

**STAGE4BEVERLEY -
BEVERLEY'S NEWEST
FESTIVAL**

**BEVERLEY'S
STREET ANGELS**



• **PARKWAY CINEMA LEGO®
BATMAN GOODIES**

• **PHOTOSHOOT BY
LA LUMIÈRE**

**A LIFE IN CARING -
JENNIE FALCONER**

AARON GILPIN

BEVERLEY'S AWARD-WINNING PHOTOGRAPHER

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Letter from the Editors



This month's issue is our 25th! Our first issue seems a lifetime away! But it has only been possible to make the **Just Beverley** concept into what it has become with the support of our original sponsors and advertisers, many of whom are still supporting us 2 years on.

Without our advertisers, we would not be able to bring you this quality magazine, keep our website updated and engage with so many of you on Facebook. Thank you.

Our contributors are important, too. We have been lucky to attract quality writers to work with us on a voluntary basis, providing us with a wide range of pieces which we know you find interesting, because you, our readers, tell us! You consume up to 4000 copies of the magazine and go to our website over 5000 times a month, so that's a huge number of people enjoying **Just Beverley**.

Just Beverley aims to reflect what Beverley and district is all about, so keep telling us your good news, send us those pictures and when you buy goods and services from our advertisers, let them know where you have seen their advert.

Here's to the next 25 editions!

Julian.



You will all know by now how much I love festivals, which is why I'm so excited about our new Stage 4 Beverley which runs over the weekend of February 17-19. Much as I love the Folk Festival being centred on the Racecourse, with its space, eclectic choice of venues and easy parking, I do reminisce fondly of the days when it was based in the town itself, wandering from pub to hall to café, often missing someone you really wanted to see because you were entranced

by who you were already watching! So, although Stage 4 will this year be held entirely at East Riding Theatre, the intention is for it to become a town-wide festival in future years as it takes off. You can read more about Stage 4 and one of its organisers on page 35.

In February we celebrate St Valentine's Day on the 14th - see our article on page 15, Pancake Day/Shrove Tuesday is celebrated on February 28th and Ash Wednesday sees the beginning of Lent on March 1st - Colin Raynor has been thinking about Lent on page 14. The best thing about February though is that the days are getting longer, making Ian Richardson's walks very attractive - see page 37. Now, where are those walking boots?

Be happy!

Linda.

Get in touch with us:

Website: justbeverley.co.uk
Email: info@justbeverley.co.uk
Telephone: 01482 679947
Twitter: @JustBeverley
Facebook: [facebook.com/justbeverley](https://www.facebook.com/justbeverley)

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Apology

Just Beverley would like to apologise to anyone who felt aggrieved by John Fewing's poem, 'Oop North', but we hope it was taken in the spirit in which it was written. We wish to point out that our contributors' views are not necessarily the views of **Just Beverley**.

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, Aaron Gilpin, John Fewings, Richard Manville, Carfan, Ian Richardson, Sam Walton, Colin Raynor.

You can pick up the magazine from:

Beverley Parkway Cinema, Beverley Tourist Information, Beverley Library/Treasure House, Tesco, Morrisons, East Riding Leisure Beverley, 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, Maple News, Leconfield PO, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, The Altisidora, Cherry Burton PO, Monks Walk, Health Centres, cafés, hairdressers and more!

Woolley and Parks gain 5 star rating

Hot on the heels of their top national award, Woolley And Parks record the highest number of sales in the Driffield area, as logged by Rightmove.

Our photo shows Natalie Parks and Mark Woolley with their silver award which they won in the Best Newcomer category at the Estate Agency of the Year Awards 2016 at the London Metropole Hotel on December 2nd 2016.

The event, which is the equivalent of the Oscars for the estate agency world, means the best are judged by the best.

This is praise indeed for an agency which is under two years old and has given Woolley and Parks the impetus to open in Beverley.

This award-winning estate agency is based at **19, North Bar Within, Beverley HU17 8DB**, telephone **01482 755700**.

You can find them at www.woolleyandparks.co.uk, on Facebook: **Woolley&Parks** and Twitter: **@woolleyandparks**



Fairtrade Fortnight begins on February 27th

The biggest ever Fairtrade campaign will encourage people to stop feeding the exploitation of millions of farmers in developing countries who are not paid what they deserve by hosting a Fairtrade break.

Everyone stops for a cup of tea or coffee, so this year Fairtrade is encouraging anyone who is not buying Fairtrade tea, coffee, sugar and biscuits for their break to switch to them and use the time to talk about the way Fairtrade helps farmers fight for a fairer deal. To help advertise such an event, the Fairtrade Foundation is offering free packs to organisers which include posters, stickers and a special 'Breaks and Ladders' game.

To get your pack to help you plan your event and to find out more, head to www.fairtrade.org.uk/en/get-involved/current-campaigns/fairtrade-fortnight



Beverley Poet is Scotland's Poetry Slam Champion

Ex- Beverley Grammar School student, Daniel Piper, is a rising star, especially in Scotland, where he appeared in his sell-out solo show at last year's Edinburgh Fringe and has now won the Scottish National Poetry Slam.

Daniel is a comedian and writer who blends comedy with theatre, to hilarious, but often embarrassing effect (his words!). He's appeared at several festivals, including Latitude and Bestival, at The Comedy Store and The Southbank Centre and is soon heading off to Paris for the International Poetry Slam where he will compete with other poets from across the world. Check out Daniel's website, www.daniel-piper.co.uk for some clips of his act and find out where you can see him perform, follow him on Twitter [@danielpiper](https://twitter.com/danielpiper) and contact him at daniel.piper@icloud.com. **Just Beverley** would love to see Daniel perform in Beverley!



Norwood Leisure Day has vacancies

Started almost 30 years ago, as a social event for older, retired people living in Beverley and surrounding villages, it provides friendship, companionship and laughter, as well as lunch!

Monday is often a grey day for older people, especially those who cannot get out or who live on their own. Which is why Leisure Day, which is held in the schoolroom behind Norwood Methodist Church, is so popular. Transport is available for those who cannot get there under their own steam.

The day starts at 10.45 with morning tea/coffee followed by an activity such as a game or a craft, a speaker or entertainer/s with a light lunch of soup and a roll, cake and more tea before guests and helpers head off home at 1.15pm.



Someone who has benefited enormously from attending Leisure Day for the past 4 years is Trish Waterson. She said: "My husband died 6 years ago after which I found I couldn't cope and I ended up in a care home for 2 years, which is where I met Christine Millburn, who is the Pastoral Leader of Leisure Day. When I moved to my own flat, Leisure Day was one of the first events I went to. I have met so many new people there, who told me about other things I now also go to. My life is so different and it's all thanks to Leisure Day - it's given me friendship, companionship and a lot of laughing."

An important aspect of the group is ensuring that all members are accounted for; if anyone doesn't attend, Christine finds out why and lets the rest of the group know, giving members the confidence of knowing that there is someone who cares. If you would like to find out more about Leisure Day, either for yourself or for someone you know, contact Christine Millburn on **01482 863558** or Christine Caddy on **01482 882325**. Leisure Day is also keen to welcome volunteers who would like to offer their skills as a speaker or entertainer or get involved in other ways.

STOP PRESS

The Durham Ox at Beverley wins Casque Mark Award of Excellence after only 2 months. See our feature on page 17.

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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. Films subject to change.

Thursday 2nd February -
A Street Cat Named Bob
The Girl on the Train

Thursday 9th February -
The Light Between Oceans
A Street Cat Named Bob

Thursday 16th February -
I, Daniel Blake

The Light Between Oceans

Thursday 23rd February -
Mum's List
I, Daniel Blake



MONDAYS @ 8.15pm

More 'what is it' than 'whodunnit'

Fancy a film but not sure what you want to see? Try our Mystery Movie Monday! You won't know what it is until it starts, unless you can solve our Facebook and Twitter clues! It could be a classic or a gem you have never seen or even the first screening of an upcoming film.

The fun is in the discovery! Only £4 per person, restricted to 15 and over only unless otherwise stated as some will be for 18 and over due to content.

These are just some of the films which were shown last year: The Guest · Rear Window · Ex Machina · Trumbo (Advanced Showing) · Blade Runner (Final Cut) · The Way Way Back · Nebraska · O Brother Where for Art Thou · Brassed Off · Mad Max Fury Road · Jaws · Black Mountain Poets (Advanced Showing) · Scott Pilgrim vs The World · Top Gun · Theatre of Blood · Psycho · Fight Club · Robocop · Sing Street (Advanced Showing) · Black Mass · Leon · The Princess Bride · Gremlins

Wish you'd been there to see some of them? Want to make sure you don't miss anything this good this year? Then why not just go along on Monday evenings at 8.15pm!

Remember to look out for information on our Facebook page and Twitter @parkwaybeverley.

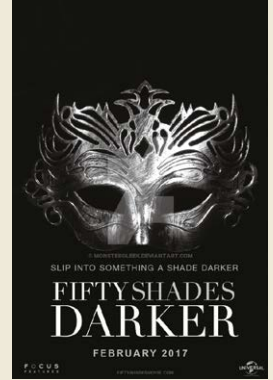
These are the films scheduled to open in February: all are subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



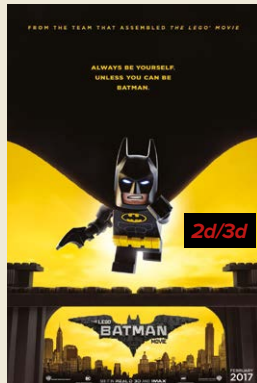
3rd February



3rd February



10th February



10th February



10th February



10th February



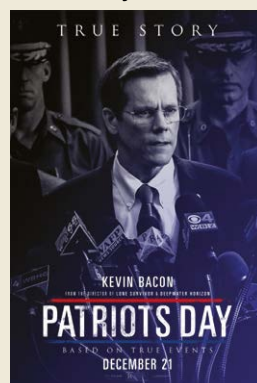
17th February



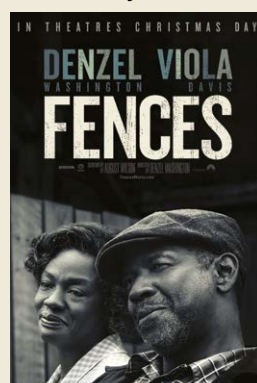
17th February



24th February



24th February



24th February



26th February - LIVE SHOW

YOUR NEW INDEPENDENT CINEMA



Classic films digitally remastered and on the big screen again. Thursday at 8pm. Admission £5.

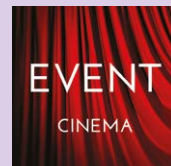
Thursday 23rd February -
Back to the Future (PG)

Thursday 2nd March -
Pulp Fiction (18)

Thursday 16th March -
Pretty Woman (15)

Thursday 23rd March -
Ghostbusters (1984) (PG)

Thursday 30th March -
The Terminator (15)



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:

Thursday 2nd February at 7pm -
NT LIVE: AMADEUS (12a)

Sunday 5th February at 3pm -
BOLSHOI - SWAN LAKE (TBC)

Encore performances: Tuesday 7th February at 7.15pm & Thursday 9th February at 1pm -
RSC: THE TEMPEST (12a)

Wednesday 8th February at 7.15pm -
ROH - WOOLF WORKS (TBC)

Thursday 16th February at 7pm -
NT LIVE: SAINT JOAN (12a)

Sunday 19th February at 3pm -
DISNEY'S NEWSIES - THE BROADWAY MUSICAL (PGtbc)

Tuesday 28th February at 7pm -
ROH - THE SLEEPING BEAUTY (TBC)

Tuesday 7th March at 8pm -
ZIGGY STARDUST & THE SPIDERS FROM MARS (PG) - Plus interview & magazine

Competition Time!



In the irreverent spirit of fun that made 'The LEGO® Movie' a worldwide phenomenon, the self-described leading man of that ensemble - LEGO Batman - stars in his own big-screen adventure. But there are big changes brewing in Gotham and if he wants to save the city from the Joker's hostile take-over, Batman may have to drop the lone vigilante thing, try to work with others and maybe, just maybe, learn to lighten up!

In The LEGO® Batman Movie, Canadian-American actor and comedian Will Arnett is the voice of Batman, aka Bruce Wayne. Known for his television appearances in 'Arrested Development' and '30 Rock', he has also voiced roles in the animated films 'Despicable Me', 'Ratatouille' and 'Monsters vs. Aliens'. Fellow 'Arrested Development' star, Michael Cera, voices Robin, aka Dick Grayson.

The evil Joker is voiced by Zach Galifianakis, who is best known for his role in the blockbuster 'The Hangover' trilogy. He also had a supporting role in Best Picture Oscar-winner 'Birdman'. Jenny Quinn voices Harley Quinn - if you saw 'The Secret Life of Pets' or 'Zootopia' you will recognise her voice! You will also recognise award-winning singer Mariah Carey who lends her voice to Mayor Marion Grange and Ralph Fiennes who voices Batman's ever-faithful butler, Alfred Pennyworth.

To celebrate the release of 'The LEGO® Batman Movie' in cinemas February 10th (Previews February 4th & 5th), Warner Bros. Pictures and Parkway Cinema Beverley offer you the chance to win some amazing Batman Goodies along with a pair of cinema tickets to a film of your choice. To be in with a chance of winning these amazing prizes, all you have to do is answer the following question:

True or False? The LEGO® Batman Movie is a new film in the LEGO® film franchise.



Send your answer by email to info@justbeverley.co.uk by February 15th. Include your name, address and daytime telephone number along with the answer to the question in the email. Put **LEGO BATMAN COMPETITION** in the subject line. Winners must be prepared to be involved in publicity for Just Beverley and Parkway Cinema. Good luck!

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'Sing' Competition Winners



The winner of last month's competition to win the fabulous 'Sing' merchandise and a pair of tickets for Parkway Cinema was Steph Bordas of Beverley.

Runners-up prizes of pairs of tickets for the cinema were Louise Comb of Bridlington, Christine Hill of Hedon and Carolyn Hildyard of Cottingham. Thank you to all who entered and good luck with this month's competition!

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Give Your Brain some Exercise!

THE FILM QUIZ

Mondays at 7pm -- In the Parkway Café Bar

Why not test your film knowledge at 7pm before the Mystery Movie Monday? There are free film tickets for the winners!

La Lumière - a shining star in the photography world

After only one year in business, Aaron and Debbie Gilpin of La Lumière Photography have won a Five Star Rating from The Xperience Group for the quality of the overall experience they offer their customers.

Only 9 studios out of a total of 90 photographic studios from across the UK have been given this accolade, which are graded on everything from the standard of photography, to the cleanliness of the studio to the customer service.



Mark Cleghorn, a well-known figure in the world of photography with a long list of awards and accreditations to his name, says the new scheme offers customers reassurance of the quality and creativity of the prize-winners, as well as the customer service offered.

He is now Head of Xperience training, which seeks to introduce a standardised system of recognising and rewarding photographers' quality so clients will know exactly what type of service they can expect from their chosen photographer.

At the same time, Xperience Group aims to push its photographers' skills to even greater levels.



As Mark said: "We are so proud to award Aaron Gilpin and his team our highest award in their first year. It is only given to those who excel in everything and represents the highest level of quality. From the quality of photography and lighting, the layout and cleanliness of the studio space and viewing room, the clarity and variety of their price list, the range of products on offer, the quality of literature and branding, signage, first impressions - even the quality of the bathroom facility, La Lumière cannot be faulted"

But as well as the 5 Star Award, Aaron also won Boudoir Photographer of the Year with a stunning portrait.

Aaron said: "I was delighted my image won the boudoir category. My approach is to make boudoir more accessible with modern, fresh images, to make it a really special experience for any woman."

La Lumière Photography is based at **22, Trinity Lane, Beverley.**

Website: www.la-lumiere.co.uk

Telephone: **01482 867455.**

Email: enquiries@la-lumiere.co.uk



Competition

To celebrate La Lumière Photography's Five Star Xperience Group Award and Aaron's Boudoir Photographer of the Year title, we have a very special competition!



One lucky winner will be treated to a Family Photoshoot at La Lumière's award-winning studio.

Additionally they will be able to choose a Framed 10" Image from the photographs taken, which will be framed and will also take away a Digital Album. This prize is worth £415!

To be in with a chance of winning this phenomenal prize, all you have to do is answer the following question:

Where is La Lumière located?

Send your answer to info@justbeverley.co.uk by February 15th. Include your name, address and daytime telephone number along with the answer and put 'La Lumière comp' in the title box.

The winner will be chosen by random after the closing date.

Winners must be available for publicity for both **Just Beverley** and **La Lumière**. No cash alternative is offered. The prize must be taken up by March 31st 2017 otherwise it will be forfeited.

Terms and conditions for **Just Beverley's competitions** are on page 3.

LA LUMIÈRE PHOTOGRAPHY



TEL: 01482 867455
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EAST RIDING
OF YORKSHIRE COUNCIL

Jennie Falconer - a lady with caring at heart

Many will know Jennie from HaywardBefriending, others for 'Contact the Elderly' afternoon teas or from setting up the MHA 'Live at Home' scheme in Anlaby. She is also a volunteer for Silver Line, the charity set up by Esther Rantzen as a 'Childline' for older people, and for volunteering for Hull City of Culture. Now she is the Marketing Manager for the brand new Crown Care Home in Wingfield Way, Beverley which is scheduled to open in March. How does she manage to fit so much in? Just Beverley managed to squeeze into her busy schedule to find out!

Jennie has worked with older people for the past 30 years, in both paid and voluntary work. In fact, her days are devoted to ensuring older people enjoy their later years. She has a myriad of ideas, too, which she would like to get off the ground when she has the time!

One of the companies Jennie is involved with is HaywardBefriending, which is a growing service for the people of Beverley, and surrounding areas, who may be in need of a little support. One example of someone who has been helped is Beverley resident Joan. Joan injured her wrist and was struggling with shopping. She contacted HaywardBefriending who arranged to pick her up from home and take her to the supermarket, accompanied her around the supermarket, packed her shopping and returned her and her shopping back home. Joan now calls HaywardBefriending whenever she needs some support to do her 'big shop'. She also calls upon HaywardBefriending to do the jobs she struggles with, like defrosting the freezer and cleaning windows.

HaywardBefriending can also help take pressure off carers, by giving them some practical help or respite care. For example, Mary, who is her husband's carer, is not well herself and has been awarded funding from the local authority for help with housework; HaywardBefriending provides this service. Or there is Susan, who needed a break from caring for her husband, Robert, who has dementia, to visit other members of the family. HaywardBefriending visited Robert to check he had taken his medication, eaten his meals and spend some quality time chatting to him.

HaywardBefriending can also help with support with paperwork and correspondence, appointment transportation, pets and

computers. Contact them on **07834 491242** or email jennie@haywardbefriending.org.uk

Now Jennie is working at Claremont House, marketing the fabulous facilities which Crown Care is providing for people requiring residential, nursing or memory impairment care whilst enabling and promoting independence.

Jennie said: "I have set up a brand new extra-care retirement village in Lichfield in Staffordshire, as well as the 'Live at Home' scheme in Anlaby so promoting Claremont House fits well with my skill-set. Crown Care is a family business which has built several other care homes - their experience means Claremont House incorporates the latest equipment, styling and thinking in care homes. There are 73 luxury suites including several premium suites, all with private wet rooms and hotel-style beds, 3 restaurants, a roof-top café, a terrace, a licensed bar, a variety of lounges, hair and beauty salons and even a cinema!

"It is a lifestyle choice when you choose to move into a residential or nursing home so you deserve the best. For many people, it can mean opportunities to make new friends and enjoy new experiences as well as getting any care they may need. Our Manager and Deputy Manager are both highly-qualified nurses.

"Have I mentioned the food yet? It's amazing! All diets, tastes and nutritional requirements are catered for. We have a wide range of activities and social interaction sessions and encourage visitors of all ages to come and get involved in our community, as well as the relatives of our guests.

"We are actively recruiting staff in all departments - catering, nursing, caring, house-keeping, maintenance, beauty and hairdressing. Do get in touch if you would like to join us! Give me a call on **07833 291973** for an informal chat."

It is testament to Jennie's organisational and time-management skills that she does find time for her volunteering work, but looking out for older people is in Jennie's bones. She is particularly keen to expand the 'Contact the Elderly' Sunday Afternoon Teas which happen once-a-month. She is looking for hosts who can provide the tea and have the space to accommodate 6 guests and for drivers to



transport the guests to and from the venue. Hosts would only be expected to offer once a year.

Jennie said: "Sunday is such a long day for people who have no local relatives or friends; this scheme reduces social isolation and is a lovely way for anyone with the space to give something back. If you know of anyone who is lonely who might enjoy this type of thing, please give me a call on **01482 866868**. It's the same number for volunteers!

"A local hairdressing salon has offered to do the guest's hair before the next Afternoon Tea, for which we are most grateful. Anything like that which makes them feel that extra bit special is very welcome!"

We feel very privileged to have met such a dynamic, caring lady!



HAYWARD Befriending

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- Support with paperwork
- Support with housework
- Appointment transportation
- Pet service



Contact Jennie for further details
Call: 01482 868166 or 07834 491242

www.haywardbefriending.org.uk

Dementia Friendly East Riding to add to the Dementia Action Alliance's work

Dementia Friendly East Riding is a brand new charity, started by many of the people involved in the East Riding Dementia Action Alliance (ERDAA). Phil Anastasi, Vice-chair of the ERDAA is Chairman of Dementia Friendly ER. Just Beverley met with Phil to find out more.

Funding for the ERDAA, which was linked to the Alzheimer's Society, came to an end in 2016. But the volunteers involved in the project were very keen to ensure the people in the East Riding are aware of the challenges associated with living with all kinds of dementia and the people living with dementia are supported to live as positively as they can.

Phil said: "The new charity has 12 trustees, with 3 vacancies. Current trustees include a solicitor, dementia nurse, mental health specialists, nurse trainers, at least one person who is living with dementia and the Manager of Beverley Community Lift.

"We are committed to building on the good work already started by the Dementia Action Alliance. For example, we are running the forget-me-not flower competition to design a flower for a larger public display to bring attention to dementia. We are going to build two dementia-friendly gardens, one at Burnby Hall, the other at Castle Hill Hospital, replicating The DAA's award-winning design. And we are working with the Parkway Cinema to continue holding dementia-friendly screenings of popular films. We recently screened 'Bridget

Jones' Baby' - that was very well-received." Going forward, the charity is planning to deliver training to organisations, companies and groups entirely free of charge (although a donation will be very welcome) - there will be a certificate at the end of the training. To this end, the charity is actively recruiting new trainers. The aim is to encourage as many people as possible to understand the way in which dementia can affect behaviours so that people suffering from dementia can be helped sensitively.

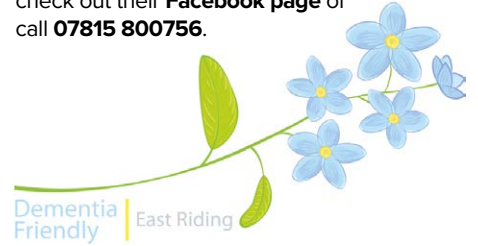
The charity would also like to recruit volunteers who would be happy to attend the odd meeting who would be happy to share experiences of living with dementia either themselves or with a family member.

Dementia Friendly ER is keen to develop support networks, hold afternoon teas in safe environments and run a photo competition which can be turned into a travelling

exhibition. All this will require funds. The group is urgently seeking sponsors and would love to find a patron who would get actively involved and help increase coverage. A sponsored coast-to-coast cycle ride is in the offing.

The group is officially launching on March 23rd at Parkway Cinema, Flemingate when more plans will be revealed.

If you would like to get involved, find out more about the group or learn about dementia, check out their **Facebook page** or call **07815 800756**.



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sales@rosesofbeverley.karoo.co.uk



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Beverley Street Angels guarding Beverley's revellers

Beverley has a thriving night-time economy with its pubs, restaurants and café bars, some of which stay open well into the small hours on Saturday nights. Having a good time whilst staying safe is key. But what happens if that taxi you ordered doesn't turn up, you lose your phone or trip over on the cobbles and need First Aid? This is where the Street Angels come in! But who are they and how did they come about?

The first UK Street Angels (sometimes known as Street Pastors) was set up in London in 2003, based on a Jamaican model, where local Christians from a range of churches voluntarily patrol the streets at night, helping and caring for vulnerable people in practical, non-confrontational ways. Street Angels work closely with the police and councils as they do not have powers of arrest and seek to maintain confidentiality, so far as is legal, to gain the trust of the people they are helping. They are not there to preach or evangelise but to be a neutral, reassuring presence in local communities. In some areas where Street Angels are active, there have been huge reductions in crime. For example, Woking in Surrey has seen a 64% reduction in crime rates during the hours their Street Angels are present.

Beverley Street Angels was set up in 2012, the brain-child of Carolyn Bradbury. There were already groups of Street Angels in other Yorkshire towns and cities, including two groups in Hull, which had made a positive difference. Carolyn garnered support from her own church, Beverley Community Church, which is where Beverley Street Angels are based, and from other churches in the town. She said: "The idea was to help those who might be vulnerable after a night out in the town. We go out at around 11pm on a Saturday until 3am Sunday morning, patrolling in pairs with a team member remaining at base for assistance and support. Everyone is in radio contact. We chat to people, make ourselves known to the door staff and help in any way we can. Race Days can be particularly busy with visitors who are unfamiliar with the town asking for directions. We give out flip-flops to prevent foot injuries which are particularly popular for ladies whose shoes have become too uncomfortable to wear. We look out for bottles and glasses and remove them for recycling but broken glass can be a real hazard."

Street Angels are all volunteers of age 18+; there is no upper age limit. Before they go out in a pair, wearing the hi-vis jacket which identifies them as a Street Angel, they are trained in First Aid, Conflict Management, Drug and Alcohol Awareness and Radio Skills. Other courses follow in time.



Carolyn said: "We welcome approaches from people of age 18+ who may wish to join our volunteers. New people go out with established Angels as a taster to see if it is for them. We recently welcomed the East Riding's newest Councillor, Denis Healy, who wanted to see first-hand the valuable work we do. He was with us from 10pm until 3.30am on a Saturday evening in January."

Denis told **Just Beverley**: "The experience really opened my eyes to the number of vulnerable young people needing help, especially after closing time. The friendly rapport the Angels have with both the people and the police is so encouraging and I was impressed with the professionalism of the Street Angels operation. There is a bird's eye view of Saturday Market from the base which means they can react quickly to events outside the main pubs."

"As the night wore on, it was mainly young women who needed help, mostly because they had cut their feet on glass and needed First Aid. We were also able to offer bottles of water to people who need some. The shift ended late as a young lady had lost her friends and was in a distressed state. She was all alone. The Street Angels were able to help her use her phone to call her family and wait with her until someone arrived to collect her."

"It was so inspiring to see volunteers of all ages, giving selflessly, to administer care and support to complete strangers. Most people probably don't experience the town centre in the small hours of a Sunday morning although our night-time economy gives enormous pleasure to many. However, it can be a challenging environment for people who can become vulnerable, particularly where alcohol is concerned. I'm sure that many parents of teenagers and young adults will feel extra reassurance knowing that the Angels are there to look out for them. It was a privilege for me to spend time with them."

For the record, since Street Angels went out on that first patrol on Friday July 27th 2012, they have given out 1,186 pairs of flip-flops, 561 bottles of water, administered First Aid 25 times and rendered over 200 assists in the 2,700 man hours they have given to help people stay safe on a night out in Beverley.

If you would like to be considered to join this special group of volunteers, please contact them by email: info@beverleystreetangels.co.uk. Why not visit their website to find out more about them?

www.beverleystreetangels.co.uk



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New Year - but have you really changed into the New You?

How are your New Year Resolutions holding up? Are you getting as much out of that gym membership as you intended? How many times have you sneaked that odd sweet/packet of crisps/glass of wine telling yourself 'just one won't matter' despite having eaten more than your strict diet allows? What about that pledge to keep your temper at all times even though the cat has eaten the Sunday roast, the dog has had diarrhoea all over the carpet and the kids are refusing to do their homework? You are not alone in finding yourself challenged by life itself, let alone by the extra stress we put on ourselves by making unreasonable targets! Compound that with the language we use to describe ourselves and our failings and life can become very stressful. What to do?

An 'in trend' phrase which was bandied around 10-12 years ago in the world of business management was 'emotional intelligence'. This related to knowing and understanding yourself so well that you could 'flex' your behaviour to get your staff to like you, adopt to your way of thinking and work really hard for you so that you became a successful leader. But emotional intelligence doesn't just apply to business - it applies to everyday life. If you know and understand yourself so that you can 'flex' your behaviour in any situation, then everyone will like you and look to you for leadership. It is a fact that the people who are seen as good leaders are those with a high emotional intelligence quotient.

So how can you become emotionally intelligent? There have been plenty of books written on the subject from the academic papers published in Harvard Business Review to the more accessible Dale Carnegie 'How to win friends and influence people' (which is where I first learn about emotional intelligence) to self-help books written by behavioural therapists as well as business coaches.

Being successful means building successful relationships - the more intuitive you are to your own and to another person's emotional state, the better your relationship with them. Much of this comes from using the right language at every time and place. Yes, you can put your foot in it big-time by not thinking before you speak! But how many of us not only use inappropriate language towards other people but towards ourselves, too? No wonder we fail, feel insecure and lose our confidence!

It is the little things that make the difference - to ourselves and others. When we look in the mirror and see a stressed, tired person with bags under their eyes looking back at us, what do we say to ourselves? Nine times out of ten it will be 'You look terrible!'. Imagine if you saw a friend who looked stressed and tired and had bags under their eyes. Would you really go up to them and say 'You look terrible'? It would imply they are incredibly unattractive, probably in a bad mood and unable to concentrate and you wouldn't want to do that to anyone, so why do it to yourself? Instead ask 'Is everything OK?' so you can show concern and talk through the issues. That way, well-being becomes the prime concern rather than looks.

Just imagine that healthy lifestyle you have adopted has resulted in you shedding a few pounds, given you a glowing skin and bouncy hair and you look more toned. If someone came up to you and said, loudly, 'You look great! You've lost stones in weight!', how would you feel? Embarrassed probably, because the implication is that you were fat and unattractive. The last thing we want to be compared to is the way we were in the past - the past is history, especially the bits of it we would rather forget like pictures of us when we were babies in the bath! Wouldn't it be so much nicer if the commentator had just said 'You look great!' and left it at that! When we look in the mirror



it's easy to see something which just isn't really there, which only the meanest person would comment on - so why be mean to ourselves? Tell yourself you look fabulous, put on your best smile, go out into the world and knock 'em for six!

We control our own feelings and emotions and by extension the feelings and emotions of other people. Emotional intelligence is really social awareness - treat people as you would wish to be treated, think carefully about the language you use and you can't go far wrong. Becoming emotionally intelligent really could make you into a new you!

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I've Been Thinking... by Colin Raynor

I've been thinking about four letter words. Be honest, what does that phrase mean to you? I wonder if it brings to mind words that many would choose not to use in their daily speech. Words that we can read or hear in the many versions of modern media we have available today and that seem to sadly have become more acceptable.

Even if we don't use such language, the majority of us know such words exist and most of us know the meaning of the words. For myself, working in the textile mills of West Yorkshire during my first years of work I became fully acquainted with all the words that folk used to show their frustration, anger, scorn etc. Folk have the right to speak as they wish but I suggest use of such (what I consider) coarse language, will endear them to very few and, in truth, is usually used without much thought for others. The Christian church has a number of four letter words that it uses on a regular basis (and many longer ones also) but whilst people may know these words they are often at a loss to completely understand them. Two of the more familiar ones, written by Paul the Apostle to the church in Corinth are 'love' and 'hope'. How many funerals and weddings have you been to when you have heard these two words, 'love' and 'hope' read at times of sadness as well as of joy. Confusing? Maybe Paul was right when in the same letter he wrote about "the foolishness of preaching."



It is however the real mission of the Christian church to continue to explain what such words mean and to ensure they are not stumbling blocks to people's understanding of the true Christian message. Another four letter word the Church uses is the word 'Lent'. Originally the word meant 'Spring' but over the years the word Lent has gained more prominence. People who give up eating chocolate for Lent, and who may have no connection with any church, are conforming to one of the main principles of Lent, namely, to give up for a period (forty days) that from which they derive pleasure. The Church calls upon a person to step aside, if only for a short time each day, and consider what it is in their life that is truly valuable and they could not live without. In this way, the Christian Church prepares for the Easter period and Jesus Christ's crucifixion on the Roman gibbet. Lent begins on St David's day, Wednesday March 1st. The patron Saint of Wales often said "Be joyful, keep the faith and do the little things... well". Now that really is a good four letter word.

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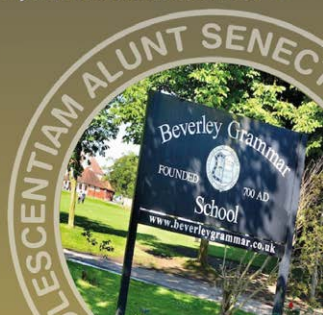


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Valentine's Day - to bring out the romantic in you!

According to Statistic Brain, worldwide spending on St Valentine's Day is more than £11,029,902,600! 180million Valentine's Day cards are exchanged (85% of them bought by women) and 198million roses given (73% of them by men) at a cost of about £1.60/stem. There are also reckoned to be 11,000 children conceived on Valentine's Day! But 53% of women say they would end their relationship if they didn't get something from their partner on February 14th.

So why all this fuss about February 14th? Is it just a money-making opportunity for card-makers and flower-growers, or is there something special about the day? It is, after all, reckoned to be the day when birds choose their mates and it does coincide with the pagan celebration of Lupercalia, a fertility festival dedicated to Faunus, the Roman God of agriculture, which Pope Gelasius outlawed as un-Christian!

It did involve a weird fertility rite with the sacrifice of a goat and a dog, young bachelors slapping themselves and unmarried women with strips of the goat's hide soaked in the dog's blood and the pairing of the men and the women by the drawing of names from an urn for the next year, resulting in babies and even marriages. The traditional Valentine's Day rhyme could be referring to this lottery, although the poem written in a collection of nursery rhymes from 1784, also mixes 18th century associations of hearts and flowers, hearts, doves and Cupids with this ancient festival. What do you think?

*The rose is red, the violet's blue,
The honey's sweet and so are you!
Thou are my love and I am thine;*

*I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it should be you.*

If you are lucky enough to receive a Valentine's card this year, you can still thank Pope Gelasius as it was he who established February 14th as St Valentine's Day.

Although there are 3 martyred saints called Valentine recognised by the Catholic church, it's likely that the one celebrated on February 14th was a Christian priest who was outlawed by the Emperor Claudius for marrying men who were destined to be soldiers (women and children were considered a distraction) and for helping Christians practice their illegal faith. Valentine was imprisoned where he fell in love with his jailor's daughter, who was sick.

He healed her and sent her a letter signed 'from your Valentine' just before he was martyred. As the priest was called Valentine, it was highly likely that he would sign a letter with those words! But they have been adopted by lovers the world over - I'm sure Valentine would have been very touched.

Competition
Winner



The winner of the competition in last month's magazine for a meal for two with bubbly at Cosmo's Flaming Grill, Restaurant and Bar was Jennifer Penn of Beverley.

She is pictured here with Cosmo's owner, Ali Tekce and Head Chef Justin Alexander.

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A new era beckons for Beverley's Tiger Inn

Popular local pub the Tiger Inn has a new landlord in Allen Slinger. Regulars to Beverley's drinking establishments may recognise him from the Royal Standard on North Bar Within where he spent a successful 2 years, but Allen felt the time was right for a fresh challenge.

Just Beverley visited Allen in his new pub. He said: "I had a great 2 years at the Standard, enjoyed every minute of it. The pub did so well after the refurbishment but when I had the chance to take the Tiger, I didn't hesitate. The Tiger is just about to have a refurbishment, too, which we are really looking forward to; fingers crossed this will be done by the end of March. We have lots planned for after the refurbishment, so watch this space! I'm a sport, music and comedy fan and love being in the open air so that might give you some clues.



"The potential of the Tiger is just so big! The pub currently does much already. We have Quiz nights, 2 weekly music nights, a darts team (which I play in) and support as many local charities as we can. We serve food 7 days a week, too. I've been in the pub trade for 18 years now and pubs are facing their biggest battle with so many closing, but I will be fighting my hardest to buck that trend. I really want the pub to become a vibrant hub of, and for, the local community."

Allen moved to Beverley just over 2 years ago, and can't see himself ever leaving. He loves the town, the people and the community spirit - in fact everything about it. His enthusiasm is infectious and we wish Allen and his staff all the best as the Tiger moves forward into 2017 and beyond.

The Tiger is on **Old Laigate, Beverley HU17 8JG**. Tel: **01482 869040**.



The Durham Ox at Beverley

After several months with temporary tenants, new Landlord Steve Bradley and his wife Chris are now established at this Victorian-era pub on Norwood. What's more, Steve and Chris have been able to tempt Andrew Chapman, Head Chef of the Durham Ox for many years, back into the kitchen.

Steve and Chris hail from Routh and have little experience of the pub trade, except for knowing a good pint when they see one, but felt called to explore the possibility of taking on this little community gem when they found it was up for let. They have resisted all suggestions of alterations and refurbishment which would strip the pub of its traditional feel, except for upgrading the kitchen and changing the beverage offering to meet the requirements of their current and future customers.

This has meant a huge learning curve for Steve which is why he is so proud to have been awarded the Cask Mark Award of Excellence for his beer. He keeps John Smith's, Sharp's Atlantic and Doom Bar, Guinness, Staropramen, Pravha and Carling lagers and Thatcher's Gold Cider on tap along with a full range of spirits and other pub favourites. These perfectly complement the pub food which Andrew prepares to order.

Food is served
Tuesday - Friday
12-2pm and 5-8pm;
Saturday and Sunday
12pm-5pm.

Sunday Roast Dinner is particularly popular at £3.95 for a small serving, £6.95 for large. In fact, all meals are available as smaller portions if requested and can even be prepared as take-aways. Allergies and lifestyle choices are catered for, preferably with advanced notice, but there is always a vegetarian option.



As Steve said: "The Durham Ox is a traditional community pub offering traditional hospitality and service. We have darts on Mondays and Tuesdays, a quiz on a Wednesday and dominoes on a Thursday - which can get very competitive! We will be having karaoke on Fridays and, along with the occasional entertainer, special 'themed' nights with appropriate food. We are celebrating Valentine's Day on the 14th, 15th and 16th of February with steak or salmon and a trio of chocolate desserts all for £30 a couple! Do come and say hello if you haven't been in to see us!"

The Durham Ox at Beverley, **48 Norwood, Beverley HU17 9HJ**. Tel: **01482 679444**.

Countryside Matters with Sam Walton

We are led to believe that monkeys are the nearest thing to human beings and physiologically they probably are. But have you ever thought of how like us pigs are? Pigs are bred by specialists to supply human parts, which apparently work well. Having been involved with pigs in one way or another nearly all my life, I have to say that they are highly intelligent in all sorts of ways.

Pigs become accustomed to your voice; they know when you are going to feed them and you can usually get them to do what you want. A friend of mine, Daniel Barnes, to whom I must give thanks for the photographs, actually got some piglets to pose for his camera to show just how intelligent pigs actually are. He managed to get one to sit on a small tractor, another to hold the phone and a third to look at a computer screen.



Not only are pigs intelligent and have similar organs to humans, they are also one of the cleanest animals you can have, given the opportunity to be so. They will never dung where they eat and preferably not where they lie either - just like humans!



One of the things which makes me a bit cross is the number of times a crossword clue is the home of a pig. The answer is always a sty. How often do you hear people say: 'The place was like a pig sty?' That is a bit of an insult to pigs and to modern day farming! A sty is now a museum piece and a prime example can be seen in the Beamish Museum in Co. Durham, which incidentally is well worth a visit, as it also has other bits and pieces from a bygone farming era.



In the garden...

During FEBRUARY the days become noticeably longer - weather wise we can expect some warm sunny days, don't be fooled or tempted to think that spring has arrived, February can often be a colder month than January.



Nevertheless, buds are starting to swell and the early flowering bulbs will add some colour. Although the list of tasks is quite long for February, most are weather dependant, so it's worth keeping an eye on the weather. For instance don't go pruning plants on a spring like day if a cold spell is forecast.

Tasks for February...

- Continue planting bare-root trees, shrubs, roses and fruit bushes when weather allows
- Start to prune shrubs that have become too big or misshapen
- Start to hard prune late-flowering deciduous shrubs and clematis
- Begin pruning roses if weather allows
- Trim winter-flowering heathers
- Divide and replant snowdrops and aconites
- Cut back ornamental grasses
- Apply organic-based plant foods to established borders
- Continue digging over vegetable beds when weather allows
- Sow early vegetables under cover
- Start preparing outdoor seed beds for early vegetables
- Start sowing bedding and annuals under cover
- Order seeds and plug plants
- Top dress shrubs grown in containers - maybe repot any that have become 'pot bound', using a John Innes compost
- Continue to protect tender plants
- Start dahlias tubers into growth
- Prune over-wintered tender plants
- Keep small area of ponds ice-free
- Dig a new pond
- Clear out your garden shed - this is an ongoing task for me!
- If the weather is mild you may need to cut the lawn - just a light trim to tidy it up
- Trim hedges and overgrown shrubs before the end of the month - this shouldn't be carried out during the bird nesting season (March 1st - July 31st) under the Wildlife and Countryside Act 1981.

Last chance to...

- Do winter digging - BUT ONLY if the ground is not soggy or frozen.
- Prune apple and pear trees - ideally the pruned tree should take the form of a wine glass i.e. no branches in the middle of the tree. This will provide even sunlight to every part of the tree.
- Prune wisteria - shorten side shoots to two or three buds from the main stems. By pruning now you can see what you are doing, it also encourages flower buds to form.

Hopefully by next month Spring will be well on its way, so until then...

Happy Gardening! J.

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



Time to enjoy Madeira, m'dear!

Located only 498km from Tenerife and positioned off the coast of North Africa, Madeira's location provides year-round mild temperatures and an overall climate that makes it perfect for both a warm winter break and a sunny summer holiday.

The winter months have average daytime highs of around 18°C - rain is likely, but it provides the abundance of flora and fauna found here the nourishment it needs to flourish. Luscious green landscapes provide a backdrop to the immaculate city of Funchal - the island's capital and commercial hub - however its streets and buildings present the charming characteristics of traditional Portuguese architecture as opposed to the tall modern glass structures now associated with major cities.



There are many ways to fill a day in Funchal; sampling the local cuisine, such as the Black Scabbardfish - famous for being an incredibly ugly-looking, yet incredibly tasty seafood option, available at restaurants around the city. The Custard Apple (indigenous to the Andes, however long-established within Madeira) is

called so because of its unique taste that resembles exactly that - custard - and is just one example of the many fruits and vegetables grown in the rich volcanic soils of the island. An afternoon tea enjoyed on the ocean-view terrace of the world-famous Belmond Reid's Palace is without a doubt a luxurious must-do.



Popular activities include taking the cable car from the city up to Monte which provides spectacular views along the way to the top of the mountain.

Up there, you can visit the Monte Palace Tropical Gardens - just one of the stunning gardens found on Madeira - before taking a toboggan back down the mountain!



These wicker toboggans, driven by two local experts, are extremely fun yet an historic way of travelling. Long before cars were invented, the residents of Monte used the toboggans as a fast method of transportation to get into the town.

The aforementioned gardens provide just one way to enjoy the unique and varied nature the climate here cultivates. Spending a morning in one of the island's orchid gardens or the famous Funchal Botanical Gardens is definitely one way in which to enjoy all that grows here.

People looking for something a little more adventurous can enjoy one of the 'Levada Walks' along paths that wind through the dense Laurisilva Forest, past waterfalls that cascade down the steep terrain.

Those interested in walking will find a variety of trails across the island, from challenging mountain passes to scenic coastal routes that provide the perfect opportunity for a selfie with the Atlantic!



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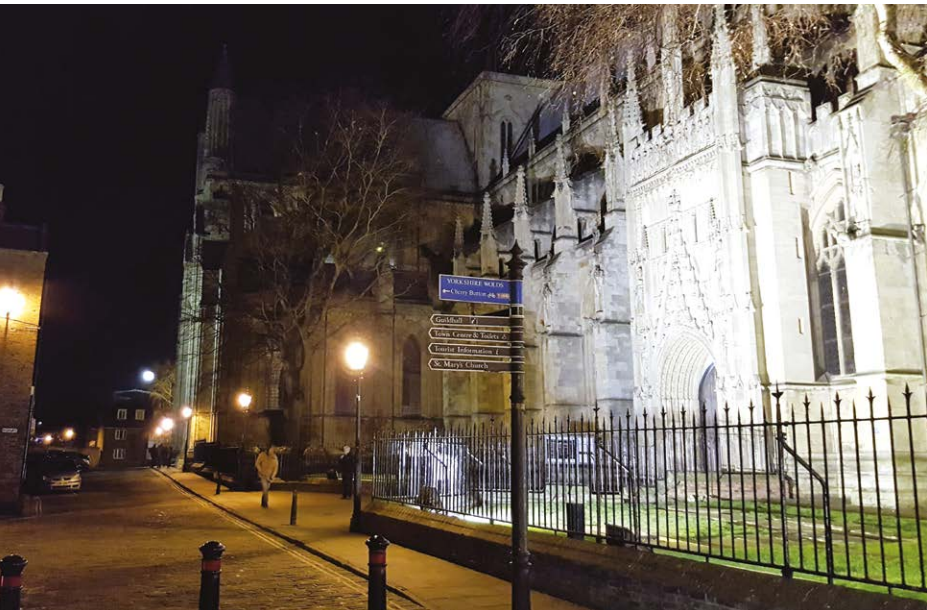
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The King's Head celebrates 11 years as key Beverley venue

Most of us would have difficulty remembering how the King's Head was before its major redesign in 2006. But constant investment and innovation in the building and offering has brought it a whole new clientele who appreciate the ambience and the quality food and beverages.

The King's Head is in prime position in the corner of Saturday Market, attractive to families, couples, singles and groups of all ages with its different rooms and styling. Yet it wasn't always the case. Prior to 2006, the King's Head was perceived as a pub with rooms.



But after 3 months' closure and £875,000 spend, it was transformed into a venue which is busy from morning through lunch-time to the evenings with different clients and a diverse range of occasions. In 2009 a further £300,000 was spent upgrading the décor to give it a more contemporary feel with soft furnishings and refurbishing the bedrooms. In 2012, £275,000 was spent on the garden, enlarging the space and creating the pagoda.

The King's Head was acquired by the Revere Group in 2012 who were even more ambitious for the venue. They introduced premium ranges of wines and spirits and a new, fresh menu with locally-sourced food to give customers an extra-special experience.

The King's Head is now on a par with Revere Group's best outlets in London, Manchester, Leeds, Birmingham and Edinburgh.



The performance of the King's Head regularly puts it into the Top 5 of Revere's best-performing businesses, especially over the Christmas period.

In January 2015, the very popular Gozney Pizza Oven was installed into the kitchen - the King's Head pizzas get rave reviews. Another refurbishment followed in 2015 when the 12 bedrooms were remodeled into 10, very high-class boutique rooms and a state-of-the-art Jospier steak oven added to the kitchen equipment. The steaks get amazing reviews, now, too.

But it's people which make a venue special! In February 2016, Head Chef James Atkinson was acknowledged as one of Revere's top chefs; James now trains other chefs and helps create new menus.



Then Matt Clapison was awarded Revere's General Manager of the Year Award, the King's Head was awarded Venue of the Year and Charlotte Russell, who was Matt's previous Deputy Manager, won Newcomer of the Year for her managerial skills now she is at The Florentine in Sheffield. To round off a year of accolades, the East Riding Yorkshire Licensing and Policing



Awards made the King's Head their 'Best Bar None' for 2016. Manager Matt Clapison is the driving force behind the King's Head; he is not only a successful venue manager but a great people developer.

His policy is to promote from within and he has been instrumental in securing Assistant Manager roles for Shelley-Ann Chamberlain and Matthew Evans, who hails from Australia.

In 2017, the King's Head is looking to invest more in the garden and redecorate the bar area, ensuring the venue is always attractive to its customers.



To celebrate 11 years of success, there will be a week of competitions running through the King's Head social media Facebook, Twitter and Instagram pages starting on February 4th. So head over to **The Kings Head Beverley Facebook** page, **@KingsHeadBev** Twitter account and **The Kings Head, Beverley on Instagram**. Good luck!

Anytime Fitness limbers up for Flemingate opening

East Yorkshire's first 24-hour fitness club is coming to the Flemingate centre, Beverley.

Scheduled to open in May, Anytime Fitness will occupy a 7,500 sq ft first-floor unit with a ground-floor entrance close to Debenhams and Outfit at the heart of the Flemingate centre. Franchise owner, Neel Sodha, said this facility will be the largest and best-equipped gym in Beverley, with a £500,000 investment in fit-out and gym equipment.

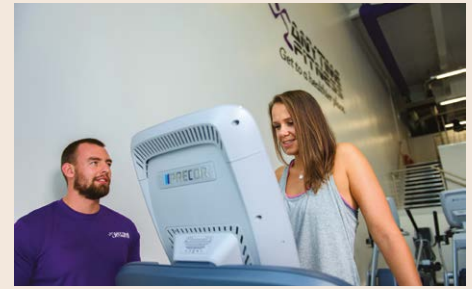
He said: "We believe Anytime Fitness will be very popular with professional people who want to be able to work out in a high-quality environment, at times and in a place convenient to them. Capped membership will mean no queues to use the fitness equipment, which will be easy to use. There will be a studio for exercise classes as well as the gym with personal trainers available. Changing rooms will have individual shower cubicles.

"This will be a club, not just a gym, and it will have a club community. It will be a place where members can make friends and take part in social events. For example, we're looking to tie-up with Flemingate's Parkway Cinema to organise cinema nights for members.

"Beverley is a large and affluent community with lots of professional people who are concerned about looking after their health and wellbeing." Ranked number one in Entrepreneur magazine's annual Top Global Franchise list in 2016, Anytime Fitness prides itself on providing members with convenient and affordable fitness options in friendly and secure surroundings. Mr Sodha said Flemingate was perfect for the Anytime Fitness model which focuses on convenient, well-lit and safe locations, well-served by parking and public transport.



Graham Tait, Flemingate Centre Manager, said: "Anytime Fitness adds yet another element to the mix at Flemingate. It enhances what is already here and brings a unique proposition to Beverley and the surrounding area.



"We've been looking for a gym operator for Flemingate and Anytime Fitness was the one we identified as being a perfect fit, in terms of quality and convenience to people's increasingly busy lives. Anytime Fitness will add footfall to the centre, which will be great for the retail and leisure outlets, and the fitness club will also benefit from access to the 800 people who now work at Flemingate. It's also another example of Flemingate bringing a business to Beverley that otherwise could not be accommodated in the town"

Just Beverley are excited by Anytime Fitness's plans to use Flemingate's attractive outdoor public space for exercise classes and group activities in the spring and summer months - we think it will be great fun!

More Flemingate events on the horizon

After the exciting events hosted by Flemingate over the Christmas period - craft and artisan fairs and the spectacular Santa's Grotto - more are planned for 2017.

Flemingate was last year, for the first time, included in Beverley's Christmas Lights Switch-on and the Festival of Christmas showing that Flemingate is now perceived as important to Beverley as the rest of the town.

The first Saturday of every month will see a Craft and Artisan Fair from 11am-4pm with local artists showcasing their work for sale to visitors. The first fair will be held on February 4th.

Local artists wishing to get involved should contact Alex at flemingateevents@gmail.com

From the 11th of February, 'selfie hearts' will be in place to help celebrate Valentine's Day. Couples will be able to take photos of themselves with their loved ones.

There will be a number of Valentine offers and activities from various stores (check out **Flemingate's Facebook page** and **Twitter feed**). Gourmet Burger Kitchen (GBK) will be offering special Valentine discounts to readers of **Just Beverley** for meals for two people pre-booked for 14th February.



Flemingate announced as Ladies' Day partner

Beverley Racecourse is partnering with Flemingate for Ladies' Day for the next three years in an exciting move for one of Yorkshire's leading social events of the summer.

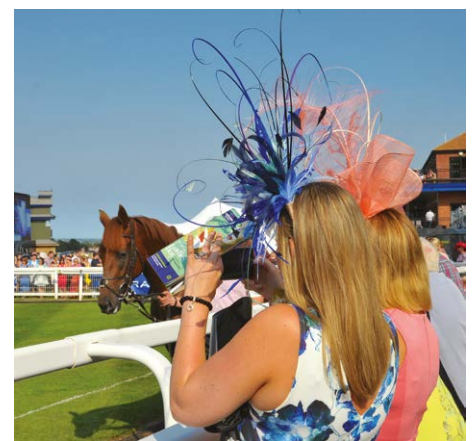
Beverley Racecourse's Ladies' Day annually attracts over 11,000 people to frequent Beverley's hotels, shops, restaurants and spas before enjoying a summer afternoon's racing on the Westwood.



The event has enjoyed a particularly glamorous feel over previous years with a high-end fashion show, a best dressed competition, backed by Laurent-Perrier, and a partnership with local artisan water company Blue Keld to encourage racegoers to stay well hydrated throughout the day.

Plans for the 2017 event, taking place this year on August 16th, will include a new format for the "Most Stylish Lady" competition, allowing all Ladies' Day attendees the chance to enter themselves and strut their stuff on the Flemingate catwalk, as well as a luxurious pamper marquee for racegoers to stay looking their best. There will also be a number of events running at Flemingate in the summer months leading up to Ladies' Day, allowing visitors to get themselves perfectly attired and race ready. Sally Iggulden, Chief Executive of Beverley Racecourse, said: "We are absolutely delighted to be bringing the Ladies' Day focus back to Beverley. This new partnership only serves to highlight the incredible shopping, fashion and visitor destination that Beverley has become with the addition of Flemingate. We've got some really exciting new plans for the day up our sleeve that we look forward to sharing in the coming months that will really bring Flemingate to the heart of the action on Ladies' Day."

Graham Tait, Centre Manager at Flemingate, added: "We're thrilled to be supporting Ladies' Day at Beverley Racecourse this year. It's a hugely popular event, with visitors coming from far and wide, and we're working closely with the



racecourse team to make the day even more exciting and glamorous this year.

"This partnership continues the work Flemingate has been doing to cement its relationship with the town by supporting key events and festivals.

Ladies' Day is an undoubted social highlight of the year and hugely important for trade and tourism in the town. We're looking forward to working with Sally's team to make the day at the racecourse and in the town even more special in 2017"


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Are you a Landlord? Have you failed to declare rental income?

HM Revenue & Customs have been running the 'Let Property Campaign' for some time now to encourage taxpayers who have previously not declared rental income on their let residential property. But that scheme will not last forever!

The 'Let Property Campaign' gives you the opportunity to contact HMRC and notify them of any undeclared income from property. You need to make a voluntary disclosure to HMRC, telling them that you have rental income that you haven't previously told them about. You then have 90 days to calculate the tax you owe and pay the tax.

You can report previously undisclosed taxes on rental income to HMRC under the 'Let Property Campaign' if you're an individual landlord renting out residential property. This includes student accommodation, income from a holiday home, renting out a room in your own home, UK rental income whilst living outside the UK and overseas property income. You can't use this scheme to declare undisclosed income if you're a company or a trust or if you're renting out commercial property.

There are many reasons why landlords have not declared rental income in the past. It could be that there has been a misunderstanding surrounding the tax rules and they now wish to correct these errors. If you voluntarily disclose these errors, then the penalties will be much lower than if you choose to do nothing and are discovered by HMRC at a later date.

If you do need to declare any previously undeclared property income then the best way to do this is via the tax office website at www.hmrc.gov.uk/let-property-campaign. If you would like to discuss this in more detail, then please contact Gareth Botterill on 01482 862240 or email: gareth@botterillco.co.uk



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Legal Q's and A's

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

This month the question involves a question about unwelcome building developments.

Q. A builder has bought the house next door and intends to make it smaller, putting in an access road to a block of flats he intends to put up behind it. The builder says he can do this whether we like it or not. What's the law on this? It's going to a public inquiry.

Coles the Solicitors have provided the following response.

A. A public inquiry is only held where someone applying for planning permission has appealed against a decision by the local planning authority. So it suggests that the builder's scheme has either been turned down by the local planning authority, or that conditions have been imposed that he's not happy with. You should discover what the exact position is from the planning department at the town hall, and if the builder's scheme has been modified, find out in what way. You may need advice from a surveyor.

If you have a question you would like advice on, why not give Coles the Solicitors a call?

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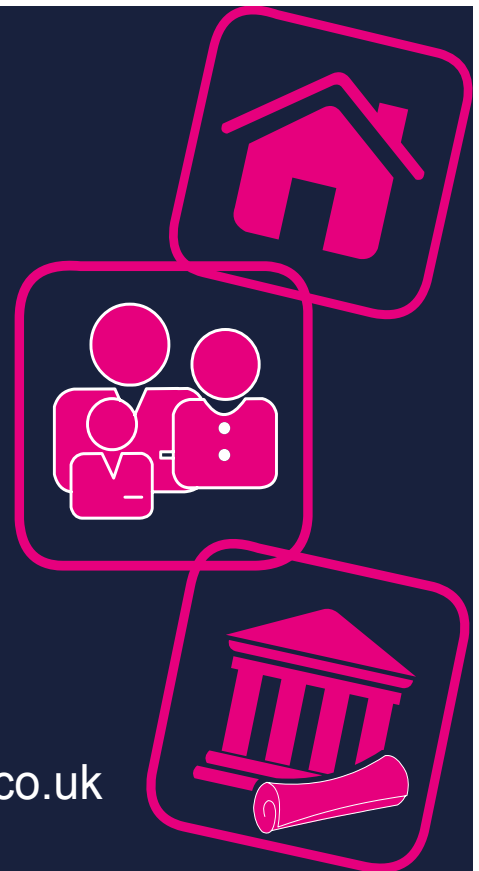
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Rumi's reinvents itself...

Rumi's owner and Head Chef, Sham Alom, is never one to stay still! With new uniforms, a new menu and more surprises on the way, Rumi's always seeks to delight its customers.

Sham hails from Bangladesh, where the cuisine is very varied. It is a fertile country which grows many different fruits and vegetables - exotic as well as the more mundane - and where different meats are eaten, except for pork which is forbidden by Islam (92% of the population in Bangladesh are Muslims). Yet the majority of 'Indian' restaurants in the UK, serve up the same type of Anglicised dishes - korma, madras, vindaloo, rogan josh and the VERY English chicken tikka masala - which is not what Bangladeshis eat at home!

Sham is on a mission to introduce visitors to Beverley restaurant to his home cuisine. He started slowly with a few traditional dishes amongst the 'typical' dishes but has now, after over a year in business, dropped all but 8 dishes from the old menu to concentrate on the food he grew up with and prefers to cook.

Sham told **Just Beverley**: "I have spent 25 years cooking the same old Anglo-Indian food and I am bored - so clients must be bored! We eat lots of goat at home. Indian Hindus eat lots of goat because they don't eat beef as cows are seen to be sacred, yet you never see goat on the menu! So we now serve Aloo Bakara - slow-cooked goat with roasted baby potatoes, coriander and garlic. We also eat buffalo at home. At Rumi's I cook buffalo in coconut milk, with subtle spices, turmeric, garlic and onions and serve it with our special rice; it's called Mahisa Narkel.

"At home, we eat lots of vegetarian food with vegetables such as butternut squash, parsnips and cabbage. We have enlarged our vegetarian section on our new menu, but at my next print-run, we are going to have a menu of only vegetarian food. If you are vegetarian or vegan, let me know and I will cook something just for you. All our ingredients are fresh and our herbs and spices enhance their flavours.

"If you belong a dining club, I would be delighted to welcome you and will create a menu just for you - steaks, vegetarian, vegan, gluten free - we will work with you to ensure you experience true Bangladeshi food to suit you and your lifestyle!"

The main menu changes are not the only changes - Rumi's is now serving smaller versions of some of its dishes between 5.30pm and 7.30pm Sunday to Wednesday, with tiny paratha, puri and poppadum. Sham calls them 'tapas'. You can make your own choice or leave it up to the Chef!

Priced at £10-£15/head, this will become a popular option for people who would like to try several of the new-style dishes at once, in smaller quantities than a main meal, perhaps whilst having a drink with friends.

If you have not been to Rumi's recently, do give them a visit - you will be pleasantly surprised at the changes!

Rumi's Restaurant, New Walkergate, Beverley HU17 9EP. Telephone: 01482 428642. Open every evening from 5.30pm with takeaway service, too. www.rumisrestaurant.co.uk



Rumi's relaunch

To celebrate Rumi's relaunching its new menu, they are having an evening dedicated to sampling the fantastic new dishes inspired by Sham's childhood. This will be an invitation only event but there are 4 tables available to give you the chance of winning on the evening!

If you would like to sample the new dishes, simply **share and like the RELAUNCH post** on the Rumi's Facebook page - www.facebook.com/pg/Rumis-Restaurant-527678260686114

The food on the night is all free excluding drinks. Good luck, and see you on the relaunch! Relaunch date is 5th February at 6.30pm.



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Rumi's Recipe - Pork Curry

Ingredients:

- 1 tbsp. sunflower oil
- 1 large onion, peeled and chopped
- 1 tspn, grated root ginger
- 2 cloves garlic, peeled and crushed
- 2 tbsp. curry paste
- 900g pork fillet, cubed
- 400g can chopped tomatoes
- 150ml pork or vegetable stock
- Squeeze of lemon or lime juice
- Salt and freshly-ground black pepper



Method:

1. Heat the oil in a large, deep frying pan and fry the onion for 5 mins.
2. Add the ginger and garlic and fry for a further 5 mins.
3. Stir in the curry paste and cook for 1 minute.
4. Add the pork and fry over a medium heat, stirring constantly for 2-3 mins until the pork is no longer pink.
5. Add the chopped tomatoes and stock and bring to the boil. Then reduce the heat to simmer and cook for 20-25mins until the pork is tender and cooked through, stirring occasionally.
6. Add the lime or lemon juice. Season to taste with salt and freshly-ground black pepper.
7. Serve garnished with coriander leaves with rice and naan.

Tickton's community defibrillator now in place at Fir Trees Nursery School

140,000 people every year suffer a sudden cardiac arrest (known commonly as a 'heart attack'), which makes it one of the biggest killers - the equivalent of a jumbo jet crashing every day. Rapid treatment is vital.

If you suffer a cardiac arrest, the quicker you can get medical help, the better the chance of survival. If you get treatment within 5 minutes, then your survival chances are 23% better than getting treatment within 6 minutes; if you get treatment within 6 minutes then your chances of survival are 23% better than getting treatment within 7 minutes - you get the picture! A sudden cardiac arrest causes the heart to go into ventricular fibrillation (VF); the only treatment for VF is defibrillation. Even if you telephone for an ambulance, chances are it will not get to you within the 5-minute window needed to apply defibrillation, especially if you live in a rural community. There is now a project to buy defibrillators for location in rural

areas with local people trained up to use them. It is reckoned that this scheme is 10x more effective in saving lives than any other community scheme.

Because a sudden cardiac arrest can happen to anyone of any age at any time, many communities are keen to sign up! Fir Trees Nursery School now has a Community Public Access Defibrillator just outside its front door with all 13 staff who work at the nursery trained in its use.

Alison Piper, who owns and runs Fir Tree Nursery School told **Just Beverley**: "We look after 80 children across the week between the ages of 2 and 5 and have plans to expand to accommodate more from 2017. We can never know when the children, staff or the parents and guardians who drop the children off at the nursery might suffer a cardiac arrest, so we were very keen to get a defibrillator. We raised the money within a week! The defibrillator is accessible to anyone who needs it, not just nursery users.

"At the moment, Fir Trees is full to capacity yet there will be a shortage of childcare after 2017 when the government increases funding for 30 hours' childcare from 15 hours for the children of working parents. We are working with Salt Architects to add a large space at the front of the nursery which will be dedicated to our youngest children to expand their quality play experiences. The defibrillator will give us the confidence that we can help everyone at or within the vicinity of Fir Trees should they become ill due to a cardiac arrest."

The defibrillator is a computerised medical device which delivers an electrical current through the

chest wall to the heart, shocking it back into normal rhythm so the heart can pump blood with vital oxygen around the body again. Community defibrillators can be used by people with little or no medical experience as the device has voice commands and screen messages which guide the user through the process making them as easy to use as a fire extinguisher.



Should you or anyone you know be in need of a defibrillator in Tickton, you now know where to find one, thanks to **Fir Tree Nursery School, Fir Trees Industrial Estate, 270 Hull Bridge Road, Beverley HU17 9RT.**

Telephone: **01482 888180.**

www.firtreesnurseryschool.co.uk

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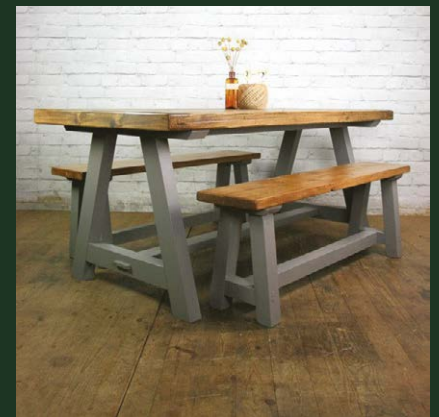
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Short Story by William Bundy - The Rainbow Lady

In the month of February, I ventured into nearby Beverley to sample some of the fine food and produce on offer at the local market. It was bitterly cold, and as I made my way through the snow-covered streets, I noticed the attention of a young lady was set upon me.

Over time we struck up conversation and, becoming good friends, I paid many a visit to her house over subsequent nights, the smoke of nearby houses silhouetted in a most dizzying display of atmosphere against the bright light of the full moon.

As we talked, she disclosed to me many secrets, some of which pertained to my own home which I had investigated in great detail, being hitherto unaware of the hidden knowledge which lay before me in its cavernous interiors.

Eventually, the time came to tell her of the small figure that I had reanimated some months before. The episode, which had left a horrible taste in my mouth, was not easy to relate, and she was of course quite hesitant to resume further contact with me.

After a good deal of time, we agreed to meet at her house whereupon she told me she had something to relate to me. "What is it my dear?" I asked somewhat hesitantly. She took my hand and studied it, as if examining some rare artifact

brought back by the explorers of Africa, although what lay in her own heart of darkness left much to be desired, as I would soon find out.

"I feel I must tell you... that I am a relative of those witches that cavorted in that... dreadful house that you inhabit." She shuddered visibly and I wondered what further secrets she held, now being aware of the ripples of surprise spreading through my hand, now clasped firmly, but gently in hers.

"I... don't know what to say, I hadn't expected you to disclose such a thing. There was no need, it is in the past surely?" I asked, desperate to gain some understanding of this new and most unexpected of developments.

She looked into my deep and saddened eyes as the firelight reflected softly in them and said, almost despairingly, "I wish it were... for the

spirits of said witches still call to me, and I fear I may lose... oh it's too much!" She wandered over to the fire, her body now trembling as if undergoing some kind of transformation, the kind of which I could not guess, and which did not help with my own growing state of unease; a sense of being in a room with a wild animal, yet to unleash its true self.

"Violet... my darling, tell me, what troubles you?" I asked as I wandered over to her.



She turned slowly, revealing a face gleaming with red eyes as she ventured towards me and all faded to black within what seemed like an instant.

It would be the last I saw of her, or anybody else for quite some time, as the fires within Burton Constable Hall gleamed all the brighter as winter's chill set in, casting eerie reflections on the snow-covered grounds below.





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WITHOUT YOU by John Fewings

Without you -
Sweet and sour would just taste bitter,
Every street be filled with litter.
I'd exercise but not get fitter,
Need laughing gas to raise a titter -
Without you.

Without you -
Granny Smiths would be less juicy,
There'd be no gander for the goosey,
It wouldn't be "nice to see you", Brucey!
There'd be no diamonds in the sky with Lucy -
Without you.

Without you -
Seedless grapes would be all pippy,
Kids today would be twice as lippy,
Playground slides would not be slippy,
Summer days would all turn nippy,
Without you there would never have been a hippy,
Or a bush kangaroo by the name of Skippy,
No Geoffrey, Bungle, George or Zippy!
They'd run out of chips down the local chippy,
There'd be only one S in Mississippi,
I would go crazy, barmy, dippy -
Without you.

Without you,
I'm sure I'd lose the will to live
And my poems wouldn't scan or rhyme or anything
And I'd forget what it was I wanted to say
And probably just trail off at the end...

John Fewings is Just Beverley's Poet-in-Residence as well as a member of The Argy-Bargy Poets. He writes poetry for people who don't like poems. Check out www.johnfewings.zone



Classic Cars with Carfan - the Lotus Esprit

If it can be said that beauty is in the eye of the beholder, many will say that this issue's subject car is just that - the Lotus Esprit. With over 10,500 made during a very long production run between 1976 and 2004, this car is not quite as rare as it would seem and its appearance in two James Bond films certainly helped assure its place in motoring history.

Contemporary car magazine tests were full of praise for its handling, which will not surprise aficionados who know that most Lotuses (or is that Loti?) handle like they are on rails. The 70s is sometimes referred to as "The decade that style forgot"! The Esprit evolved with larger and turbocharged engines with those of a nervous disposition needing to wear sunglasses on inspecting the loud tartan or crushed velour interior trim available on some models. Sadly though it did not take too long for the acronym LOTUS - Lots Of Trouble, Usually Serious - to be proved correct. Some may say that problems are only to be expected from a niche British car manufacturer and, as usual, the Owners Club offers a host of help and advice for those lucky enough to have the car or for those thinking about purchasing one.

One such problem which affected the model pictured is a rusty fuel tank. Bad design means that if a rear quarter window has a faulty seal, rain can drip onto the tank and settle on the foam that it sits on. The foam absorbs the water and the tank rusts slowly, necessitating removal of some walls of the engine compartment and part of the engine itself to replace the tank. As the engine is behind the driver, this is not an easy or cheap fix. As there were so many models made and in many variants, there are usually a lot for sale - mainly between £20K - £40K, although a very early Series 1 is currently for sale at a mind-boggling £100k! So shop around, take advice and if one whizzes past you and the driver is basking in Mr. Bond's reflected glory, be quick! And don't forget the cheery Carfan wave!



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PUZZLE PAGE

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.

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

Wordsearch

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

CANDLELIGHT
 CARDS
 CHOCOLATES
 FLOWERS
 HEART

LOVE
 MUSIC
 RESTAURANT
 ROMANTIC
 SUNSET

What is a Semiorndnilap?

They are words that, when spelled backwards, form other words...

- Bat - Tab
- Recaps - Spacer
- Stressed - Desserts
- Gateman - Nametag
- Sub - Bus
- Knits - Stink

Some words actually connect with the original word...

- Golf - Flog
- Sports - Strops



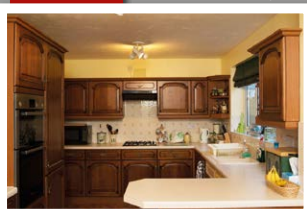
I've got my eye on you!

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

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Charity Champions

Just Beverley loves to celebrate good news! We know there are many unsung heroes in Beverley who do so much to help others, so please let us know about them so they can be recognised.

Email: info@justbeverley.co.uk or phone 01482 679947.

Leconfield Community Choir raises over £1000 for Leconfield Pre-school

The whole ethos of this choir is to have fun whilst singing to raise money for charity. Now in their seventh year, the Leconfield Community Choir boasts six years of successful fund-raising for charities such as Alzheimers and Help for Heroes, as well as Leconfield Pre-school and a young, local lady with alopecia who needed a wig which was going to cost £1500 but who didn't have the money to buy it.

The choir was the brainchild of Fiona Ives, who is also the choir's Musical Director. When she started it, she had no qualifications, just lots of enthusiasm and a love of singing, but she is now registered under the Associated Board of British Choral Directors and is enhancing her qualifications as a conductor as the choir expands.

Fiona told **Just Beverley**: "We now have 35 members, including 10 men, but anyone is welcome of any age. We sing anything from Beatles to Fauré, Church music to contemporary in 4-part harmonies. Everyone gets a copy of the musical score, whether they can read music or not, so they can see how the parts fit together. Then, after rehearsals, we go to the bar, so there is a great social aspect to the choir. This helps us gel as a unit. Although it is not compulsory to attend every rehearsal, most people do! We all say we get more out of this choir than we put in.

"We choose a charity to support every year, with the proceeds from our Birthday Concert in October going to that charity. But we also sing, entirely free of charge, at residential homes, and for weddings and birthdays.

"Last year we went carol-singing round Leconfield; we've sung at the 70th Anniversary of Air Sea Rescue, with Ti Amero in City Hall, Hull and, a couple of years ago, at a BBC Children in Need concert with Phil White.

"We are very lucky in that, if our accompanist, Maria Bromby, cannot make a date, we now have a second accompanist - not many choirs are so lucky."

If you would like to join the Leconfield Community Choir (you don't have to live in Leconfield to belong), Fiona would be delighted to hear from you on **07984 657071**. They rehearse on Tuesday evenings from 7pm to 8.30pm at Leconfield Recreation Hall.

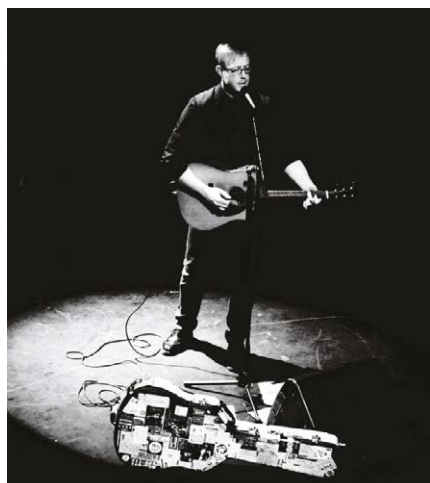


North Bar Folke Club - Beverley's new live music club

The team behind Beverley Folk and Roots has joined forces with the Royal Voluntary Service to bring a new, once-a-month, Saturday evening live music club to St Mary's Parish Hall, North Bar Within.

Although the club is open to everyone, the aim is to welcome older music lovers who enjoy being entertained in a relaxed, intimate setting where they can meet up with old friends and make some new ones. There will be refreshments available but anyone wanting something stronger than tea or coffee should bring their own.

Launch night is March 4th when Yorkshire and Beverley Folk Festival favourite, Roger Davies, will be appearing at 7.30pm. Tickets, priced at £8, are available from Beverley Tourist Information, Beverley



Music and Dance on Norwood and Minster Records on Eastgate.

North Bar Folke is already working with Hull City of Culture 2017 when it hosts Ranagri & Friends, Steve Dagleish and Edwina Hayes at the Hayward Theatre in the Parkway Cinema, Flemingate on Monday April 3rd - more about that next month!

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Get ready for Stage 4 - Beverley's newest festival

Beverley is becoming known as a town of festivals. So when a group of East Riding Theatre (ERT) volunteers noticed there was a gap in the calendar in February, guess what they did? - started a new festival! Just Beverley spoke to one of them to find out more.

Roy Woodcock is well-known locally as a journalist, presenter on Beverley FM, wine and food critic, football-lover (life-long Gooner rather than Tigers, though), PR man, arts and music fan so it isn't surprising to find he is one of the movers and shakers behind Stage 4. Along with Ray Williams and Chris Wade, his fellow ERT volunteers, and Simon Bedwell, Lighting and Technical Director at the theatre, they have been able to put a diverse music programme together, featuring many different genres with one or two additional surprises along the way. Unsurprisingly, the tickets are selling very well - people know a good festival when they see one!



Roy told **Just Beverley**: "It's been a long-held ambition of mine to get involved with a new music festival in Beverley with the scope to broaden musical horizons.

Ray, Chris and I have connections with the Beverley Folk Festival in its early days when many different venues in the town hosted musical acts - people wandered around Beverley, getting involved in its lovely ambience as well as enjoying the music. This is an ambition for Stage 4, but for this year, its inaugural year, we are concentrating on using the East Riding Theatre, running concerts, sessions and workshops in the valuable space of the auditorium and the café bar.

"If we achieve our wish-list, going forward we would love other people and different art-forms to get involved. Stage 4 can be an umbrella under which artists and musicians can come together to develop a festival of an even more eclectic nature! This is when we will be able to use additional venues, such as Parkway Cinema, the Minster Rooms, Memorial Hall and more."

Stage 4 runs from Friday 17th February to Sunday 19th February. Roy admits the availability of the dates at the theatre was a lucky coincidence, serendipity even, as has been the availability of some of the acts. Gypsy-jazz from Tcha Limberger with Mozes Rosenberg will be a real treat.

As Roy said: "It was a real coup to get him!" Coope, Boyes and Simpson (a Yorkshire folk group, not a firm of solicitors!) have just released their last ever album and are playing Stage 4 on their final tour and comedy poet/writer John Hegley will be around at lunchtime on Saturday 18th for some family fun 'with the possibility of some drawing and singing'.

There are local artists, too - The Westwood Quartet with Harry Kneeshaw, The Burton Agnes Jazz Quartet and Edwina Hayes.



Sold out already is a presentation with musical accompaniment by local artist Horspool about the famous Hull restaurant 'The House of Powolny', which includes afternoon tea. Then there's rising stars Greg Russell and Ciaran Algar, workshops, The New York Brass Band and Dougie Maclean. Stage 4 is ambitious and creative!

Roy is very grateful for the support of businesses who have helped with funding, volunteers who have helped with promotion and for people who have bought tickets so far. He is rightly confident that there will be people who will be disappointed that tickets have sold out. This all leads to a successful festival which further increases the attraction of Beverley at a time of year when visitor numbers are down.

The full programme for Stage 4 can be viewed on the East Riding Theatre website where tickets for each session can be booked: www.eastridingtheatre.co.uk

Tickets can be purchased by telephone **01482 874050** or in person. The programme is also listed on **Just Beverley's What's On** page here in the magazine or on our website. Don't miss out!

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Golf with Stewart Fraser - now is the most important part of your 2017 season!

A lot of golfers I know disappear this time of year when the weather deteriorates and are seldom seen until around the time of The Masters at Augusta. I believe January to April are the most important months of your season ahead - great preparation at this time of year WILL lead to a successful season ahead.

I see too many golfers appear in April/May and always struggle with consistency throughout the year as they try to implement changes during the season. Any technical changes you make this year need to be perfected before the season arrives giving you the best chance of performing your new technique under competitive pressure.

This is the time of year that I like to see the golfers I coach do the bulk of their practice. It's important to hone your technique this time of year, to produce consistent results during the season ahead. You are looking to create a good foundation that is going to last you throughout the summer and autumn, without having to fight to maintain form. Building this foundation up gradually in the early months will let you focus on developing feel and your scoring power when the

season comes around. During the summer, most of your time will hopefully be spent playing golf in the events that you have been practising for, by which point any major changes you have made will be well practised and you will be able to trust them in pressure situations.

I find that during the summer most people play more golf, so a heavy practice schedule on top of this can lead to burn out and tiredness. Pay a visit to your P.G.A. Professional and let him draw you up an early season development plan and make 2017 your best year yet.



He may also be able to help you plan towards playing your best golf at a particular time of year, when a certain event that you would like to do well in is scheduled. He can



highlight and fine tune specific areas of your game that you will need to accomplish well in the event. Prepare now for your most successful season so far!

Stewart Fraser is the Golf Pro at Beverley and East Riding Golf Club. He can be contacted on 01482 869519.

Dancestars classes starting in Beverley for more Dancestars!



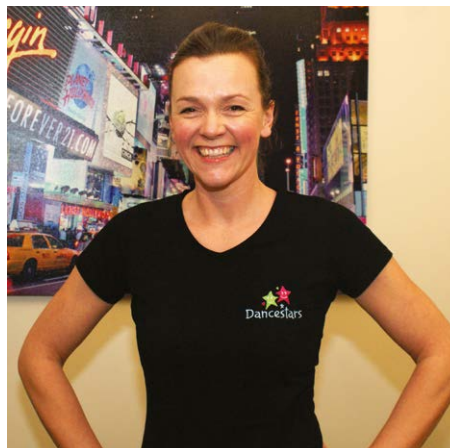
North Newbald resident, Clare de Luca, has 3 sons who love Strictly Come Dancing but did not want to go to ballet classes. So Clare came up with an idea which has really taken off and is now coming to Beverley. Just Beverley met Clare to find out more!

Clare is a professional dancer by training. After leaving Beverley High School, she worked as a Bluebell Girl at the Lido in Paris and travelled the world on cruise ships.

She met her Italian husband on a ship, hence the exotic name! Her boys have dancing in their blood - they copy the dancers they see on the television, love Diversity and other street dance groups - but all that was available for them locally was ballet dance classes. Clare's solution was to set up her own classes to give youngsters, aged 12 months to 6 years, dance-based activities.

They learn the basics of dance - bending and stretching, jumping, hopping, galloping, pointing their toes, balance, co-ordination

and marching - using lots of props such as shakers, ribbons and bean-bags. There are no competitions, no shows, no exams, just fun!



Clare told **Just Beverley**: "Kids are like sponges but dance gives them confidence and social skills. In most cultures, dance is a celebration, a natural way of expressing yourself; it gives a feeling of accomplishment when you have achieved something you didn't think you could do. We use lots of imagery along with the props to encourage the kids to express themselves. They all love it - especially boys! The Market Weighton classes are mainly boys and there is a mix at the other groups. The classes ensure the kids keep fit, keep moving and keep active - it gives them a basis for life!"

The classes have become a success mainly through word-of-mouth although there is a website www.dancestars.co.uk and a Facebook page and Clare distributes her leaflets around local nurseries.

The classes are as follows:

Monday - 9.30am St Mary's Hall, Market Weighton; 11.00am WI Hall, South Cave.

Thursday - 10am Beverley.

Friday - 2pm Walkington Methodist Church.

Saturday - 9.30am Wesley Centre, Market Weighton; 10.30am Market Weighton (junior class).

Children who would like to attend a class to see whether it is for them are welcome free of charge. Give Clare a call on **07983392237** or email: info@dancestars.co.uk



Walking with Ian Richardson - Change at Market Weighon



This is the final stage of a walk along the route of the old Beverley to Market Weighon railway.

It a lovely stretch with verdant country and a good deal of history, particularly if one explores the fine hill top village of Goodmanham. A return journey is around 8 miles. The Minsters Rail campaign group who want to reopen the line to trains believe this will be their make or break year, I wish them well but think it might just be a bridge too far.

1. There is plenty of free parking at Kiplingcotes and even a chance of refreshments in the old station warehouse. The signal box is now a lovely art gallery with glorious views from the windows.



Old Signal Box at Kiplingcotes

Head over the impressive viaduct to the west. This brick built structure is one of the best features of the line, built askew to allow traffic to pass beneath. You soon reach the nature reserve in the chalk pits, home of an impressive range of wildflowers and a friendly flock of sheep.

You might even be tempted by the offer to become a volunteer shepherd. It is strange to see a Humberside County Council sign, a body abolished some 20 years ago, and one has to say, unmissed by most people.

The walk through Goodmanham Dale to the road crossing is beautiful in all seasons amidst some of the finest country in the county.



Goodmanham Dale



Creative Bench at Goodmanham

2. After crossing the road the track continues up a slight bank with a most beautifully crafted bench with fine views to enjoy. This has carved inscriptions from the area's past, most interestingly referring to the destruction of a pagan temple here by early Christians in 627 AD.

The track now passes through fine woodland with a spring below. In Just under a mile on the left there is the surprising sight of dozens of coloured ribbons hanging by the track.

This marks St. Helen's Well which bubbles up just above. Spritual belief has a long history here as the local church dates from Saxon times.

The village of Goodmanham is well worth exploring for its fascinating church and welcoming pub. You can access it by taking the road at the rail bridge, passing the newly restored post mill, or by joining the old rail track that headed for Driffield, which is accessed just as you enter Market Weighon.



Mill at Goodmanham

3. Return to the track after your Goodmanham diversion and then it is just half a mile to journeys end. Very little evidence remains of what was until 1965 a huge railway junction and goods yard complex. There was once a massive turntable here and trains in all four directions. Now just a pair of attractive railway cottages remain near to the main road.



Rail cottages near former Market Weighon Station

4. Just to the left is the town centre, dominated by the church and majestic Londesborough Arms. A town that has lost its once proud railway station always seems to me to have lost something of its soul, but Market Weighon is still a nice place to explore. You can return along the same route, or if travelling back to Beverley take the regular EYMS bus - not as romantic as a train but at least you got here under your own steam.



Market Weighon

Next Month - a walk over one of Beverley's pieces of common land, the Westwood.

Ian can be contacted by email: ricojosh@msn.com

What's On IN BEVERLEY

Tell us about your event!

E-mail info@justbeverley.co.uk

Telephone **01482 679947**

For more events visit
justbeverley.co.uk/events

Friday 3rd February

• Ian McMillan and Luke Carver Goss

East Riding Theatre. 7.30pm. £10-£12.50. Poet, broadcaster and comedian Ian McMillan and Olympic composer Luke Carver Goss present an hilarious night of words, music and improv., climaxing in a brand new musical created from the neighbourhood!

Saturday 4th February

• Craft and Artisan Fair.

11am-4pm. Flemingate

Monday 6th February

• The White Horse Folk Club presents Pete Coe

Beverley Conservative Club. 8.30pm. £7. Uniquely gifted singer, accomplished multi-instrumentalist and thrilling step-dancer, sometimes all at once!

Tuesday 7th - Wednesday 8th February

• UK Cathedral Tour of Antic Disposition's Henry V by William Shakespeare

Beverley Minster. 7.30pm. £20/£30 (under 18s £10 discount). Marking the ongoing centenary of WW1, his production moves between 1415 and 1915 as Shakespeare's epic play is combined with songs combined with the poetry of AE Houseman in a powerful tribute to young soldiers caught up in conflicts five centuries apart. Box office: www.anticdisposition.co.uk (no booking fee) or 0333 666 3366 (£1.50 booking fee).

Thursday 9th February

• Beverley Film Society presents 'Theeb' (2014) Cert 15, history/thriller (Jordan)

Parkway Cinema, Flemingate. 7.30pm. £3/£6.50. In the Ottoman Empire during WW1, a young Bedouin boy experiences a coming-of-age journey across the desert, guiding a British soldier to a secret destination. BAFTA-winner and Oscar-nominated.

Friday 10th February

• ArtERY live presents Owdyado Theatre in 'A View from the Edge'

Lund Village Hall YO25 9TF. 7.30pm. A highly-original show where the search for truth provokes a mind-bending journey through the world of dreams, imagination and real life. Influenced by cult filmmakers Charlie Kaufmann and David Lynch it will keep you guessing to the end. Target audience 14+. Contact 01377 217776 for tickets, prices etc.

Saturday 11th February

• A Musical Evening in aid of Cancer Research UK

Sun Inn, Beverley. 7.30pm. Entry by donation. Features Greg Jones, The Smugglers, The Assembly Line and Answers on a Postcard.

Saturday 11th February - Sunday 12th February

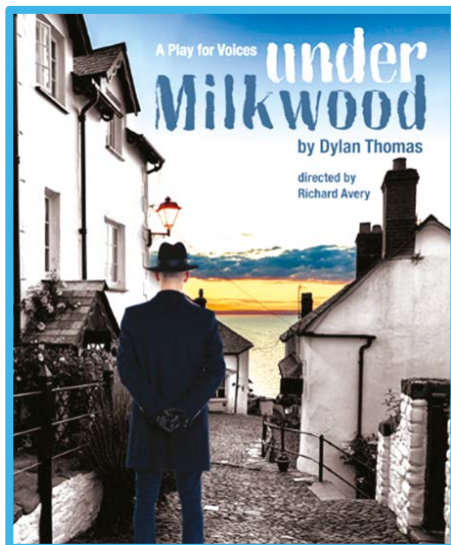
• Other lives productions present 'Under Milk Wood' by Dylan Thomas

East Riding Theatre. 7.30pm. £15 including pie and pea supper. Since its first performance as a radio drama starring Richard Burton, this highly-original play has been much-loved.

Sunday 12th February

• ArtERY live presents Owdyado Theatre in 'A View from the Edge'

Bishop Burton Village Hall, HU17 8QJ. 8pm. See February 10th for information. Contact 01964



552364 or wchris695@hotmail.co.uk for tickets, prices etc.

Monday 13th February

• The White Horse Folk Club Singers and Musicians Night

Beverley Conservative Club Wylies Road. 8.30pm. £2.

• Norwood Nights Community Cinema

Norwood Church Schoolroom. 7pm. Free. Refreshments and raffle. The chance to see a film you might have missed and catch up with friends. This month is an old favourite starring Gregory Peck as Atticus Finch.

Thursday 16th February

• La Voce Ltd presents An Evening of Classical Theatre with Tre Amici

Toll Gavel United Church, Beverley. 7.30pm. £15. Tickets from Beverley Tourist Information.

Friday 17th February

• Stage 4 Beverley presents Coope, Boyes and Simpson + support

East Riding Theatre. 7.30pm. £15/£13. www.stage4beverley.co.uk

• Stage 4 Beverley Late Night Club

East Riding Theatre Café Bar. 10.30pm. £4. www.stage4beverley.co.uk

Saturday 18th February

• Me and My Dad Breakfast

Minster Parish Hall. 9.30am.

• Stage 4 Beverley presents John Hegley

East Riding Theatre. 12noon. £12/£10. www.stage4beverley.co.uk

• Stage 4 Beverley presents Rising Stars

East Riding Theatre. 2.30pm. £8/£6. Greg Russell and Ciaran Algar, Elliott Morris and Fiona Lee. www.stage4beverley.co.uk

• Stage 4 Beverley presents Dougie MacLean in Concert + support

East Riding Theatre. 7.30pm. £18/£16.50. www.stage4beverley.co.uk

• Stage 4 Beverley presents Late Night Club

East Riding Theatre Café Bar. 10.30pm. £4. www.stage4beverley.co.uk

Sunday 19th February

• Stage 4 Beverley Workshop with Technical Production Manager Simon Bedwell

East Riding Theatre. 10am - 11am. Free. Find out what happens behind the scenes during live concerts and music events. 16+. www.stage4beverley.co.uk

• Stage 4 Beverley Workshop with Stephen Unsworth

East Riding Theatre. 10.30am-11.30am. £4. Simple approaches to improvising, mainly on the blues, for beginners. www.stage4beverley.co.uk

• Stage 4 Beverley presents Tcha Limberger Trio with Mozes Rosenberg + Stillhouse

East Riding Theatre. 2.30pm. £16/£16.50. www.stage4beverley.co.uk

• Stage 4 Beverley presents 'The House of Powolney' with Robin Dermond Horspool

East Riding Theatre Café Bar. 2.30pm. £12.50. Learn about the death and life of a Hull restaurant in a sight and sound presentation with musical accompaniment and high tea! www.stage4beverley.co.uk

• Stage 4 Beverley presents The New York Brass Band + The Sunday Night Quartet

East Riding Theatre. 7.30pm. £15/£13. www.stage4beverley.co.uk

• Stage 4 Beverley presents Late Night Club

East Riding Theatre Café Bar. 10pm Free. www.stage4beverley.co.uk

Monday 20th February

• The White Horse Folk Club presents Wendy Arrowsmith

Beverley Conservative Club. 8.30pm. £7. Wendy performs a mixture of British folk songs self-accompanied by guitar, whistles, bodhran, mandolin and accordian.

Thursday 23rd February

• Manchester Camerata present 'String Serenade'

Toll Gavel United Church, Beverley. 7.30pm. £15/£13/ Free for children under 14 with full paying adult or £5. An evening of some of the best-loved pieces for string orchestra, including compositions by Mozart, Elgar and Mendelssohn. Tickets from Beverley Library 01482 395320 or visit www.events.eastriding.gov.uk

• Beverley Ghost Walk

Meet at Royal Standard Pub. 7pm. £4. Booking essential through Beverley Tourist Information.

Saturday 25th February

• Bishop Burton Village Events present 'Bridget Jones' Baby' Cert 15

Bishop Burton Village Hall. 7.30pm. £5/£4.50.

Monday 27th February

• The White Horse Folk Club Singers and Musicians Night

Catholic Club, Railway Street, Beverley HU17 0AS. 8.30pm. £2.

Thursday 2nd February - Saturday 25th March

• Adrian Rawlins directs 'The Night Season' by Rebecca Lenkiewicz

East Riding Theatre. 7.30pm. £10-£18. A rich, touching, hilarious tale following the lives of the Kennedy family who live in rural Ireland, as they fall noisily in and out of love.

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Cambridge

From £99

Friday 23 June : 2 days from £99pp

Exuding history and tradition, Cambridge offers something for everyone and is well known for its quirky rituals.

Lincoln

From £75

Sunday 16 July : 2 days from £75pp

With the cathedral and castle complementing its modern waterfront, Lincoln has a vibrant edge that adds an exciting dimension to every visit.

Cardiff

From £185

Friday 11 August : 3 days from £185pp

Europe's youngest capital city, Cardiff offers spectacular shopping, museums, dining and entertainment and is a true delight to explore.

Liverpool

From £70

Sunday 27 August : 2 days from £70pp

With its unique attractions, exciting events, unrivalled musical heritage and famously warm welcomes, Liverpool is the ideal destination.

Harrogate

From £80

Sunday 3 September : 2 days from £80pp

Elegance and style is evident throughout this scenic spa town with a wealth of history, art and culture for all to enjoy.

Stratford upon Avon

From £75

Sunday 15 October : 2 days from £75pp

A thriving market town full of leisure and shopping experiences, not forgetting its heritage as the birth place of William Shakespeare.

Door-to-Door

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North Devon Delights

From £295

Sunday 4 June : 5 days from £295pp

Staying on the outskirts of the thriving town and port of Bideford, we are in an ideal location to explore the delights of North Devon. With four nights' dinner, bed and breakfast.

Emerald Isle Escorted Singles Break

From £455

Monday 19 June : 5 days from £455pp

Explore the Emerald Isle's history, culture and character on this escorted singles break, with four nights' dinner, bed and breakfast included.

Warner's Isle of Wight Adults only

From £320

Monday 17 July & 18 September : 5 days from £320pp

The "Adults Only" Warner Resort is the ideal place for you to do as much or as little as you like. With inclusive excursions and four nights' dinner, bed and breakfast.

The Lake District

From £310

Monday 14 August : 5 days from £310pp

The beautiful Lake District needs no introduction with its wonderful scenery and character. Four nights' dinner, bed and breakfast are included, as well as a full range of excursions.

Idyllic Llangollen

From £375

Monday 2 October : 5 days from £375pp

Four nights' dinner, bed and breakfast in Llangollen, including a journey on the Llangollen railway, a horse drawn canal boat trip and a visit to the Llangollen Motor Museum.

Blackpool Turkey & Tinsel

From £250

Monday 27 November : 5 days from £250pp

Get festive with our inclusive three course menu, complimentary drink each night, festive entertainment and Christmas dinner!

Rhine Christmas Market

From £349

Thursday 7 December : 6 days from £349pp

Get into the Christmas spirit with a festive break to the Rhine. With return ferry crossing, three nights' dinner bed and breakfast and trips to Christmas markets in Frankfurt, Rudesheim and Aachen.

Short Breaks

From £170

Enjoy a quality short break to a delightful UK destination, with pick-ups from across East Yorkshire. See some of our featured short breaks below, visit our website to see them all or get in touch to request a brochure.

Edinburgh Tattoo

From £245

Wednesday 16 August : 3 days from £245pp

Includes tickets for the spectacle and two nights' dinner, bed and breakfast. We'll also travel via the Scottish Borders on the way to Edinburgh, and visit the famous Gretna Green on the way home!

Banbury & Blenheim Palace

From £195

Friday 8 September : 3 days from £195pp

Enjoy two nights' dinner, bed and breakfast, plus inclusive visit to the wonderful Blenheim Palace. We'll also spend time in Banbury and Stratford upon Avon.

Thursford Christmas Spectacular!

From £170

Thursday 30 November : 2 days from £170pp

Sunday 10 December : 2 days from £170pp

Thursford Christmas Spectacular is the largest Christmas show in the country.

A three hour performance of singing, dancing, music, humour and variety, all with one night dinner, bed and breakfast, plus free time in Norwich.

Gardens & Flower Shows

From £199

We also have a superb selection of gardens and flower shows available, from only £199 per person. See our website for details:

www.eastyorkshirecoaches.co.uk



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Single supplements may apply to some tours, contact us for details.



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