular at Parkway, Andre Rieu's 2021 Summer Concert: Together Again comes to Beverley.

Known as the King of the Waltz, Andre Rieu has handpicked his favourite show tunes, operatic arias and dance numbers from stages around the world, including performances which have not yet been seen on the big screen.

Andre has brought performers together from across the globe, in a spectacular that will make everyone want to get on their feet to sing and dance.

The show features performances from Sao Paulo, Mainau, Bucharest, Mexico City,

Amsterdam, Melbourne and Istanbul. Andre Rieu invites you to come together again for a heart-warming concert. Book your tickets now for the popular shows at Parkway: Together Again - August 28th & 29th!

Coming up at Parkway: 007, Dune, The Kingsman and Westside Story to name but a few along with traditional live entertainment.

Parkway has it all and more. If getting out, staying safe and being entertained is high on your agenda, Parkway delivers on all fronts. Book your tickets now and let them entertain you.

Do not miss out! Live theatre is back at Parkway Cinema!

Goldilocks and the Three Bears - Tuesday 10th August.

Roll up! Roll up! Come and marvel at the greatest panto on earth!

Allow TaleGate Theatre Productions to take you to the circus to help Goldilocks and her mum, Dame Dolly Donut, save their circus and rescue the three bears from the evil ringmaster.

It's the big top family panto extravaganza featuring pop songs, magic and puppets.



BROOK TAVERNER - KEEPING YOU COOL THIS SUMMER

We at 35 Toll Gavel have experienced a lot since last month. The drama of the Euros, the much-needed return of Wimbledon and the thrill of living post-Freedom Day life in Beverley have almost been too much to handle!

There's a tangible sense of optimism in the air, and we for one are all for it. It's been a true pleasure to welcome an increasing number of customers new and old through our doors in what has been a pleasingly scorching July! As always, we're open 7 days a week to fit around whatever schedule you have so you won't miss out on any of the summer's bestselling pieces...

We've recently entered our summer sale event at Brook Taverner, meaning various product categories in our summer collection are now available to you for a fraction of the price!

Simply come on into our store or visit our website to encounter huge reductions on dozens of products, and stock up on seasonal essentials for whatever plans you have for the coming months. Whether it's a staycation, a wedding or a casual



get-together in town, we'll have you stylishly equipped for whatever the summer has to throw at you!



We've heard that our customers have plans aplenty for the summery months, and have been recommending an array of functional and stylish pieces for every kind of event. For relaxed staycations, the team has suggested the Kettlewell collection. Cotton-rich and available as both shorts and trousers,

these unique staples feature a slight stretch for comfort and shape retention. Not to mention their smart, streamlined look that will keep you looking good whether you're lounging poolside or dining alfresco - available in blue and stone!

Why not pair the Kettlewell collection with our stunning Overton polo shirts? Garment-dyed for softness and comfort, the Overton's colour palette simply oozes luxury. Their vivid and playful nature make them ideal for throwing in your bag at a moment's notice for a casual but stylish getaway, whether it's an impromptu beach trip or a long-



awaited hotel visit that's been on your wish list since the first lockdown!

Got that postponed wedding coming up? In-store customers have been making a beeline for the Clifford Donegal Three Piece Suit for all things matrimonial! The heathered effect of the homespun Donegal weave makes this unique occasionwear staple a delight to look at under the summer sun. The optional waistcoat also adds a touch of timeless class to the ensemble, and the lessening pressure to wear a tie in the modern era of weddings can make this suit the smart-casual it-piece of your wardrobe!

We hope that everyone in Beverley and beyond is having the best post-restriction summer possible. Not only staying safe, but also managing to return to something which is beginning to resemble normality! It's been a long time since we've had the chance to get together with those closest to us, so let this summer be one of reunions, festivities and fun!

Warmest regards, The Brook Taverner Team.

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LEWIS NORTHEN INDEPENDENT FUNERAL DIRECTORS OFFERS INVITATION TO OPEN DAY

Now restrictions have eased across the UK, Lewis Northen Funeral Directors are encouraging Beverley residents and visitors to attend an Open Day.

Between 9am and 5pm on Wednesday August 25, the Beverley based funeral directors are inviting people to come and see its funeral home on Lincoln Way.

Throughout the day, people will have the opportunity to ask any questions they may have regarding funeral services, funeral plans, or just to have a general chat and a look round whilst enjoying the refreshments provided by the business.

The family business is still mindful regarding Covid-19 so in order to keep people safe they ask if people can make an appointment, which will allow them to give people allocated times.

If this day isn't convenient, their door is always open for people to pop in for a coffee and a chat to discuss the arrangements and see the facilities and services that can be provided for families.

If you wish to make an appointment for the Open Day, please call **01482 888658**.



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LEWIS NORTHEN
FUNERAL DIRECTORS

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COUNTRYSIDE MATTERS WITH SAM WALTON

Part 3 of Agriculture In Africa...



One of the young farmers I met whilst out in Rhodesia moved to UK many years ago and came to stay recently. She had been back there again several years ago for a final visit and was disappointed with the way things have turned out with farms now mostly derelict.

Very upsetting that this has been allowed to happen to the former breadbasket of Africa?



I have previously mentioned about the excellent farming there and the huge exports they had, including tobacco, which I guess would now have been in decline even if the former excellent farming had been kept on.

The very first freezer lorry in Africa, a Leyland from UK, was delivered whilst we were there to take their many products to the nearest port, and a Farmall tractor from America appeared at their excellent Agricultural College near Salisbury, their former Capital City, now called Harare.

The college was also for African workers to gain experience to be able to either work their own plot if they had one, or to become foremen for some of the larger European-run estates. Everything was being done to help them not only help the established and fast developing industry, but for those who could, to help themselves also.

They had something akin to our National Agricultural Advisory Service, but not on the same scale, and the local labour were given the opportunity to partake of this learning to enable them to have good jobs on the larger farms.

Sadly, all that has now gone, and the country is in poverty. It's a great pity as they also had a technical centre that trialed different varieties of crops including cereal crops, but sadly these have also gone.



I remember they had accidentally dug up some wheat seeds that had been buried very deep and were apparently many years old.

So they had grown them, yes; they germinated even after all that time and were immune to all the then known wheat diseases but did not have a great yield, so it made me think that at one time they had been a country looking ahead.



Some 25 years ago, I was invited to go back to talk to the then 15 remaining farmers, after careful consideration I declined as I prefer to remember Southern Rhodesia as it was in its heyday.

Next month, Denmark.

Four Generations, Giving Over 125 Years Service

Herbert 1870-1962	Eardley 1908-1986	Geoffrey 1939-2015	David 1964
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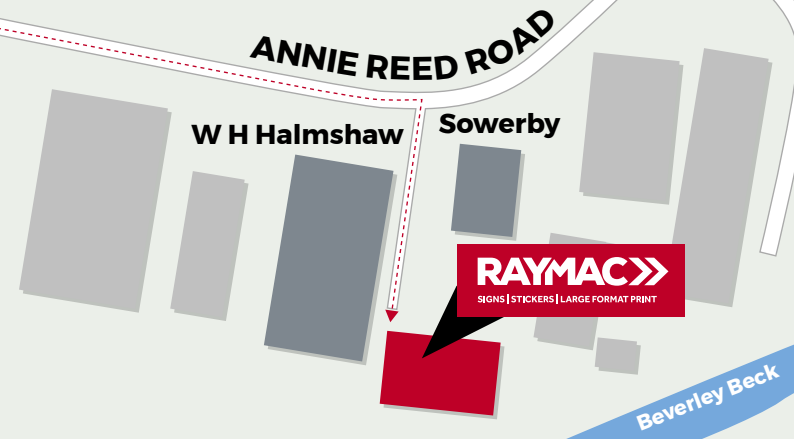
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HARRY BIGNELL FROM BEVERLEY WINS FISHOMANIA 2021

Catching over 85kg of fish in total, Beverley's Harry Bignell was up against the best fishermen in the UK on Saturday July 24 at the Hayfield Lakes to win FishOMania 2021 and its grand prize of £50,000.

The 30-year-old qualified on July 10 at Makins Fishery, catching the most fish out of the 100 entrants, and was delighted to be in the 24 to make the final in his debut entry in the competition.

Having drawn Peg 12 earlier in the week, a shallow part of the lake, Harry was not too optimistic about his chances but with a smile and a positive attitude he knew he still stood a chance.

With the temperature a little cooler on the day, Harry was in the perfect place.



Using exceptional fishing skills and knowledge, along with being fortunate enough to have a great peg for the day, he blew the competition away.

Over the five hour period, Harry amassed a total of 85.225kg which was an incredible 63kg more than 2nd place and making it the biggest win margin and cemented peg 12 into the history books.

Harry was crowned Cazoo FishOMania champion 2021, and when asked what he would do with the money, said: "I will save most of it and reward my bank runner with some of the prize and my daughter will get a big treat".

BEVERLEY PHOTOGRAPHIC CLUB

We are a friendly group of amateur photographers who welcome new photographers of any ability.

August 3rd. Zoom meeting 7.30pm. Subject Country Pursuits.

August 10th. Meet 11am at Breezy Knees Garden for a photo shoot.

August 17th. Zoom meeting 7.30pm. Subject Flora and fauna in a garden setting.

August 24th. 7.30pm. Meet 1.00pm at Burton Constable Hall for a photo shoot.

August 31st. Zoom meeting 7.30pm.

For more information and Zoom joining instructions from billbevphoto@gmail.com.

SPECIAL DAYS TO CELEBRATE IN AUGUST

August. It's the 8th month of the year and the 6th of the Roman calendar before it was changed to honour the Roman Emperor Augustus Caesar, and is the busiest time for tourism across the UK and beyond.

Falling in the main school holiday of the year, the summer holidays give much reason to find things to do and celebrate. Here are some unusual days you can celebrate this summer with your friends and family.

1 August - Yorkshire Day

The day to celebrate all things Yorkshire! It was first celebrated by the Yorkshire Ridings Society in 1975, initially in Beverley, as "a protest movement against the local government re-organisation of 1974 and has continued to grow.

This year's official Yorkshire Day celebration was due to take place in Rotherham, but due to Covid-19 a virtual event will be held and streamed online instead, featuring a variety of entertainment including local poets and storytellers. Find out how you can get involved at www.yorkshire.com



4 August - Playday

Traditionally held on the first Wednesday in August, Playday is the national day for play in the UK and is a campaign to encourage and celebrate the importance of play for children. Playing has many benefits; it is essential for children's mental health and wellbeing, it helps children cope with stress and anxiety, it allows children to appreciate nature and their environment, and much more.

Why not challenge yourself today, and no matter the weather, find creative ways for your children to play in Beverley.

13 August - International Left-handers Day

Right-handed people are used to dominating the world, but not on this day! If you are or know a proud left-hander, today is the day to celebrate the uniqueness and differences of them.

This day is also used to spread awareness on issues faced by left-handers, so why not do some research and find out some facts? Did you know, left-handed people make up just 12% of the world?

19 August - World Photo Day

A day for photography lovers across the world to unite! The now worldwide celebration originated from humble beginnings in 2010, with just 250 people signing up to participate. It now reaches a global audience of 500 million.



That's the power of photography it aims to showcase to bring people together and raise awareness of the issues that are important to them and their communities. Why not think about what fills your camera roll and what is important to you?

SUMMER AFTERNOON TEA AT THE TIGER INN

As we look forward to a good summer ahead and enjoy coming out of lockdown, everyone has the opportunity to enjoy a treat or two.



If you are looking for a quiet place to enjoy the afternoon with a friend or friends then why not treat yourself to a good old afternoon tea at a traditional public house. Afternoon teas at The Tiger Inn have formed part of the tradition for many

a year, with no better time to enjoy them than on a summer's afternoon.

Allen at the Tiger Inn is keen to get everything back to normal sooner than later without jeopardising people's safety, so afternoon tea is back on the menu. Everything at the Tiger Inn is made fresh to serve at the table. As you browse the menu it is filled with your traditional delights and you have the choice of sandwiches, savouries, desserts and of course a selection of teas.



Allen is constantly looking and searching for new ways to delight his customers, so if you want something extra add a little fizz to your tea.

If you are looking for an afternoon out, book in with Allen at The Tiger Inn, and enjoy the delights of a traditional afternoon tea at a traditional pub.

KEEPING ACTIVE, KEEPING OUTSIDE

Last month the government eased Covid-19 restrictions, and while this is good news, it is more important than ever that we keep active while things start to open back up and our lives get busier.

Bodies were made to move, it's as simple as that. How many times have you heard that getting older is the end of being active? Well it's a myth. No matter your age, there are plenty of ways to keep moving and feel good. After a year and a half of being at home more than usual, little victories when it comes to keeping active are important, regardless of whether it's something small, or just a little bit more of something you already do. Everything makes a difference.

Since the pandemic caused the UK to reset and get outside more, it's clear there has been a general mindset shift amongst the population to becoming more outdoorsy. People have realised just how enjoyable and important being outdoors is, and some people have even moved homes to get a garden and have more outside space available to them whenever they desire.



There are many benefits of regular exercise and keeping active for any age, such as; it can lower your risk of heart disease, stroke, some cancers, depression and dementia, it can help your thinking skills, and it can help lessen aches and pains. Perhaps you want to make these changes and keep moving more but are running out of inspiration or can't find a way to make your activity a habit that will stick in the long run. Look to your surroundings and current events; we have much inspiration coming to us this summer in the form of the Olympics.

The Games will feature 339 events in 33 different sports such as; swimming, archery, badminton, boxing, running, rowing, table tennis, wrestling, high jump, gymnastics and much more. Make sure to tune in and who knows, maybe you'll find inspiration where you least expect it!

Afternoon Tea

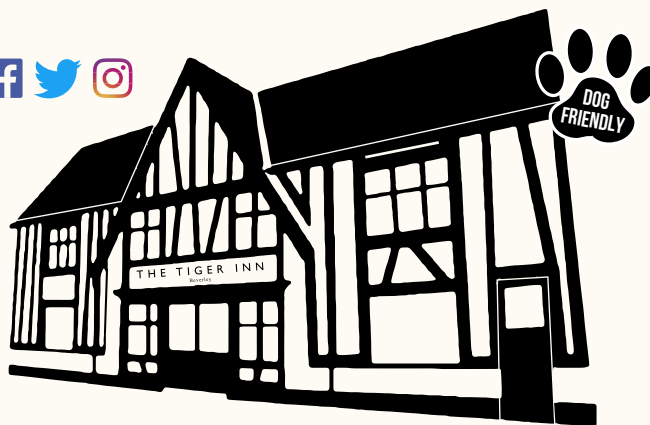
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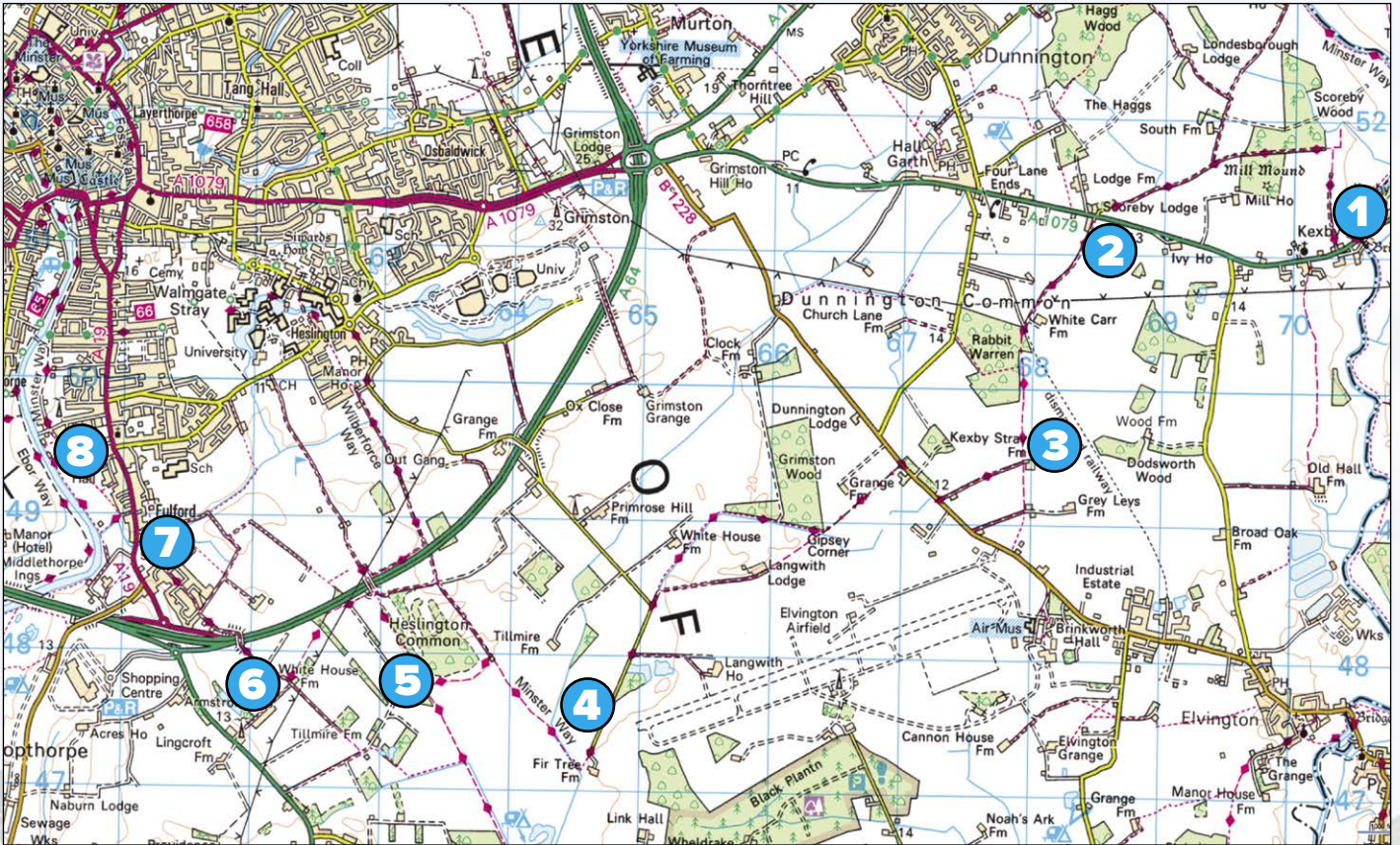
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COMPLETING THE MINSTER WAY



STAGE 4, KEXBY TO YORK MINSTER: 12 MILES.

This concluding section of the glorious long distance path connecting our two great minster churches would normally be an undemanding walk over pleasant farm land, but not when undertaken in searing 31 degree heat!

Luckily, there is plenty of woodland en route to shade the foolish walker and it did make my arrival under the Rose Window all the sweeter for having laboured through the boiling afternoon of Saturday July 17th.

1 The walk is ideally tailored for using the hourly EYMS X46 bus, alighting at Kexby and returning from the city centre. Surprisingly, the route first heads north alongside the care home, then takes a pleasant dog-leg route through pine woods back to the busy A1079; what a joy it is to escape the noise of the traffic.

2 Cross the road with great care at Scoreby Lodge, follow the signed track and then heads south towards Elvington.

At White Carr Farm you traverse the track of the former Derwent Valley Light Railway, which opened in 1912 and did not fully close until 1981. It followed a sleepy rural route between Selby and York, and was endearingly dubbed the Blackberry Line. Take care to follow the signs through nice woodland where I rested and drank my first gulps of the 2 litres of water I had thankfully packed.

3 Go right at Kexby Stray Farm, then soon turn right for a short 500 yard section on the verge of the fairly busy B1228, following the signed path on your left at Gipsy Wood Farm. The next two miles make for lovely walking through a tunnel of trees, then alongside a drain.

4 The route to Fulford Golf Course is well signed and pleasant,

and the vast open grasslands of Tillmire are a nice surprise. I shared the shade afforded by one of its few trees with a flock of very hot sheep. Although we are now just a few miles from York, you are most unlikely to meet many people here.

5 The Way skirts the edge of this highly-regarded and attractive course. You then



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have a choice of routes to safely cross the thundering traffic of the by-pass. The original route does so over the access road to the course, but then requires 400 nerve-jangling yards walking south alongside the road. I chose the suggested 1 mile diversion via tracks to White House Farm.

6 Just past the farm on the right by an attractive house, a rough lane leads you up and over the by-pass. Be careful though as it is not signed and easy to miss. I did, and the long plod back in the searing sun was not pleasant.

7 After the bridge, your route takes you into the centre of Fulford through a housing development. Turn left at the road junction onto the main road through Fulford. At the first pub, head left down to the River Ouse. There are many good period buildings here, notably the former church which has been converted into a striking house. There are also pubs and shops if refreshments are needed. On the river meadows and marshes, in 1066 a major battle was fought in the conflicts which were soon to lead to the arrival of Norman rule in England; it marked the last Viking victory on our soil.

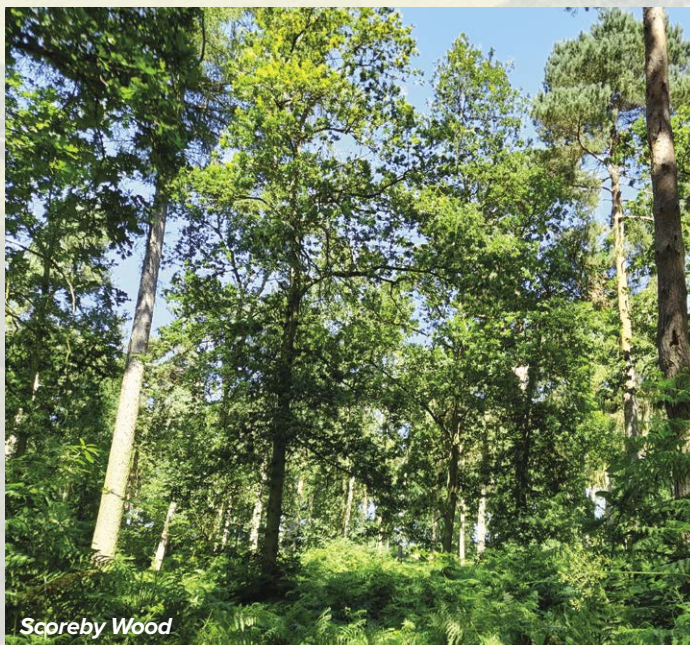
8 Turn right along one of the riverside paths that head to the centre of York. You soon pass the splendid Millennium foot bridge. Keep alongside the river until you reach the often flooded Kings Arms by Ouse Bridge. Turn right here and head through the maze of fascinating streets that wind over to the imposing Minster - Coppergate, Pavement, The Shambles, then



Goodramgate, is my preferred route. It is important to touch the south doors under the imposing Rose Window as this marks the definitive end of the Way. I have been visiting York regularly for over 40 years; its delights are many, but I had never arrived on foot before and that gives this special city an even greater thrill, for you got there under your own steam.

Next month, a nice short ramble over tranquil countryside to Arram. Hopefully in somewhat cooler weather!

Ian Richardson.



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ASK THE EXPERT WITH WHITE RABBIT CHOCOLATIERS - A SUMMER BASH

Summer holidays are here, and with everything that has been going on recently I think we deserve to treat ourselves over 'silly season'.

I don't know about you, but I think there is something special about staying up on a light summer night, eating late (perhaps drinking a little much!) and rounding off with a delicious box of chocolates. So to tempt you into a late-night indulgence, my Sister Amy has created three summer inspired chocolates for your larder.



First, to conjure the flavours of the undeniably summery apricot tart Amy makes a sweet and succulent apricot ganache and encases it in creamy milk chocolate, then rolls in shortbread and demerara to give a buttery crunch to imitate the pastry.



Next, a dark chocolate which is naturally vegan; Amy blends cherry with vanilla and pairs with a fruity dark chocolate creating a mouth-watering ganache packed full of flavour inside a thin, crisp dark chocolate shell.

Finally, a personal favourite of mine is her Strawberry with Elderflower, a sweet milk chocolate shell with an elderflower ganache and a burst of strawberry gel in the middle which lights up your whole pallet!

We have matched these limited edition fine chocolates with other summery flavours to create a range of chocolate boxes perfect to add a bit of decadence to the warm nights.



We will be cooking up lots of summer treats in both our chocolate shop and café, so pop by for some local chocolate and a taste of summer!

Ed Hawkes,
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UNCOVERING THE WIDER BENEFITS OF FINANCIAL ADVICE

Research shows that sound financial advice boosts confidence and emotional wellbeing.

Financial advice is more important than ever. Not only have changes in pensions and financial regulation placed more responsibility for planning retirement income into the hands of individuals, but the coronavirus pandemic has also reminded us all of how unforeseen events can rock the foundations of what we had thought was a stable financial footing.

The benefits of taking financial advice are well documented. Research undertaken by the International Longevity Centre UK (ILC) in 2019 showed that those who take advice are on average £47,706 better off in retirement than those who don't¹. But that's not the end of the story.

The ILC has undertaken new research this year that shows financial advice could be an important factor in promoting mental health and wellbeing.

Participants in the study who had taken financial advice reported that they felt less worried about their future, enjoying the peace of mind that comes from knowing that proper preparation has been made for their later years - and that included those who were already in retirement.



Through their interactions with an adviser, participants felt more confident that they would achieve their long-term goals, more financially literate and understood how those goals would be achieved, and more empowered to make complex financial decisions for themselves. Being in control of their financial future in these ways left them feeling reassured and less worried.

However, it remains clear that greater emotional wellbeing is achieved by identifying long-term goals and establishing a financial structure to achieve them. Closing the 'advice gap' is a vital next step in giving that peace of mind to all.

So now, the ILC is calling on the Government, the industry and the FCA to work together to highlight both the non-financial and financial benefits of advice, and reassure individuals that advice will be tailored specifically to achieve their goals.

A financial adviser can help with your own financial planning. To receive a complimentary guide covering wealth management, retirement planning or Inheritance Tax planning, contact Navigation Wealth Management Ltd on **01482 379504** or email navigationwm@sjpp.co.uk

¹ILC, What it's worth - Revisiting the value of financial advice, November 2019, based on receiving professional financial advice between 2001 and 2006 resulted in a boost to wealth (in pensions and financial assets) of £47,706 in 2014/16.



ART AND SOUL - BEVERLEY'S CREATIVE HUB

Art & Soul is a Flemingate-based creative hub that provides local artists with the opportunity to have a permanent retail space from which to sell their work.

It showcases the work of 110 artists and currently has over 5000 products for customers to choose from. Stocking new products every single day, there's always something new to see at Art & Soul so you are sure to find the perfect card and gift for every occasion, as well as beautiful art for you home.



The products fall into six broad categories; Art, Cards & Stationery, Gifts, Homeware & Furniture, Jewellery & Accessories and Photography.

Offering something different to high street shoppers, Art & Soul's product range includes handmade

gifts, homeware, ceramics, prints, artworks, framed art, jewellery, woodwork, glassware, embroidery, postage stamp art and much more.

Product highlights include a beautiful view of Beverley Minster, a full length gallery wall, collectable dolls, teddies and fairies, landscape and street photography, candles and home fragrance, cross stitch and felting kits.

The shop is open every day: Monday - Saturday from 9:30am - 5pm and on Sunday from 10:30am - 4:30pm, but customers can now also shop online 24/7.

Art and Soul is based at Flemingate Shopping Centre, Beverley. Visit www.artandsoulhub.co.uk for more information.

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SHORT STORY BY PAULINE KIRK - SEAVIEW



"Room 374," the Receptionist said. "Third Floor. Take the lift." She nodded towards an ancient billiard table.

Sighing, Marika picked up her case.

The lift groaned alarmingly. Room 374 was at the end of a corridor. She swiped her key-card and the door swung open.

"What the ---?!" a male voice shouted.

Stifling a shriek, Marika closed the door. "Sorry!" she called.

Her key-card distinctly said "374". Furiously she returned to Reception. A queue had formed but Marika was in no mood to wait. Pushing to the front, she announced, "There's a man in my bed!" Hearing stifled laughter, she flushed and rephrased her complaint. "You've double-booked my room."

The receptionist was young and harassed. "I've given you the wrong key," she apologised. "We keep duplicates. You're in 375."

Taking the key, Marika mumbled an apology to the queue. The red-haired woman at the front nodded, her eyes full of laughter. Normally Marika would have seen the funny side herself, but today she was near to tears. Holding herself erect she walked away. She was entering the lift when the woman ran after her and jumped in. "You left your bank card," she panted.

In embarrassment Marika took the card. "Thank you," she said. She could not trust herself to say more. Stress did strange things to your brain she admitted. Being able to diagnose yourself was no help. The woman looked at her quizzically. "Bad day?" she asked.

"Bad year."

"Let me guess, you work for the NHS?"

The question was so acute Marika answered honestly. "General Practice. Don't tell anyone, or they'll ask me about their bladder over breakfast."

"Course not. It's been a tough time all round," the woman agreed. "One day I was on stage; the next, the theatre was closed. My name's Nicki by the way."

"And I'm Marika." The lift shuddered to a halt, but both women hesitated before leaving. "What do you do now?" Marika asked.

"Deliver pizzas." The woman laughed. Then her voice took on a serious note.

"Coming here's helped me no end." Though they had only just met, Marika felt an understanding developing between them.

"You haven't said whether the bloke was worth keeping," Nicki remarked.

"Too fat. And before you ask, he was fully dressed. Sleeping his lunch off I think."

"My room's next to yours," Nikki said. "I'll just pop in and get something. See you at dinner perhaps. The food's great." She smiled through her mask. "Don't unpack straight away. Look at the view instead."

Mystified, Marika entered her room. The décor was faded and the furniture old-fashioned. Sighing, she put down her case. Then she saw the view from the bay window: across the beach, to miles and miles of sea.

A ship was passing along the horizon; small fishing boats bobbed towards a harbour. The water was a deep blue, banded with green. Birds dotted the sand banks. "Aaahh," she said in delight.

For an hour Marika sat, just looking out. She could feel the tension leaving her shoulders.

Pauline is a published poet and Editor of Fighting Cock Press. She writes as Pauline Kirk and with her daughter as PJ Quinn for the DI Ambrose novels.

POEM BY CLINT WASTLING - SUSSURATION



*I rest my weary head
and watch the sky,
forget my worries, listen,
breathe to the rhythm,
my finger held steady
charting direction in the push of clouds.*

*Sunlight chases the breeze
over a field of barley
bending and releasing stems.
I take a video to remind me
how awns bristle
like insects on a summer evening.*

*Sussuration of trees.
Each possesses a voice.
Blindfold in a forest
I'd know the sound
of oak, ash, beech, willow -
silence under the hush of yew.*

**Clint Wastling is the author of
*Tyrants Rex, a fantasy story
(Stairwell Books).***

**His poetry collection *Layers* is
available from Maytree Press.**



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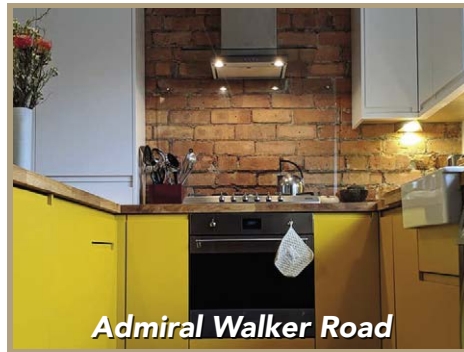
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I'VE BEEN THINKING... SAYS COLIN RAYNOR

August is at the heart of the silly season when the media is usually short of hard news, but this year has been an exception.

One thing that has not changed, however, is our ability to talk about the weather. We seem to have an insatiable appetite for information about an aspect of our daily living that we can do nothing about.

I am well aware that climate change is a reality and it is without a doubt having a big difference on the world's climate, but I am thinking about the more mundane aspect of how the topic of the weather will come into most people's conversations.

If you are stuck for something to say to a person you meet for the first time, talking about the weather is a safe way to start. We are inundated with information from a plethora of forecasters and we must have, of course, the local as well as the national weather forecasts. The strange thing is, in that conversation I mentioned above, many will claim not to believe what they have heard.

They would rather rely on old sayings such as 'if all cows are lying down, it's going to be fine' or 'if



you can see back of the tree leaves that means rain is coming'. A strange one is, 'it's looking black over Bob's mother's' - there are slight variations depending on where you live.

If all that is written above is done with a 'slight tongue in cheek' what follows is also part of our English heritage but of a much more serious nature.

I'm sure you have all been asked at some point in your life what would you have been doing if you were not in your current job. I usually answer that by stating clearly what I would not be doing.



I consider the fishermen and women of England have one of the most dangerous jobs imaginable coping with the cruel sea.

So the fishing forecast, which can still be heard four times a day on Radio 4 (but mainly on long wave which transmits further distances) is vital to those who go into deep waters around our shores.

For over 150 years the forecast has contained information supplied by the UK's Meteorological Office enabling fishermen to know in advance



what they can expect in the coming hours. It's so very different to the daily forecasts we hear as it contains wind speeds, cloud cover, air pressure and numerous other figures that only those out on high seas need to know. There are specific areas around the British Isles with names familiar to many, such as Fasnet, Viking, German Bight, Cromarty, Fitzroy, Faroos, and many more.

The first person to publish a weather forecast was Admiral Robert Fitzroy, a talented navigator, seaman, surveyor, and one time captain of Darwin's HMS Beagle, but nothing changes. In the same way that we today are critical of weather forecasters, scientists poured derision on Fitzroy's forecasts and he was forgotten. Now an area of the shipping forecast is named after him and the HQ's of the Met Office is on Fitzroy Road.

Captain Tom, that most famous of Yorkshire men during the pandemic, offered us the best forecast, 'tomorrow is going to be a good day' (whatever the weather!)



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CARFAN - THE SHELBY FORD MUSTANG

To paraphrase a well-known retailer, this isn't just a Ford Mustang, this is a Shelby Ford Mustang.

The Mustang wasn't exactly a slow car in the first place, but after Texan automotive designer Carroll Shelby breathed his magic on it, suddenly a good car became a very good car. Its reputation was forever sealed after Steve McQueen drove a GT version in the film Bullitt and to a lesser extent when Nicholas Cage drove one in the film Gone in 60 seconds. This is one car that makes a lovely, if discordant, "burble", but even this was not good enough for the producers of Bullitt who overdubbed it with that of a Ford GT.



Built from 1965 to 1967 before Ford took over production, power came from a 4.7 litre V8 engine with manual and automatic transmissions being available so performance was

nothing if not brisk. The Mustang Owners Club of Great Britain is a small but enthusiastic group of owners who offer help and advice to keep these wonderful machines on the road, and membership is advised to help locate those difficult to obtain parts. Many, many versions have been produced and indeed it is possible to buy a new one today, but they arguably don't come close to the purity of the originals. Provenance can add a lot of value to a car and the one Steve McQueen drove sold for \$3.4 million in 2020 while one of the versions from the Nicholas Cage film sold for \$1 million in 2013.

To buy one without such esteemed provenance doesn't take such deep pockets, but expect to pay between £35,000 and £145,000 in the UK currently, with only a few from the 1960s to choose from. Should you see a "cool dude" vainly trying to impersonate Steve McQueen in this car, don't forget that cheery Carfan wave!

BEVERLEY MOTOR WORKS: STORING YOUR CAR OVER WINTER



For Beverley Motor Works' customers who have a classic, luxury, sports or weekend car, it is crucial you know how to store it properly over the winter.

Without the proper care, winter hibernation for your car can do just as much damage as driving and running it in freezing temperatures. Here's how to ensure your car is in the best condition for spring.

Clean and cover it - Before you store your car away for the winter months, make sure to give it a thorough clean inside and out. This will prevent dirt and grime from damaging the paintwork. Using a car cover will help to safeguard and protect your car's exterior for longer while preserving the finish. Even if you store your car indoors, using a car cover will keep out moisture.

Storage - If you have choice in where you can park, it is best to store your car indoors, otherwise street parking with a car cover will keep your car protected. When parking on a driveway or street, try to find level ground in the open. If you are storing your car indoors, choose a clean, dry garage or storage facility to avoid damp air causing rust.

General maintenance - Before storing your car away, make some general maintenance checks to keep your car secure and ready for use again. Ensure it has enough fuel to limit condensation in the fuel tank, check your oil, tyres and other fluids, and make note to run the engine every couple of weeks to prevent the battery from running flat.

You can also make use of Beverley Motor Works' free seasonal check to make sure your car won't let you down.

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PUZZLE PAGE

WORDSEARCH

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

AUGUST
 BLOSSOM
 COLOURS
 HOLIDAYS
 LAUGHTER

PRIDE
 RAINBOW
 SCHOOL
 SUNGLASSES
 SUNSHINE

WHERE IN BEVERLEY?

Where in Beverley
 can you find
 this landmark?
 Answer on Page 30.



KNOW YOUR NUMBERS

Each row adds up to the total
 on the right.

Each column adds up to the total
 at the bottom.

The diagonals add up to the totals
 top and bottom.

X	X	X	X	19
?	1	3	?	16
6	9	2	8	?
3	?	4	9	23
?	?	?	4	19
21	?	?	?	?

Answers on Page 30.

Do you have any amusing stories,
 quotes or pictures? Send them to
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QUOTE OF THE MONTH
 Be respectful of others.

THOUGHT FOR THE MONTH
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CYCLING WITH WILSON WHEELS

Whenever we reach the school holidays, the usual question always comes up: "What are we going to do for 6 weeks"? Normally what follows is an answer along the lines of: "I am bored".

Right from the start of the summer holidays, make sure to plan your holiday time ahead and make your bike part of your schedule.

Since Covid hit, health and wellbeing has become high on the agenda, and using a bike is a must to stay active and get fit and healthy. With a bike, it becomes easy to explore the local area, and who knows, you may have the chance to take your bikes on a staycation.



At Wilson Wheels, all makes and models of bikes can be prepared for the summer excitement, but safe cycling is great cycling, and what you rode last year may not be right this year. A simple look over and service, even something as small as altering the seat height, can make all the difference between an uncomfortable bike ride and an exciting exploration bike ride.

If you are off on holiday, why not take the bikes and get them rolling for those days out discovering new places as a family, enjoying the countryside and having a snack on route?

To ensure a great holiday and a fantastic summer, dust off those bikes, get them serviced and ready to go at Wilson Wheels and explore the local area. Enjoy nature at its best and get amongst it.

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EXERCISE DURING PREGNANCY

Can you exercise during or after pregnancy?

Many women want to maintain a certain level of fitness and stay active during their pregnancy. Others are keen to regain their fitness afterwards. Contrary to what some might think, it is possible to maintain some level of exercise during much of the pregnancy. It also shouldn't take too long to regain an active healthy lifestyle afterwards. Of course, it has to be done with care and many people in this situation will seek out specialist training, so they know what to do. Whether you want to train women in this situation or want to know more about this type of exercise and what is recommended, this post is for you.



Can you exercise during pregnancy?

People used to think that you couldn't exercise during pregnancy. The belief was that exercise might adversely affect the outcome of the pregnancy and even the quality and quantity of breast milk. It's now generally accepted that exercise during pregnancy is not dangerous and can actually have some positive effects, with some evidence to suggest it may help you cope with labour and more easily adapt to a changing body shape. Of course, how much exercise someone goes for will differ depending on their circumstances and on how active they were prior to being pregnant. Determining a suitable level of exercise and training women at their own pace is one of the things we cover in our course for trainers supporting pre and postnatal clients.

How soon after pregnancy can you start exercising?

Another thing that many women want to know is how soon after pregnancy they can start exercising. Again, the answer will depend on the nature of the pregnancy and whether there were any complications during birth. Prematurely taking part in vigorous exercise could also cause problems down the line, so care should be taken in this area. That said there's nothing stopping women who've just given birth from doing partial and light exercise, as soon as they feel comfortable. If you're looking to get back to the gym and take part in more high impact exercise, the NHS recommends waiting until your 6 week postnatal check to commence with this. Of course, complications in birth or a caesarean birth would mean a longer recovery may be required. Talk to your health professional to determine what's best for you.

What kind of exercise can you do during pregnancy?

So, what can you actually do whilst you're pregnant? In the later stages of pregnancy certain things are off the table. We'd definitely recommend a break from Rugby... But a lot of things are ok early on. Typically, pre-natal exercises include low intensity strengthening of muscles, particularly in the pelvic floor and other areas linked to pregnancy. Kneeling and sitting exercises are also popular, as well as training that focuses on flexibility. Many of these help with preparation for labour. Exercising in water is often used for this kind of training as the water can take some of the weight of the bump and makes use of a wide range of muscles. It's important that the water isn't too hot though and in general all these exercises should be controlled and regulated, adjusting for each person.

What kind of exercise can you do after pregnancy?

Getting back into a normal routine may take some time but there are ways of easing back into an exercise regime. During most professional training the client's condition will be closely monitored to establish an acceptable level. Core and abdominal strengthening exercises will form the bulk of the training

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as well as postural awareness and general strengthening. Gentle stretching may be included and a gradual return to higher impact and resistance exercise.

What is covered in a qualification for supporting pre and postnatal clients?

What if you want to learn how to train women in this position? The recognised Active IQ Level 3 Award that covers this is called Supporting Pre and Postnatal Clients With Exercise and Nutrition. This will give trainers the knowledge they need to program and deliver safe and effective training for pre and postnatal clients. It will ensure you are able to probably assess what exercise is suitable and provide a safe and healthy environment for your clients. It will also cover proper nutritional training and advice as this is a key thing to get right both during and after pregnancy, for the health of mother and baby.



Who can do the Level 3 award for Supporting Pre and Postnatal Clients?

This course is great if you want to provide another service as a personal trainer. It could even give you a specialism that makes you stand out from the competition. Importantly though it has to be something you enjoy doing, driven by a desire to help women in these circumstances. In order to take this qualification, you need to have a Level 2 qualification in Gym Instructing or Group Training. You can also take this qualification alongside any other Level 3 qualifications. If this is relevant to you and you want to get qualified in this area, you're in luck. We provide all the qualifications you need to undertake. Just head to our courses page to book on - www.sportsabilitytraining.co.uk/courses/level-3-award-pre-and-postnatal-exercise



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BURTON ELECTRICAL SOLUTIONS - YOUR SAFETY IN A BOX!

Spending time in the garden is a great tradition especially in the summer months, enjoying the fruits of your labour.

As you look to spend time in the garden, start to think how you can make things safer and easier as you lay back soaking up the summer sunshine.



Outdoor power sockets are a must making power tools safer to use and easier to access.

An outdoor socket, which should be protected by an RCD unit, makes working with outdoor electrical

equipment simple and safe, so all you need to worry about is keeping those lines in the grass straight and neatening the hedge.

As you look to keep your garden in shape and keep on top of things, why not give Andy Burton a call. Remember loose wires do cause fires.

Contact Burton Electrical on: 01964 552769 www.burtonelectricalsolutions.co.uk

IN THE GARDEN... AUGUST

Welcome to August - whether you are going away or staying at home this August the list of things 'to do' in the garden is minimal, so, sit back and enjoy the fruits of your labour.

Tasks and Tips for August... staying at home

- Water all containers every day and feed regularly (early morning or evening is best).
- Lightly trim hedges and Lavender bushes once the flowers have finished (this isn't essential as 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 but don't cut it too short and don't apply lawn treatments in hot dry weather or the grass will be scorched.
- 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.
- If you have Camellias, Azaleas or Rhododendrons water them well in dry weather otherwise the flower buds for next year may not develop properly. To boost growth feed them a liquid ericaceous feed.

Tasks and Tips for August... going away?

- 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).
- 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'.

And a timely reminder... for all the gardeners who rush out to buy 'spring flowering' daffodils and tulips etc. in the spring when they are flowering. The bulbs for these will start to be stocked in garden centres, nurseries and other retail outlets from the middle of August. If you want hyacinths flowering in the house for Christmas, now is the time to buy your prepared hyacinth bulbs. Prepared hyacinths have simply been conned into thinking they have had a 'winter' (by placing them in a cold store) so when you plant them up in bowls they think it is spring and start growing - clever heh!

That's all for now - have a lovely time this August.

Until September...

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WHAT'S ON THIS MONTH

Thursday 9th - Saturday 25th September.

• **The Dumb Waiter**, East Riding Theatre

ERT are THRILLED to announce that we will be welcoming audiences back into the theatre with a production of Harold Pinter's early masterpiece.

Directed by the critically acclaimed actor and director Martin Hutson (Art 2018), *The Dumb Waiter* is a dark tragicomedy set in a dingy basement where two hitmen, Ben and Gus, wait on orders for their next job.



As the atmosphere becomes stale and their differences become more visible, a deep-seated tension begins to stifle their relationship.

Tickets: £16.50 full/£15.50 concessions (over 65 & under 24).

WHERE IN BEVERLEY?

The Beverley Friary



'KNOW YOUR NUMBERS' ANSWER

Missing numbers in yellow

X	X	X	X	19
7	1	3	5	16
6	9	2	8	25
3	7	4	9	23
5	2	8	4	19
21	19	17	26	24

CELEBRATING OUR TRAVEL AGENTS

As I sat here trying to decide what inspirational topic to write for this month's edition, I remembered we have recently 'celebrated' National Travel Agents Day.

Unlike Mother's Day, Father's Day or the various other celebratory days we enjoy as a nation, there was little time for food wine and gifts.



This is because travel agents work round the clock, particularly in recent times, ensuring their clients are supported.

As a result of the constant changes to

the entry requirements for the many different countries, the changes our government makes to our requirements to return to the UK, and the changing of the green/amber/red lists, it is often necessary to make last minute changes to bookings. It involves; meticulous planning to ensure every client has all the correct information required to travel; all the relevant tests booked within the required timescale, which can vary for each destination; checking the client has completed the necessary forms; and ensuring they are contacted whilst away to ensure they are completing the relevant forms and taken tests to return to the UK.

Having your own agent that will continually monitor the updates and contact you as and when your booking is affected gives you immeasurable peace of mind at a very difficult time.

It is interesting to note that in the past it was widely predicted that the internet was going to kill off travel agents when digital tools were readily available to clients. This has not come to fruition and there are several good reasons for this. The pandemic has certainly shown the true value of trusted travel professionals that will ensure you are given the correct advice and is there to 'hand hold' you every step of the way.

Listed below are five good reasons to book your holiday through a travel agent.

1) Expertise - I have over 30 years experience in the industry and am able to suggest and advise on itineraries, hotels, suppliers, airlines. The advice I give as an independent agent is with the client at the forefront of everything, and as a result of this I have built up a long list of repeat clients.

2) Emergencies - I am fully backed by our 24/7 duty office so every client is covered wherever they are around the globe at any given time. I personally encourage my clients to come to me as their agent and I have always been able to support and guide my clients. Clients find it reassuring to know that if ever I was unavailable, our duty office is always there. There was a magnificent effort from everyone at Travel Counsellors in March 2020 when we needed to ensure our clients safely returned home. It highlighted how I personally spoke with these clients and so they knew they were being looked after, giving them reassurance and peace of mind. The recent last minute issue with Malta not accepting certain batches of vaccines resulted in many passengers being turned away at the airport, however my clients were notified in advance and able to amend to an alternative destination.

3) Time - it can take some considerable amount of time working through sourcing holidays to find the perfect destination and package. When your trusted travel advisor knows what you are wanting for a holiday, they can take the time whilst you work, play golf, go shopping etc, and then you will be presented with some options once you are done. We can work on these together at a time that suits you to adjust and modify until we have exactly what you would like.

4) Price - At Travel Counsellors, we arrange packages so that you are fully protected under the Package Travel Regulations. So many people contacted me that had booked elsewhere during the pandemic with issues such as; online providers that refused to refund monies; online providers had not booked packages when the clients thought they had; and online providers who would not reply to emails or take calls when clients needed support and clearly needed



refunds. I am fairly certain that no matter what they paid, ultimately without the refunds it has cost them so much more in the end.

5) Peace of Mind & Personal Contact - With Travel Counsellors, you have the availability of your personal agent to discuss any concerns. I am a local independent agent based in Beverley and every client of mine can ring a local number, my mobile or drop me a text or email. They know that they are ringing an individual and being my client they are a person and not a number, so you will get a reply so we can work through your concerns and resolve any issues.

My mantra for my travel business is not only to survive but to ultimately thrive. The honest independent advice, care I show my clients, and the support I personally provide them with is why I am confident that this will be possible.

If you would like to look at any future holidays and you require my support to navigate the myriad of requirements, please do not hesitate to contact me.

Amanda McConnell, Travel Counsellors.
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Keep safe this summer.

Protect yourself and your loved ones by getting vaccinated if you can, keep washing your hands and please respect personal choice as restrictions change.

Remember to stay alert to the symptoms of COVID-19 and current self-isolation guidance.

To find out how to get a test or book your vaccinations, visit [eastriding.gov.uk/3stepstosafety](https://www.eastriding.gov.uk/3stepstosafety)