

just

ISSUE 111

BEVERLEY

IT'S YOUR MAGAZINE

NAVIGATION
WEALTH MANAGEMENT

FREE



NAVIGATION WEALTH
OFFER MORE THAN FINANCIAL PLANNING

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

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take effect from 1st April 2024
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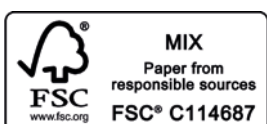


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REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101.**
ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.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

APRIL LETTER FROM THE EDITORS



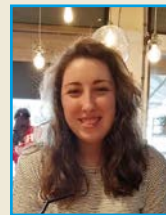
The clocks have sprung forward, marking the start of Spring, more daylight, more time to enjoy the sun and fresh air.

There's lots going on through April, so check out the What's On page. Now is the time to enjoy a walk up to the Races with the Race season starting on 17th April.

Where in Beverley demonstrates what can be achieved to enhance an area, we have inspirational sporting and mindful articles to remind all of us "We Can".

As we look to enjoy the Spring and Summer ahead, working together "We Can" achieve more, making Beverley a better place for everyone.

Julian.



April is here - Did you get caught out with any April Fools?! Did you spot the Just Beverley April Fools story?

Now that the clocks have gone forward, we can enjoy Spring and watch nature change before our eyes. We are so fortunate enough to have so much on our doorstep.

A walk to the Westwood, a trip to the Wolds or a coastal trip for some sea air. Wherever we go we are blessed with new life, blue skies, new smells and a freshness in the air.

This Spring - Spring into action and explore, visit somewhere new, do something different and remember "You Can"!!

Stay safe, have a good time.

Olivia.



'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
'Best Newcomer'
Award Nominee 2016

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

If you would like copies for your business to distribute to staff and customers, call Just Beverley on 01482 679947.

BRITISH CYCLING NATIONAL CIRCUIT SERIES RETURNS TO BEVERLEY

On Friday 19th July 2024 the British Cycling National Circuit Series will return to the historic streets of Beverley town centre.



The Beverley Grand Prix will bring round six of the Open and Women's National Circuit Series for an evening of fast, thrilling cycle racing action. The event will open at 4pm with a community ride giving families a chance to experience a national level cycling event in the safety of closed roads around the town followed by various youth races and a support race which will precede the two joint headline events as the evening draws to a close around 10pm.

Key Event Information:

The event website is www.beverleygrandprix.com and will provide all the details for the event.

To volunteer for, or help at the event: <https://forms.gle/5pW8GfYNz3ji37367>

For businesses wishing to purchase advertising space at the event: www.beverleygrandprix.com/banners

For any business wishing to purchase any title sponsorship for the event, contact Chris Lawrence: generationprocyclingevents@gmail.com

For businesses wishing to be involved in any other way, eg, have a Trade/Food/Market Stall, please contact Chris Lawrence: generationprocyclingevents@gmail.com

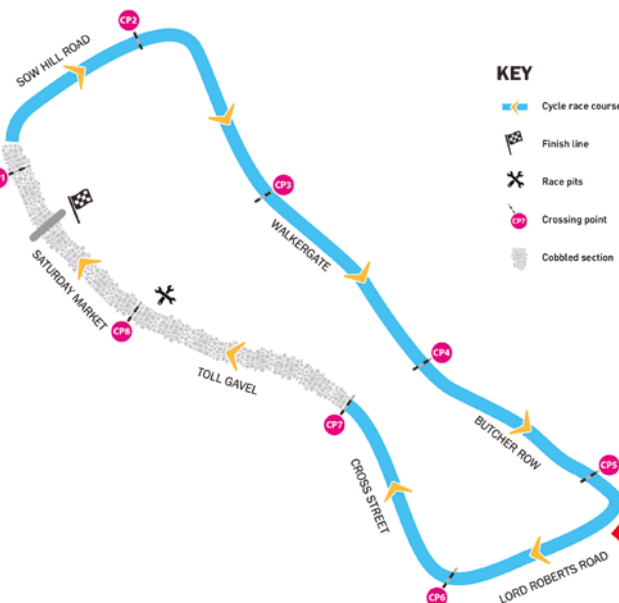
Event Social Media:

Keep up to date with planning announcements, big name entrants, sponsors, and guests over the coming months.

Twitter/X: <https://twitter.com/BeverleyCrit>
 Facebook: www.facebook.com/groups/beverleygrandprix
 Instagram: www.instagram.com/beverleycrit

Councillor Anne Handley, leader of East Riding of Yorkshire Council, said: "I am absolutely delighted that we have been able to play our part in bringing this prestigious event back to Beverley. We are looking forward to a fantastic evening of competitive cycling around the town."

EVENT MAP



Councillor Nick Coultish, East Riding of Yorkshire Council's Cabinet member for culture, leisure and tourism, added: "Bringing this event back to Beverley just before the Olympic Games is a real coup for the council, and for the local area! I know that people will really enjoy coming along to see what promises to be an exciting and thoroughly enjoyable occasion!"

Alan Menzies, Interim Chief Executive at East Riding of Yorkshire Council, said: "We have a real tradition of bringing cycling events to the East Riding, and it's very pleasing that we are able to do so again in 2024. Come into Beverley on 19th July and enjoy the spectacle!"

Anthony Gill, Head of Sport, British Cycling, said: "We are delighted to be supporting the return to Beverley for the sixth round of the 2024 National Circuit Series. At British Cycling, we have fond memories of the Beverley Grand Prix and cannot wait to return for some thrilling racing for spectators and fans of cycling to enjoy."

"A huge thank you must go to East Riding of Yorkshire Council, Beverley Town Council and

Generation Pro Cycling Events Ltd, who have been vital to seeing this event return for the first time since 2017."

Chris Lawrence, Event Director from Generation Pro Cycling Events (www.generationprocyclingevents.com) said: "We are tremendously proud to be asked to bring Beverley Grand Prix back to the national series calendar. Beverley Grand Prix will be a terrific event, drawing on our mantra of #InspireTheNextGeneration."

"We will provide a platform for many young people to embrace a national level cycling event in the town centre and showcase the very best cycling talent in the country and in years to come... the world!!"

For further information on the 2024 British Cycling National Series events, please visit: www.britishcycling.org.uk/road/article/20231213-road-British-Cycling-announces-extended-elite-road-and-circuit-calendars-for-2024-0



Local Ladies Cycling Team sponsor Pam Wainman commented, "Its great news to have the event back in Beverley, it is great for the Town. The Jadan Press ladies cycling team are in training to put on a good performance".

Nathan Wilson, owner of Wilson Wheels Cycling Team said, "Fantastic news, with a lot of local racers getting involved, Beverley will benefit from all the publicity and it will bring a lot of people into the town. A win, win for everyone".

NEW NATIONAL MINIMUM WAGE RATES

Are you up to date with the new national minimum wage regulation? The new rates come into force for pay periods on or after 1st April 2024.

From 1 April 2024, workers aged 21 and over will be entitled to the National Living Wage.

	21 and over	18 to 20	Under 18	Apprentice
April 2024	£11.44	£8.60	£6.40	£6.40

Apprentices

Apprentices are entitled to the apprentice rate if they're either:
 - aged under 19.
 - aged 19 or over and in the first year of their apprenticeship.

Apprentices are entitled to the minimum wage for their age if they both:
 - are aged 19 or over.
 - have completed the first year of their apprenticeship.

Stipendia Payroll Solutions are experts in providing solutions which meet with your company's needs. Contact Lynne on **0845 3082288**, or visit their website: www.stipendia.org.uk

WESTWOOD - BEVERLEY WETLAND LEISURE PARK

Over the Autumn and Winter most people have enjoyed a walk around the Westwood or Wetwood as it has been nicknamed.

The almost continuous flow of water adds a new dimension to the area. More people have been attracted to the area on York Road, taking in the beauty of the natural lake. We can now reveal that plans are going ahead to make the most of these natural features.

All parties concerned are in consultation to make the most of the attraction to benefit The Westwood, Beverley and the local residents - "Beverley Wetland Leisure Park".



Imagine... on York Road as you start to enter Beverley, seeing a boating lake nestled at the foot of the Westwood, within a leisure park, a gem that enriches communities in a myriad of ways. Beyond its aesthetic allure, it serves as a sanctuary for relaxation and recreation, offering an escape from the hustle and bustle of urban life. Families can gather for picnics while children delight in the joy of feeding ducks or sailing model boats. The rhythmic strokes of oars and the laughter of friends echoing across the water create a tapestry of shared memories.

Local community groups could gather for morning yoga sessions to evening strolls, with the park surrounding the lake providing a serene backdrop for exercise and contemplation. Economically, it attracts tourists, bolstering local businesses and employment opportunities. Ultimately, a boating lake isn't just a body of water; it's a nucleus of community cohesion, leisure, and natural beauty.

As we enter April just think about having fun and fooling around, the benefits Beverley Wetland Leisure Park could add to the community.

COMMERCIAL ARTIST EMMA, INJECTS LIFE INTO LOCAL STRUCTURE

Local commercial artist Emma Garness enjoys nothing more than injecting life into and transforming urban landscapes.

Emma's latest commission, the Beverley Beckside Bridge Piers/stanchions, commissioned by ERVAS Community Vision and grant funding through the Yorkshire Council, Save the Communities Team headed by Johnathan Evison the Humberside Police and Crime Commissioner.



Emma commented, "Having received the commission to do the work, it was important to get the views of the local community, connect with local people who live in the area, talk to people who use the Beckside, and understand the visual aspects of the Beck. Through conversations with Wildside of the Beck local photography group, I was able to build up a picture through many sketches and notes. It has been a blessing to be able to work on such a large area providing plenty of height to allow the expression of the community to come out without compressing the ideas".

Emma went on to say, "When transforming structures it is important through the artwork to

inject life into the urban landscape, to reflect the spirit of a community. It serves as a powerful tool for storytelling, conveying cultural narratives.

"As the commissioned artist working in this unique public space, the finished piece needs to provide a sense of identity and pride among residents and visitors alike. Something I am aware of throughout the whole process".

Emma is halfway into transforming the two structures and already through the picture of the swan majestically rising from the Beck, the flowers and butterflies connecting with passers by has grasped the sensory aspect that the Beckside provides for everyone.



BEVERLEY PHOTOGRAPHIC CLUB - APRIL'S PROGRAM

Please note we are the Beverley Photography Club. Not the Beverley Photographic Society.

Tuesday 2nd April, 7pm - Meet at the Rose and Crown for selection of the open interclub competition.

Wednesday 10th April - Annual awards dinner. Meet at the Ferguson Fawsitt, Walkington at 6.30pm for 7pm.

All are welcome. If you are interested in joining the club, please come along and meet the members. No commitments.

The aim of the club is to share knowledge and experience amongst all members in a friendly atmosphere.

We encourage our member's interests in all aspects of photography by means of various events and exhibitions.

We start our summer program in April with a program of visits, photo walks and an exhibition.

We are members of the Yorkshire Coastal Photographic Group, the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain.

<https://ypu.org.uk/>

More information and contact details can be found on the following sites.

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

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

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

Ultimately, Emma has captured the community connection and enriched the human experience in the environment. Emma's art transcends mere decoration, and will be a lasting testament to the vitality and diversity of the Beckside community.

NAVIGATION WEALTH MANAGEMENT - "M"

In 2022 Navigation Wealth Management opened their offices in Beverley to provide the best financial advice and ongoing service, working in partnership alongside St. James's Place, a FTSE 100 company.

Navigation Wealth continues to grow and to provide expert financial planning advice to clients under the supervision of Matt Hammond, CEO of Navigation Wealth.

Matt a resident of the Beverley area, said, "At Navigation we want to provide a programme for any need, financial advice for everyone, whether it's someone starting on the property ladder for the first time who requires a mortgage or life protection to keep their family safe, through to planning for or at retirement, investment and inheritance tax planning".

Matt mentioned, "Whilst financial planning is our business, we work hard to ensure we are part of the local community. We have sponsored Brandesburton AFC under 10's, sponsored and taken part in charity grass roots football competitions in the area, raised over £10,000 at our local golf days, sportsman dinners and distributed to local charities across Yorkshire.

"Working with the St. James's Place Charitable Foundation we are proud to have helped to secure and donate over £27,000 of funding to Hull4Heroes".



Navigation Wealth Management is keen to build for the future and have helped a number of individuals including Ed Downey, James Cunningham, Luke Atherill, Craig Farley and Lewis White move into the role of financial planner as a second career.

This allows these individuals to bring external existing skill sets and use these, as well as their new skills and learning as financial planners.

This really helps give our clients a more holistic approach to the role which can really add benefit and value for our clients.



Navigation has a long term care planning specialist, Catherine Richardson. She is very proud to hold the accreditation 'Society of Later Life Adviser' (SOLLA). This qualification allows Catherine to provide advice to clients, often via their attorneys, who are sometimes vulnerable due to them being in the later stages of their lives or through illness.

Clients that require Long Term Care fee planning traditionally have complex needs, and Catherine is able to provide this level of expertise whilst demonstrating empathy and understanding of the family's emotional and financial position.

Working in the local area and understanding local business is key to Navigation Wealth Management's growth, working together to build a better community.

Many of their financial planners are members of networking groups such as



the Beverley Chamber, various BNI groups, football and golf societies which allows Navigation to help these networking groups and their clients.

Navigation Wealth Management work closely with local professional organisations such as accountants, solicitors, mortgage brokers, commercial business brokers etc.

This ensures that as well as the vast areas of expertise they can cover in house, Navigation are able to provide clients with a seamless and warm introduction to trusted external associates if additional / extra services are required.

Matt mentioned, "We use a comprehensive lifestyle financial planning tool when we work with our clients. This not only effectively helps the client understand their current financial position, but more importantly it leaves no stone unturned when showing our clients how their finances and planning will help them achieve their financial goals, with any action or required planning fully realised".



"MORE THAN JUST FINANCIAL PLANNING"



Navigation Wealth offers a Financial Education in the Workplace programme.

Paul Scott (Client Relationship Manager) said, "We have worked with and helped local companies, so that their staff at all levels are able to gain valuable financial

guidance and advice in order to make good and effective financial decisions for their future. This programme is open to any business and we would be happy to speak to any business if they wish to introduce the programme to their workforce.

"In these difficult economic times this Financial Education in the Workplace service is ever more valuable and fits into the wider wellbeing arena.

"As part of our social responsibility charter we can offer this service at no cost to either the business or their employees."



If you are interested in learning more about Navigation Wealth Management and how they can help secure your financial future, please contact:

**Navigation Wealth Management Ltd
Managing Partner Practice of St. James's Place Wealth Management
Navigation House, 3 Spencer Street, Beverley, HU17 9EG.
16 Navigation Court, Calder Park, Wakefield, WF2 7BJ.**

**Tel: 01924 229210 | 01482 379504 | 07904 540572
Website: www.navigationwm.co.uk**



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www.navigationwm.co.uk



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Managing Partner Practice

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EVERY THURSDAY
(Doors open 9.30am)

Join us for a free brew and enjoy some great films on Beverley Parkway's Big Screen. Only £5 (or £6 for newer releases) with drink and biscuits included. Aimed at 55s & over. Films subject to change.

Thursday 4th April -
Drive-Away Dolls (£6)

Starring: Margaret Qualley, Geraldine Viswanathan, Beanie Feldstein.

Ferrari

Starring: Adam Driver, Sharlene Woodley, Jack O'Connell.

Jules

Starring: Ben Kingsley, Jane Curtin, Anna George.

Thursday 11th April -
Drive-Away Dolls (£6)

Starring: Margaret Qualley, Geraldine Viswanathan, Beanie Feldstein.

Dune: Part Two (£6)

Starring: Timothée Chalamet, Zendaya, Josh Brolin.

Ferrari

Starring: Adam Driver, Sharlene Woodley, Jack O'Connell.

Thursday 18th April -
One Life

Starring: Anthony Hopkins, Helena Bonham Carter, Romola Garai.

Dune: Part Two (£6)

Starring: Timothée Chalamet, Zendaya, Josh Brolin.

Seize Them! (£6)

Starring: Aimee Lou Wood, Nicola Coughlan, Nick Frost.

Thursday 25th April -
One Life

Starring: Anthony Hopkins, Helena Bonham Carter, Romola Garai.

Civil War (£6)

Starring: Wagner Moura, Kirsten Dunst, Carle Spanes.

Seize Them! (£6)

Starring: Aimee Lou Wood, Nicola Coughlan, Nick Frost.

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



Mothers' Instinct

From 29th March
Starring: Jessica Chasten, Anne Hathaway.



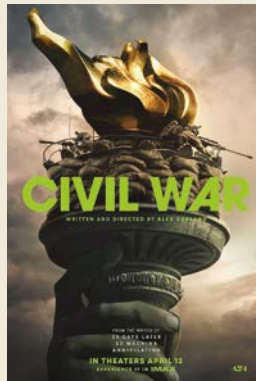
Monkey Man

From 5th April
Starring: Dev Patel, Sharlto Copley, Sobhita Dhulipalaoughlan.



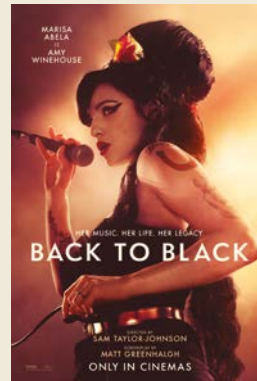
Seize Them!

From 5th April
Starring: Aimee Lou Wood, Nicola Coughlan, Nick Frost.



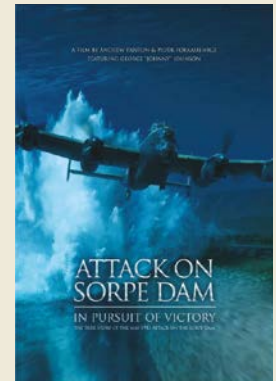
Civil War

From 12th April
Starring: Wagner Moura, Kirsten Dunst, Carle Spanes.



Back to Black

From 12th April
Starring: Marisa Abela, Eddie Marsan, Jack O'Connell.



Attack On Sorpe Dam

From 12th April
Starring: George "Johnny" Johnson.



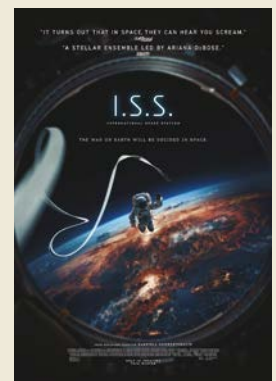
The Book of Clarence

From 19th April
Starring: LaKeith Stanfield, Benedict Cumberbatch, David Oyelowo.



Challengers

From 26th April
Starring: Zendaya, Josh O'Connor, Mike Faist.



I.S.S.

From 26th April
Starring: Ariana DeBose, Chris Messina, John Gallagher Jr.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS SPRING

MOTHERS' INSTINCT

Starring Academy Award winners Jessica Chastain and Anne Hathaway, *Mothers' Instinct* is an unnerving psychological thriller about two best friends and neighbours, Alice and Céline, whose perfect lives in '60s suburbia are shattered by a tragic accident involving one of their children. Marking the directorial debut of acclaimed cinematographer Benoit Delhomme, we follow Alice and Céline as their familial bonds are gradually undermined by guilt and paranoia and a gripping battle of wills develops, revealing the darker side of maternal love.

From 27th March.



MONKEY MAN

Oscar nominee Dev Patel (*Lion*, *Slumdog Millionaire*) achieves an astonishing, tour-de-force feature directing debut with an action thriller about one man's quest for vengeance against the corrupt leaders who murdered his mother and continue to systemically victimise the poor and powerless.

From 5th April.



BACK TO BLACK

Back to Black will focus on Amy's extraordinary genius, creativity and honesty that infused everything she did. A journey that took her from the craziness and colour of 90's Camden High Street to global adoration - and back again, *Back to Black* crashes through the looking glass of celebrity to watch this journey from behind the mirror, to see what Amy saw, to feel what she felt. Starring Marisa Abela, Jack O'Connell, Eddie Marsan and Lesley Manville.

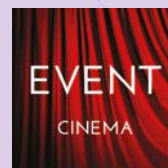
From 12th April.



ATTACK ON SORPE DAM

Taking place during World War Two, *Attack on Sorpe Dam* is based on the true story of Operation Chastise - the Dambusters Raid. It follows first-hand account of George "Johnny" Johnson, a 21-year-old RAF bomb aimer who, after joining the newly formed 617 Squadron, must take on a top-secret operation that has the potential to shorten the war in Europe. In the dead of night, the aircrew must fly at 100 feet, over occupied enemy territory, in a four engine Lancaster bomber to drop a new weapon on a target that has never been attempted before.

From 12th April.



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.

Tuesday 9th April, 7.15pm -

Royal Ballet: Macmillan Celebrated

The Royal Ballet celebrates the breadth of Principal Choreographer Kenneth MacMillan's one-act ballets, *Dances Concertantes*, *Different Drummer* and *Requiem*.

Tuesday 16th April, 7pm -

EOS: John Singer Sargent

John Singer Sargent is known as the greatest portrait artist of his era. What made his 'swagger' portraits remarkable was his power over his sitters, what they wore and how they were presented to the audience.

Thursday 18th April, 7pm &

Sunday 21st April, 2pm -

An American In Paris The Musical (PG)

This breathtakingly beautiful Tony Award-winning Broadway musical inspired by the Oscar winning MGM film, tells the impassioned story of discovering love in the City of Light.

Saturday 20th April, 5.55pm -

MET Opera: La Rondine

Puccini's bittersweet love story makes a rare Met appearance, with soprano Angel Blue starring as the French courtesan Magda, opposite tenor Jonathan Tetelm.

Tuesday 23rd April, 7pm -

NT Live: Nye (12A)

Michael Sheen plays Nye Bevan in a surreal and spectacular journey through the life and legacy of the man who transformed Britain's welfare state and created the NHS.

Wednesday 24th April, 7.15pm -

Royal Ballet: Swan Lake

Prince Siegfried chances upon a flock of swans while out hunting. When one of the swans turns into a beautiful woman, Odette, he is enraptured.

Wednesday 1st May, 6.45pm -

Royal Opera: Carmen

Carmen declares that any man she loves should beware. However, even she is unprepared for what will happen when she decides to seduce Don José.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

As we move into April and the months of Spring, with hopefully better weather, I recall the thrilling sight of a lifeboat being launched recently but it also reminded me of a question I asked myself many years ago.

You must remember that time of life when you were not sure what kind of job you wanted to do but at the same time you knew exactly what you did not want to do.

I was adamant I wanted nothing to do with the sea and indeed water of any kind. That was not because my mother repeatedly asked me each day 'had I had a good wash' before I went to school. It did however have a link to my school days.

At the grammar school I went to in Huddersfield (I didn't pull any trees up there as the saying goes) we had the choice of doing double maths on a Wednesday afternoon or going into town to the local baths. Guess which I chose to do.



The idea was that we would receive instruction on how to learn to swim and I did have every intention to become a swimmer. But it didn't happen. Ramsden Street Baths in Huddersfield were probably built in the Victorian age and as far as my young eyes could see had not been "done up" in recent years. Our group was usually about two dozen teenage lads and the bath manager (to give him his proper title) as you could imagine had absolutely no chance of teaching us a lot, even the basics of swimming.

After the first two weeks I think he gave up trying and concentrated more on ensuring that at the end of each session we all got the chance to have a hot cup of cocoa (not a single biscuit in sight). We were all convinced he took them home. I can taste that cocoa today or rather I remember that hot brown stuff which bore no resemblance to proper cocoa.

What I did learn of course was not to fool around in water, which I admit we did a lot of, and therefore I never achieved that coveted badge which showed I could swim the full length of the 50 metre swimming pool. I think I managed half way on one occasion doing the crawl. Well at least all four of my limbs were moving in some form of coordination for a time but not in any graceful manner and I was glad to be moving towards the shallow end. That is still my strategy. Always to make sure my feet can touch the bottom and at this point I can hear cries from all my family 'and when did you last have any swimming trunks on'?

Mention of lifeboats reminds me that recently the Royal National Lifeboat Institution celebrated



200 years of service to all those who fall foul of the perils of the sea. The help that the thousands of volunteers give every time there is a call of distress is something that we should be immensely proud of in this country.

The cry for help may be from someone who has taken no precautions for their safety or it may be because the deep waters have once again shown how dangerous they can be to all.

The RNLI makes no discrimination in either situation. Their purpose is plain and simple. They go to help and ask questions later. I suggest there is a lesson there for us all to learn from as we think about their selfless actions.

LEWIS NORTHEN
FUNERAL DIRECTORS



MY FAMILY TAKING
CARE OF YOURS



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My family taking care of yours

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IN THE PICTURE WITH JOSH

Spring time is all about contrast, cool evenings and warm days, bright sunshine and dark storm clouds.

It provides some great photography opportunities and I love taking landscape photos at this time of year, whether it's the bright yellow Daffodils, the colourful blossom or the striking sunsets. The constantly changing light creates some dramatic skies with occasional moments of perfect light which requires quick changes of the camera settings to avoid under or over exposing shots in the rapidly changing conditions.

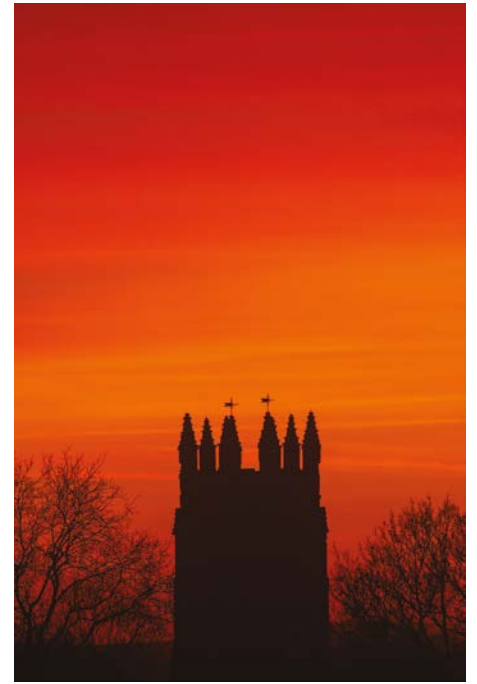
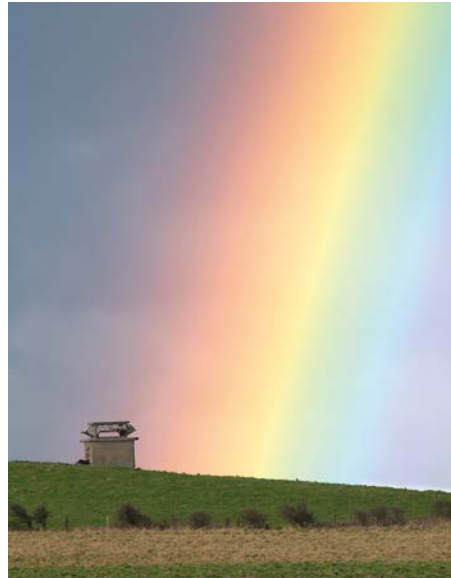


If you like to spend time photographing wildlife there is plenty of activity to look for with many birds starting to return and insects starting to emerge. I've already seen Butterflies flying around in mid March and Toads and Hedgehogs wondering across the road on my evening walk. Sudden showers can still be a problem and even the wildlife needs to take shelter, like this Great Spotted Woodpecker sheltering under a large fungus in the woodlands. The only downside to this time of year is that I have to start getting up earlier to photograph the sunrise but at least the

dawn chorus makes it a bit more bearable.

You can find more information about my work and full portfolios on my website and my social media pages and if you have any questions don't hesitate to get in touch.

Instagram: [@joshharrison.photography](https://www.instagram.com/joshharrison.photography)
Facebook: [@JoshHarrisonPhotography](https://www.facebook.com/JoshHarrisonPhotography)
Web: www.joshharrisonphotography.com
Email: info@joshharrisonmedia.com



The Ferguson Fawsitt



OPENING HOURS

MON & TUE:
16:00 - LATE

WED - SAT:
09:30 - LATE

SUN: 12:00 - 22:00

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

1st Friday of the Month - Quiz Night from 8.45pm

2nd Friday of the Month - 12th April, Food and Craft Fair

Fundraising throughout the Summer for the Walkington Sports Pavilion, with 20p from every pint of Real Ale sold going to the Club.



TUESDAY TO SATURDAY:
AFTERNOON TEA 12PM to 5PM
www.fergusonfawsitt.co.uk
tel: 01482 526317

OPEN
7 DAYS

FOOD HOURS

WED - SAT:
09:30 - 19:30

SUN:
12:00 - 18:30

COUNTRYSIDE MATTERS WITH SAM WALTON



How farming has changed since I was a lad. The Shire and Clydesdale Horses reigned supreme in virtually all aspects of farming, be it pulling a single furrow plough, trailing a set of harrows, and leading sheaves at harvest time after they had walked miles pulling a binder to cut the corn in the first place.

Lovely animals, very well taken care of and most of the men on a farm would have their favourites. I well remember when I was six years old being allowed to hold a horse's halter and that horse sort of threw his head back, which lifted me off the ground!

Then you would then want a man for every hundred acres, today with modern machinery and techniques, there will be some arable farms with a man for every 500 acres and on some farms, every 1,000 acres with casual help at harvest time.

Of course, if you have livestock, they need attention 24 hours a day, through various systems or conditions where they are cared for by the modern methods available these days.

Agriculture has not developed automatically, but we are lucky to have superb research setups for all kinds of things, for crops and livestock also.

It takes a bit of keeping up with and we have several weekly and monthly publications which fortunately have access to all that is going on and there is a lot more going on than I think we realise.

Perhaps that is what has created so many Colleges which are always filled every year with not only farmer's sons but would be farm workers wanting to learn the trade.

We never had crop sprays then as weeds would be hoed by hand and we did not then seem to have the crop diseases but crops only produced about half what they do to-day so I suppose no stress on them then, probably more stress on the farmer now!

As we began getting more out of them, both crops and animals, we may have taken much of the stress away from them but with today's superb research, both crops and animals have the most up to date care available to them which certainly makes farming more sophisticated.



IAN HARRISON HANDYMAN

Springtime brings a burst of energy and a desire to rejuvenate our living spaces. Here are a few DIY jobs perfect for the season ahead.



Paint Refresh: Brighten up interiors or exteriors with a fresh coat of paint.

Outdoor Furniture Restoration: Sand and repaint or restain outdoor furniture for a fresh look.

Deck Maintenance: Inspect for damage, clean, and reseal or stain for protection.

Gutter Cleaning: Remove debris to prevent clogs and ensure proper drainage.

Testimonial:

"Thanks to your repair Ian, my garage door now opens and closes better than when it was new! Really grateful."

Tony Galloway, Waltham Lane, Beverley

If you are looking to get your home looking good for the Summer ahead, Spring is the time to jump into action.



Mobile: 07970 332373
Email: ianharrison68@icloud.com
Website: www.ian-harrison.com

Happy Easter

Ian
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THE EVOLUTION OF APRIL FOOLS' DAY: A JOURNEY THROUGH TIME AND CLASSIC PRANKS



April Fools' Day, celebrated annually on the first day of April, is a time-honored tradition filled with laughter, trickery, and playful mischief. While its exact origins remain shrouded in mystery, the history of April Fools' Day is a fascinating journey that spans centuries and cultures.

One popular theory traces the origins of April Fools' Day back to the adoption of the Gregorian calendar in the late 16th century. Prior to this calendar reform, the New Year was celebrated around the end of March or early April, coinciding with the arrival of Spring in many cultures. However, when the Gregorian calendar was introduced by Pope Gregory XIII in 1582, New Year's Day was moved to January 1st. Despite the widespread adoption of the new calendar, some people either refused to accept the change or remained unaware of it, continuing to celebrate the New Year during the old date. These traditionalists became the butt of jokes and pranks, earning them the moniker of "April fools."

Another theory suggests that April Fools' Day has roots in ancient Roman festivals such as Hilaria, which were held in late March to celebrate the vernal equinox and the arrival of Spring. During these festivities, participants engaged in masquerades and role-playing, often playing tricks on one another as part of the revelry.

Regardless of its precise origins, April Fools' Day has endured through the ages, evolving into a

global phenomenon celebrated in various forms around the world. From elaborate hoaxes to simple practical jokes, the spirit of April Fools' Day transcends cultural boundaries, uniting people in laughter and camaraderie.

Over the years, a plethora of classic pranks have become synonymous with April Fools' Day, delighting participants and unsuspecting victims alike. One timeless prank involves the "fake-out" gift, where individuals present friends or family members with seemingly valuable or exciting gifts, only for them to discover that it's a gag gift or an empty box upon closer inspection



This prank capitalises on the anticipation and excitement of receiving a present, only to subvert expectations with a humorous twist.

Another beloved prank is the "switcheroo," where mischievous individuals swap common household items or office supplies with look-alike substitutes. Whether it's replacing sugar with salt, swapping out regular coffee for decaf, or rearranging items

on someone's desk, the switcheroo prank is a lighthearted way to inject some spontaneity and laughter into everyday routines.

In the realm of media and entertainment, April Fools' Day has inspired countless memorable hoaxes and pranks. From fictitious news stories to elaborate marketing stunts, the media landscape becomes a playground for creative tricksters eager to deceive and amuse audiences. Classic examples include the BBC's infamous "spaghetti tree hoax" in 1957, where they aired a segment about Swiss farmers harvesting spaghetti from trees, and Taco Bell's prank in 1996, where they announced the purchase of the Liberty Bell and its renaming as the "Taco Liberty Bell."

In conclusion, April Fools' Day is more than just a day of practical jokes; it's a celebration of humor, creativity, and human ingenuity. From its enigmatic origins to its enduring popularity, April Fools' Day continues to enchant and entertain people of all ages, reminding us to embrace the joy of laughter and the power of a well-executed prank. So this April 1st, whether you're planning a clever hoax or simply enjoying the antics of others, remember to approach the day with a spirit of fun and goodwill. After all, laughter is the best medicine, especially on April Fools' Day.

Stuarts of Driffield, Lincoln Way, Beverley, HU17 8RH.

EAST YORKSHIRE EMBROIDERY SOCIETY

The East Yorkshire Embroidery Society was founded 42 years ago by a group of graduating students, who had successfully completed their City & Guilds Embroidery courses at Bishop Burton College.

To explore, develop and share their existing stitching and design skills of Textiles Art, with other like-minded stitchers, the 65 founders held their first meeting at the Darby and Joan Hall Cottingham. The society has flourished, with a current membership of 161.

National and international speakers are invited to share their practice on a diverse range of topics associated with all aspects of Textiles Art. You can experience these fascinating talks as a guest or become a member of the society at their monthly meetings held on the Second Saturday of the month at the D&J Hall Cottingham.

To share their practice and knowledge of their specialism in Textile Art, visiting speakers and society members offer workshops for members to explore new approaches to creating work.

They offer their members an annual residential weekend with a guest speaker to explore new pathways in Textiles Art, underpinned by excursions throughout the year, to a variety of exhibitions to appreciate traditional and contemporary Textile Art.

The East Yorkshire Embroidery Society The Art of Stitch 2024 Exhibition at Beverley Minster showcases their members' creative practice of all aspects of Textile Art. Members of the society will be there each day to discuss the work on display, encouraging new members.

For more details contact eyesembroidery@gmail.com

**East Yorkshire Embroidery Society
(EYES)**

The Art of Stitch

An Exhibition of Textile Art

BEVERLEY MINSTER HU17 0DN

Open days:
Thursday 16th – 23rd May 2024 10am–4pm
Note **Sunday 19th May 12am -4pm**



Free entrance, items for sale.

For more details contact: eyesembroidery@gmail.com

SSAFA - A BEACON OF SUPPORT IS RECRUITING

SSAFA, the Armed Forces Charity, stands as a beacon of support for those who have served in the military, their families, and dependents.

SSAFA has a rich history of providing practical, emotional, and financial assistance to veterans and their loved ones, making a significant difference in communities across the UK and around the world.

One of SSAFA's most impactful contributions is its provision of welfare support. This encompasses a wide range of services, including housing assistance, financial aid, mental health support, and social activities.

By addressing the diverse needs of veterans and their families, SSAFA helps to alleviate hardship, promote wellbeing, and foster a sense of belonging within the military community. SSAFA plays a vital role in

raising awareness and understanding of the challenges faced by veterans and their families.

Through various events and campaigns, such as Armed Forces Weekend, the charity engages with the public, raises funds, and advocates for the needs of those who have served their country.



SSAFA's network relies on their dedicated volunteers, the backbone of its operations, many of whom have a military background themselves.

They provide invaluable support and companionship to veterans and their families, offering a listening ear and practical assistance when it is needed most.

SSAFA needs new recruits to continue to



provide the support our veterans deserve, making a profound and lasting difference in the community.

CAN YOU HELP? YOUR VETERANS NEED YOU.

If you are interested in making a difference:
Contact SSAFA on: **01964 552 837**
Email: eyorks.branch@ssafa.org.uk
Website: ssafa.org.uk



ssafa | the
Armed Forces
charity

Your Veterans Need You!

SSAFA are looking for volunteers to fill the following positions:

- Administration Assistant
- Branch Fundraiser or Coordinator
- Branch Volunteering Coordinator
 - Caseworkers
- Divisional Secretarial Support
 - Mentors
- Recruitment Coordinators
 - Treasurer Support

SSAFA ARE URGENTLY LOOKING FOR A BRANCH SECRETARY

The Branch Secretary serves as key figures in supporting those who have served their country, ensuring they receive the assistance and resources when in need after protecting our country.

It's a role that requires dedication, compassion, and a commitment to serving others, offering immense personal satisfaction and the opportunity to positively impact the community.

If you think you can help, please get in touch:

Tel: 01964 552 837

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk



THE SMALL EDIBLE GARDEN

Both house and garden are constantly interacting with each other, performing different duties. The garden must cope with the weather as we have experienced in 2023/4 the phenomenal amounts of rain, we have had have been hard to cope with.

But nature is still fighting, the rhubarb is now appearing in my garden and the raspberries that were moved early in the year are coming into bud. So, what could be more enticing than positioning a small table just outside the back door, to take out a cup of tea and sit and relax in the sun.

Directly from the door is the small kitchen garden as pictured below, which is easily accessed when cooking. It measures approximately 5 metres in width and 8 metres in length (16ft x 26ft) providing enough space to grow both flowers, herbs, and salad crops and more importantly if money allows, to position a greenhouse and cold frames.



A simple example of a narrow border in the garden is pictured above. There is a mixture of spinach and a dual-purpose salad leaf called Beet 'Bulls Blood' which grows through the year and dates right back the 1840's.



The leaf is deep red in colour and is the most delicious edible salad leaf that I would recommend trying to grow. It can also be a design feature combined with flowers or herbs to give an injection of both colour and texture.

Beet 'Bulls Blood' can be sown in succession throughout the year and during the winter months when the weather is harsh a cloche can be used to give cover. Always harvest the leaves from the outside of the plant as this encourages them to produce more leaves giving you a constant crop.



The technique we term 'Cut and Come again,' was in fact practised by the Ancient Greeks and Romans.

Another option would be to grow fruit in pots. Blueberries are very good for growing in containers, especially if you don't have acid soil.

Choose a good-sized terracotta pot, place crocks in the bottom for drainage and then plant using an ericaceous compost, position in a sunny location. However, the fruit is loved by the Blackbirds so it may be a challenge to get them picked as early as possible!

Another option would be to grow cordon pears in pots. You will get blossom in spring and fruit in the autumn. These were positioned as an entry point to the greenhouse, creating an attractive statement feature.



The weather over the Easter weekend is hopefully going to be good and this in turn will allow us to get into the garden to not only re-evaluate our borders and the layout of the garden but prepare areas for sowing vegetables, planting new shrubs and perennials. Both the weather and the temperatures are still variable so don't worry if you are a bit behind, there is still plenty of time.

Once the soil begins to warm you will be able to sow seeds directly. However, if you have a cloche, cold frame, or greenhouse then I would suggest you sow a selection of lettuce, cabbage, calabrese and spinach in trays, and in a few months after being pricked out and hardened off they will be ready to be planted into the garden.

Tc Patisserie

We are now no longer a café, but still make our own patisseries and Tc Patisserie is now a French food shop to compliment our own products.

We have a daily selection of freshly made croissants, breads and patisseries.

We make reheat at home meals which can be bought over the counter or pre ordered, via our mailing list or messenger.

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

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



10 Lairgate, Beverley, HU17 8EE
Tel: 01482 860884

FOX MOBILITY - GIVING CONFIDENCE TO GET OUT AND ABOUT THIS SPRING

Spring breathes new life into the world, igniting a collective urge to venture out and embrace the outdoors. With each passing day, nature's warming air becomes an invitation to shed layers and embrace mobility once more. We start planning for the warmer weather and to enjoy the longer days and warm nights, venture further, explore more and find out what's new.

Paul and Anne at Fox Mobility continue to explore what's new in the world of mobility to ensure people are in tune with new equipment to go further than before with confidence.

We are fortunate in Beverley to have so much, so close, whether that be a trip to the theatre, cinema, pub, restaurant or an afternoon tea, or trips further afield to explore the coast or a different garden centre. Paul and Anne give you the opportunity to explore with confidence.

Spring heralds the return of outdoor activities, from leisurely strolls through blossoming gardens to parks and recreational areas buzzing with activity, as families engage in picnics, outdoor games, and impromptu gatherings. At Fox Mobility, they work with you to ensure you do not miss out as everything springs to life.

Spring beckons us to embrace the promise of renewal and adventure. Whatever you need to help you get out and about this Spring, Fox Mobility can help you. Paul and Anne at Fox Mobility have a wealth of experience and knowledge to pass on. Give Fox Mobility a call or pop in, they will be delighted to help.

Fox Mobility - Mobility in and out of the home.

110-112 Walkergate, Beverley, East Yorkshire, HU17 9BT.

Tel: 01482 887799.

Email: info@fox-mobility.co.uk

Website: www.fox-mobility.co.uk



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CHARITY IS TRANSFORMING LIVES AT ST NICHOLAS PRIMARY SCHOOL

The charity Transforming Lives for Good (TLG) has been working with St Nicholas Primary School to support children who are struggling to cope with the school day.

Since 2016, TLG coaches have spent an hour-a-week in the school, each providing trauma-informed support to a child, across a whole academic year, as part of TLG's Early Intervention programme, supported by Latimer Church.

Early Intervention provides support to children who may be facing difficulties or trauma in their lives or who are experiencing emotional challenges. With the growing mental health crisis this support is critical for so many children.

Headteacher Terri Turton says: "We absolutely love having the TLG coaches as part of our school community. Their impact has been huge on the individual pupils and their families. We pride ourselves on the nurturing environment that we have here at Beverley St Nicholas Primary School and have a strong focus on the emotional wellbeing of pupils. It is unheard of for schools to be able to provide children with an hour of 1:1 coaching support of such high quality with school budgets being stretched and so we value their contribution enormously."

To support TLG Early Intervention, go to tlg.org.uk/donate or if you're a business, go to tlg.org.uk/corporate.



HOW CAN FEAR TRANSFORM YOUR LIFE?

Susan Jeffers' groundbreaking self-help book "Feel the Fear and Do It Anyway" has helped millions of people to overcome fear and pain in their lives by offering practical advice and enabling personal growth.

A friend recently said he'd re-read the book and recommended it to someone struggling with fear as a barrier, to help them accept and reframe fear and use it as a tool for growth and new learning.

Do you ever consider what might be holding you back in life... what's preventing you from taking that holiday, moving jobs, getting a relationship, a hobby, a pet? Do you have imposter syndrome, wondering when you'll get found out as not being "good enough" in whatever area of your life? Perhaps you have a fear of public speaking (glossophobia); if so, you're not alone as sufferers include Mahatma Gandhi, Abraham Lincoln, Julia Roberts, Samuel L Jackson and Mark Zuckerberg to name a few.

Fear of public speaking has been named as the number one fear... above death. A survey by YouGov in the UK asked more than 2000 people to rate 12 common phobias with glossophobia coming 3rd, beaten only by fear of snakes and heights.

Although *Feel the Fear and Do it Anyway* was published in 1987, the advice is as true today as it was then. Fear is a natural part of life, and we can all learn to move through and grow from. Fear and excitement are very similar sensations... that buzzing feeling in the pit of the stomach, sweaty palms, getting tongue tied or incoherent talkativeness are some of the symptoms. As children we may have feared learning to ride a bike, climb a tree, jump into the swimming pool or learn to ski but each time we overcome the initial nervous anticipation, we move more quickly to enjoyment, excitement and progress each and every time we overcome fear.

Hypnotherapy, when combined with the principles of "Feel the Fear and Do It Anyway" becomes a dynamic tool for you to overcome limiting beliefs and embrace your full potential. Over the last month I have helped someone overcome emetophobia (the fear of being around vomiting) in one session after suffering from this from the age of 7 to 21... the feedback was "a changed person overnight! The change is remarkable!" or a 20-year snake phobia having grown up in an environment with venomous snakes was reduced to an appropriate level, again, in just one session.

On a personal level, I abseiled down the towers of the Humber Bridge knowing the only thing I had to manage was my mind and then just enjoy the experience and it was fantastic! Learn to use fear in a positive way and who knows what you will achieve...

For more information and details on further techniques including hypnotherapy, visit www.francesdunning.com or contact me, Fran Dunning on 07973 819867.



All About You Hypnotherapy

Helping You Get Peace of Mind in Practical Ways

I've been helping people of all ages increase their levels of confidence and improve their life for over 20 years using hypnotherapy.

I can help you reduce anxiety, get rid of fears and phobias and embed positive habits to increase your levels of health and wellbeing.

Based on Victoria Dock and available face to face or via Zoom globally.

Let me help you to enjoy a new sunrise

Fran Dunning
Clinical Hypnotherapist & Provider of Mindfulness in the Workplace
Victoria Dock, Hull
Mobile: 07973 819867
e-mail: info@francesdunning.com
website: www.francesdunning.com



Beverley Cultural Network

Beverley Cultural Network is a new voluntary working group, which has been formed to support all people and organisations that are involved with Culture in Beverley.

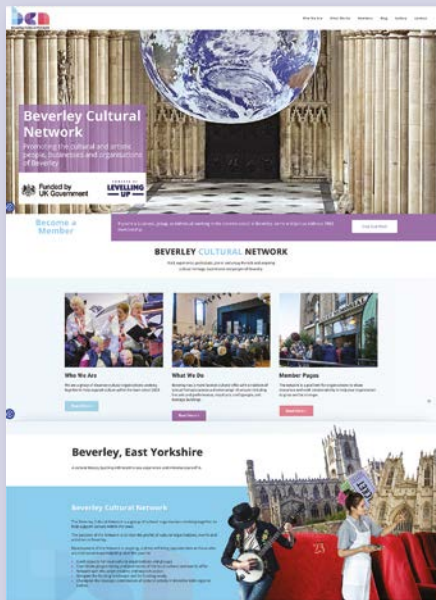
Its development has been funded by the UK government through the UK Shared Prosperity Fund.

Beverley Cultural Network is in the process of producing an action plan that will help to raise the profile of cultural organisations, events and activities in Beverley.

Over the past six months East Riding Theatre has been the lead organisation in helping create this new network. Their ambitions are shared by a number of partners within Beverley from the private sector, digital, education, health and voluntary sectors, plus many others.

Development of the network is ongoing, and the members hope to bring more opportunities to those who are interested in participating later this year.

If you are interested in becoming a member of the **Beverley Cultural Network** - either as an individual or organisation - then please visit the following website for further information...



www.beverleyculturalnetwork.co.uk

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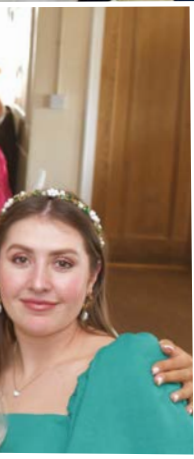
Why should you join the Beverley Cultural Network?

The **Beverley Cultural Network** is a platform for individuals and organisations to share resources and work collaboratively, helping them to grow and be stronger. It offers the following benefits:

- Regular opportunities to network with likeminded organisations who have the same aim of providing quality cultural events and activities in Beverley.
- Work with other organisations to develop your existing events and take them to the next level.
- Share resources between organisations to reduce costs for individuals.
- Work together to offer training opportunities to young people to encourage sector growth.
- Increase interest in events through shared marketing and utilise existing channels of promoting events.
- Boost ticket sales and revenue by expanding your reach to new customers.
- Be a part of a cultural brand for Beverley, at the forefront of boosting the town's reach as a hotspot for cultural activity.
- Take advantage of training opportunities for staff and volunteers via network meetings.
- Access funding opportunities as a collective and individually to gain knowledge about funding that you can apply to your organisation.
- Share experiences with one another for the benefit of the sector.
- Be part of a network with a voice at a regional level in shaping cultural policy, strategy, and funding.



CLUB LADIES DAY



KAYLEIGH RECEIVES THE BRITISH CITIZEN AWARD - THE MEDAL OF HONOUR

The British Citizen Award (BCA) is a recognition programme for individuals who do extraordinary work in their local community. The BCA Medal of Honour is presented to an individual who has been nominated for the work that they do in their community.

We all in some way will have our lives shaped by individuals doing great things, individuals who do unbelievable amounts of work in the community for causes that they believe in, and help change peoples lives, without seeking the publicity. These people in effect shape our communities, making them special places to live and work.

The BCA is set up to reward those who have gone the extra mile for their community and give them the recognition that they deserve. It is The People's Honour.

Kayleigh James, Manager of One Stop on Flemingate was presented with her award at a company group meeting in Harrogate, completely unaware of what was to unfold until her name was announced.

Kayleigh said, "We have Store Manager meetings, and this wasn't anything different, there were about 270 people attending. Jack, the Area Community Manager, was on the stage presenting the benefits and how One Stop encourages working in the community. He went on to mention people who have made a difference in their community. When he said my name and announced that I have been awarded The British Citizen Award for my work in the community with a Medal of Honour, I couldn't believe it. It still hasn't sunk in.

Kayleigh went on to say, "We raised a total of £2,640 and donated 2739 Food Bank Meals. The community have been fantastic in helping deliver

where help is needed".

Events Kayleigh organised last year:

Cherry Tree

- Weekly donations of food.
- Donated 48 Easter eggs.
- Donated the £700 for a new Defib at Salmon Road shops.
- Held an event at the light switch on with tombola, sweets/snacks.
- Donated Christmas food for hampers.

Mental Health Mates

- Raffle prizes.
- Donated selection boxes.
- Donated cinema treat bags for all the children.
- Donated Food for their Christmas party.

Beverley Rugby Club

- Donated £300 for new kit for the under 8s.
- Donated drinks and fruit after the game.
- Donated cake stands for ladies day.
- 100 selection boxes donated.
- Money towards Christmas activities.

Katie Cottingham

- Volunteered at fundraising event.
- Donated raffle prizes.
- Donated and made up 80 Halloween sweet cones for the children.
- Donated Christmas stock for her Christmas hunt in memory of her son.
- Collection point for the Beverley Beck hunts.

Local House Fire

- Donated £300 for clothes for a mum and 2 children.

Soup Kitchen in Hull

- Donated £200 worth of food and drinks for the homeless this Christmas.
- Held a raffle and raised £80 to support with hats



and gloves and food to help support the soup kitchen.

Alzheimer's

- Held Summer event with games, tombola and bouncy castle all free for the community.
- Pyjama day.
- Cake sale.

Children in Need

- Stand on Flemingate with raffle, cake sale and merch.

17th February - Random Acts of Kindness Day

- Gave out treats to our customers.

Receiving the British Citizen Award is a testament to exceptional contribution and service to the community, inspiring others to embrace civic responsibility and make a difference. The British Citizen Award stands as a tribute to the extraordinary impact of ordinary people.

The award is testimony to the hard work Kayleigh puts in for her community.

CHARITY PUB CRAWL CHALLENGE

Lee Medforth (aka Medo), a born and bred Beverley man was recently diagnosed with Motor Neurone Disease.

Saturday 16th March saw Lee, his family, and friends complete their first charity challenge, a 31-pub crawl through Beverley, in aid of MND. The day started at 11am in The Foresters Arms, with a large breakfast, courtesy of Kerry and Dave, and finished with the final drink of the night, provided by Dave and Val at The Beaver.

Lee would like to say a huge thank you to Dan Clark who drew up the battle plan for the 69th Battalion Royal Regiment of Fused with beers. A huge thank you also to the local pubs that allowed us to fundraise throughout the day and the taxi drivers (aka family and friends) who made sure we kept to the battle plan.

A staggering £1400 was raised for the Hull and East Yorkshire branch of the Motor Neurone Disease Association.



A final thank you to all who donated! Watch this space for future challenges, the next being the Yorkshire Three Peaks in June.

For anyone wishing to donate please follow the JustGiving link: www.justgiving.com/page/hulley-1710842006274?utm_term=RY2DGJeEg

BEVERLEY TRACK AND FITNESS BOXING CLUB CELEBRATE CHAMPION FEMALE BOXERS

Beverley seems to be at the centre of everything, celebrating inspirational people from humble backgrounds making ground breaking moves for others to follow.

Beverley Track and Fitness Boxing Club have been encouraging people to get involved over the past decade, to see how far they can go in the sport which includes both men and women. Two local girls have excelled through commitment and endeavor.

Two local female boxers, Tallulah Pulling and Lehanna Smith both 17 have transcended boundaries, competing at the highest levels and winning coveted belts, inspiring a new generation of athletes.

Their triumphs showcase resilience, skill, and determination, motivating others to pursue their dreams despite obstacles.

Tallulah has just won the National title in Open Class meaning she's the best girl in the country at her age and weight. She will be going on to represent England in the Tri-Nations Championships in June this year.

Lehanna Smith won the Development Championship this season back in October and she also boxed in the final of the Open Class and gained a silver.

Tallulah said, "Track Boxing and fitness have been fantastic in my transition from fitness to competitive boxing, over the past four years have helped with my confidence and discipline both in and out of the boxing ring, I can now look forward to developing further in the performance pathway with the



England squad".

Lehanna commented, "Over the last 2 years boxing has changed me completely. Adam, Luke and all the coaches have supported me all the way. It has been amazing to have won the Boxing development Gold medal and more recently Silver in the Open Class, I have also gained a new confidence and focus, just two of the benefits of boxing at Track".

Coaches Adam and Luke said, "Winning belts not only signifies athletic prowess but also symbolises overcoming societal barriers and stereotypes. These achievements provide tangible evidence of women's capabilities in a traditionally male-dominated sport, breaking down barriers and challenging perceptions.

"Both of the girls demonstrate a path to self-discovery, empowerment, and purpose. The discipline and dedication required in boxing translate into focus and determination in other aspects of life, developing personal growth and confidence".

The success of both Tallulah and Leanna demonstrates that with hard work, dedication, and perseverance, anything is possible, instilling hope and motivation in individuals striving to achieve their goals.

If you want to know more about Track and Fitness Boxing Club, contact them via:

Facebook: Track Fitness and Boxing Club

X (formerly known as Twitter): @TrackBoxing



BEVERLEY AC ADDS "GREEN" TO ITS BLUE AND YELLOW COLOURS!

Beverley AC is excited to announce its involvement in the Greener Clubs Project, a new initiative to encourage and improve our "green" credentials.

This 6-month pilot, set up by a collaboration between England Athletics and The Greener Runners, together with 29 other athletics clubs across the country, sees us assess and evaluate our green credentials, and pledge our commitment to improve and develop where we can, sharing good practice and resources with the other clubs involved in the Project.

Our Green Champion, Lucy Stamford, who is also the Club Treasurer, commented "We are already doing much to improve our green credentials, for example the Juniors organise a kit swap and have bamboo medals for their Awards Night and we source our club running vests from the UK, using recycled materials as well as promoting car sharing amongst members for away events.

"We now seek ways of improving the green credentials of the club as a whole and as part of the Pilot have pledged to continue to do the following sustainable practices: create a 'green' sub-committee to support sustainable actions within the club; encourage members to bring their own bottles / hydration system / cups to

club session and events; provide vegan and vegetarian, preferably locally sourced, food options at club events and socials; promote local races and events, including Beverley Westwood parkrun; purchase kit from ethical and sustainable suppliers; attend climate and carbon literacy training for our Green Champions and members; partner with ethical and sustainable suppliers and brands (e.g. bank); take part in collective action / campaigns with the England Athletics and The Greener Runners partnership. We look forward to updating you further on this initiative in the future."

This month saw the final race of the East Yorkshire Cross Country League at Sewerby. The 5.5 mile course saw challenging muddy conditions, and it was another win for Robert Sparkes, Beverley's Men's Captain, who was first to finish in 00:32:50.

So, what do we have to look forward to in the Club's calendar?

Beverley's iconic 10kms race takes place on Sunday 12th May 2024 whilst Walkington 10kms will take place on Friday 12th July 2024 and further details can be found on the Club's website.

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



START TO MOVE AGAIN AS SUMMER APPROACHES

As Summer approaches thoughts naturally turn to outdoor activities and enjoying the sunshine. For many, this means embracing a more active lifestyle, whether it's hiking, cycling, swimming, or simply strolling in the park.



However, before diving headfirst into summer fun, it's essential to ensure your body is prepared for the increased physical demands.

Fortunately, RISE Physiotherapy are gearing up to support your summer aspirations. With expert guidance and tailored treatment plans, we are ready to address any lingering aches, pains, or mobility issues, ensuring you're in top form for all your favourite summer activities. From targeted exercises to hands-on therapies, we are equipped with the tools and knowledge to help you overcome obstacles and optimise your physical well-being.

So, before you lace up your hiking boots or dust off your bike, consider scheduling a visit to RISE Physiotherapy. By investing in your body's health and functionality now, you'll be primed to make the most of every sunny day that lies ahead.





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BEVERLEY FITMUMS CELEBRATE 11 YEARS OF FITNESS, FRIENDSHIP & FUN

In 2009, Sam Barlow started Fitmums as a way to meet and socialise with other parents. "Fitmums" devised by Sam's 5 year old son, soon came to include "& Friends" to reflect the wide range of people who turned up and enjoyed the Fitmums way of doing things.

"You don't need to be fit, have children or be female - Fitmums & Friends is for all".

As Fitmums & Friends grew, new groups opened to benefit the local communities, and in 2013 Beverley Fitmums & Friends started, organised by a team of volunteer leaders and coaches. Beverley Fitmums & Friends welcomes everyone to sessions - no need to be a mum, or female - men welcome, all ages (over 16 years).

Laura Gulley is the co-ordinator at Beverley Fitmums & Friends. She took on board Sam's suggestion that they should recognise the Groups



10th Anniversary with the planting of a tree in 2023. But these things take time!!

Fast forward to 19th March 2024, and a tree was sourced through the expert advice from the Yorkshire Wildlife Trust. Sam and Laura were on hand to plant the "Rowan Tree" at the Leisure Centre to celebrate 11 years of Beverley Fitmums.



Laura mentioned, "Fitmums focus on fitness and community wellness to benefit people, promoting physical activity, providing support and motivation, and enhancing mental health". Sam said, "The planting of the tree, a Rowan, we call it "Rowan Atkinson", is a reminder to everyone what Fitmums have achieved. We will say hello to Rowan as we continue to run past on our weekly get togethers".

Andy from the Wildlife trust mentioned, "The Rowan is a lovely tree, it is slender, it will grow quite quickly with clusters of white blossoms in Spring and rusty red berries in Autumn. The bees



and other insects will benefit as they feast on the flowers in Spring and birds will love the berries in the Autumn". Laura mentioned, "We would like to thank the East Riding Leisure Centre, Beverley, for their ongoing support as the home of our club and the amazing team of volunteer run leaders and our wonderful supportive members who help to keep things "running" smoothly".

To learn more about Fitmums and how to get involved visit: www.fitmums.org.uk/group/east-yorkshire/beverley
New members are always welcome.

BEVERLEY WESTWOOD PARKRUN: A TEAM EFFORT "UNDERSTANDING WHAT GOES ON BEHIND THE SCENES"

Last month I mentioned the cancellations of Beverley Westwood parkrun at the back end of 2023. Well, the weather has really not been our friend this Winter and we have had even more cancellations in the start of 2024.

Canceling the event is actually a really easy, and really hard decision all at the same time for the core team. We have to protect runner safety and we have to protect the pasture land. The recent cancellations have been for both reasons.

The unseasonably wet weather this winter has seen the Westwood flooded in some places and saturated in lots of places, including on the BWp course. The core team doesn't take



pasture lightly. With all the weather going on we will have completed multiple course checks through-out the week.

Generally, Kay Farrow and John Parish do the 'in-the-week' checks; this entails a walk around the course to assess the going underfoot, any standing water, and any other issues there maybe to putting on an event for around 200-250 people to attend. Kay and John will report back to the team with their findings, including photos, videos and any other observations they may have. As Event Director it is ultimately Kay's responsibility to cancel, having said that, we do tend to make the decision as a team. BWp, after all, is a team effort.

Once the decision has been made the next step is to let everyone know. This is not a two-minute job! Cancelling an event includes letting parkrun HQ know directly, followed by cancellation emails to all volunteers for that week, emails to regular runners and walkers on the BWp mailing list, posts on all social media pages, contacting The Windmill where we normally have breakfast and letting Brian know he is not needed to marshal that week, as he doesn't do Facebook or email! Again, these cancellation updates are a team effort but that doesn't end with the core team.

Once we have posted the cancellation notices the regular runners, walkers and volunteers then go on to share the posts with their followers

and friends on social media, thereby getting the message out to everyone that is likely to attend. The posts are shared in local running groups too.



When we have to cancel the event most regular runners and walkers at BWp will 'tourist' at other events, some nearby and others further afield. The opposite of that though is that tourists from other parkruns may turn up at 9am on Saturday morning for our event, only to find it cancelled. We try our best to get the information out there but there are some folks that don't check the parkrun cancellation list, don't check the event social media page and with this in mind we try to have someone at the start line to welcome them and explain the cancellation.

All this is made possible by volunteers. The core team put a lot of effort in, to make the event happen and conversely, they put a lot of effort in, to cancel an event. Volunteer credits are not allocated for cancellations but that is not to say people don't volunteer anyway. As I said earlier, BWp is a team effort, for all involved. If you would like to volunteer at a future Beverley Westwood parkrun please get in touch beverleywestwood@parkrun.com
Louise Barrett.

NORTHMEN SPIRIT - LIGHTER DAYS AHEAD

At NorthmenSpirit we're dedicated to providing the very best wine, beer and spirits from Yorkshire and the North.

Bringing you an ever-changing range of beers in our BottleShop and Bar, we seek out breweries that aren't often seen in and around Beverley and



East Yorkshire so you can enjoy beers a little less ordinary.

With the clocks going forward over the Easter weekend we can (hopefully) look forward to lighter evenings and warmer days and some of us will be shifting our focus to the lighter beers and spirits.

However, we'll continue to serve at least one stout / porter / dark

beer on the bar alongside our unique offering of Twisted Roots Rum and selection of whiskies for those who still enjoy the dark spirits throughout the warmer months.

We will of course be expanding our range of Pale Ales, Sours and IPA's to match the preferences of our customers.

The NorthmenSpirit monthly Whisky Club has delivered some outstanding Whisky to our members over the last three months with exceptional whisky from Campbeltown, Islay and Speyside being enjoyed over the last three months.

Over the next three months we plan on enjoying whisky from the Islands, Highlands and Lowlands in rotation.

Whisky Club, 7pm, Last Sunday of the Month
£25.00 per person, three drams +
10% off Whisky at the Bar

With May fast approaching we will now be taking expressions of interest for the UK launch of Midgard the ninth edition of the Bivrost Norse Realms series of Whisky.

Midgard is a Single Malt Whisky from Norway finished in Sherry Casks and should be available in late May for UK customers.

If you want to enjoy one of only 400 bottles that will be available in the UK let us know as soon as possible and we can reserve a place at our exclusive tasting evening for you.

We love showcasing new and exclusive products from local suppliers and were super excited to get our hands on a number of bottles of the exclusive Brawta Rum, distilled by Twisted Roots Rum in collaboration with RumKeg876. This Dark Rum, only available from NorthmenSpirit, is full of dark chocolate, oak and caramel with a subtle fruit aftertaste.



Upcoming events:

Friday 12th April

Step Through History - Beverley and the English Civil War.

Sunday 28th April

NorthmenSpirit Whisky Club - Islands / Highlands / Lowlands.

Sunday 26th May

NorthmenSpirit Whisky Club - Islands / Highlands / Lowlands.

Thursday 30th May (tbc)

Bivrost Whisky Launch - Midgard (Sherry Finish).

Sunday 30th June

NorthmenSpirit Whisky Club - Islands / Highlands / Lowlands.

**Open from 11am Wednesday to Sunday,
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TRAVEL COUNSELLORS - INCREDIBLE TRAIN JOURNEYS

I'm excited to share with you a blog about three incredible train journeys: Rovos Rail, Rocky Mountaineer, and Northern Belle. These trains offer unforgettable experiences and take you on breathtaking adventures.

1. Rovos Rail:

If you're looking for a touch of old-world charm and luxury, Rovos Rail in South Africa is the perfect choice. Step aboard this beautifully restored train and embark on a journey through stunning landscapes.

From the lush winelands of Cape Town to the vast savannahs of Kruger National Park, Rovos Rail offers a unique way to explore the diverse beauty of South Africa. Indulge in sumptuous cuisine, relax in elegant cabins, and enjoy off-train

excursions that showcase the rich history and wildlife of the region.

2. Rocky Mountaineer:

For those seeking awe-inspiring natural beauty, the Rocky Mountaineer in Canada is a dream come true. This train takes you through the majestic Rocky Mountains, offering panoramic views of snow-capped peaks, pristine lakes, and dense forests. The journey is divided into different routes, each with its own highlights.

Whether you choose the First Passage to the West, Journey through the Clouds, or Rainforest to Gold Rush, you'll be treated to impeccable service, gourmet meals, and the chance to spot wildlife along the way.

3. Northern Belle:

If you're looking for a touch of elegance and glamour closer to home, the Northern Belle in the UK is the epitome of luxury train travel. Step aboard this beautifully appointed train and be transported to a bygone era of sophistication. With its exquisite vintage carriages, elegant dining experiences, and attentive service, the Northern Belle offers a unique way to explore the picturesque countryside of the UK. From the Scottish Highlands to the charming villages of England, this train journey is a truly enchanting experience.

Each of these trains offers a distinct experience, but they all share a commitment to providing exceptional service, luxurious accommodations, and unforgettable moments. Whether you're a train enthusiast or simply seeking a unique and memorable adventure, Rovos Rail, Rocky Mountaineer, and Northern Belle are sure to exceed your expectations.

So, if you're planning your next travel adventure, consider hopping aboard one of these incredible trains. I guarantee you'll create memories that will last a lifetime. If you need more information or have any specific questions, feel free to ask. Happy travels!

Amanda McConnell, Travel Counsellors.

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PARA OLYMPIC TRIALS FOR EX BEVERLEY GRAMMAR STUDENT

Ex-Beverley Grammar student Owen Garsides had a successful meet at the Citi Para Swimming World Series 2024 held in Aberdeen in February.

Winning British National Champion title in the 100m backstroke along with Gold and Bronze in the 100m Butterfly. He has qualified in all his races so he will now travel to London for trials.



The 2024 British Swimming Championships will take place at the iconic London Aquatics Centre on Queen Elizabeth Olympic Park, from 2nd-7th April 2024, with the event playing a key role in the selection of both our Paralympic and Olympic pool swimming teams.

This inaugural version of the British Championships will see Olympic and Paralympic swimming event schedules running concurrently in the same programme across six days of heats and finals sessions.

The para-swimming events will be run with multi-classification competitions. Good Luck and swim your best Owen.

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Kids American Afternoon Tea For 2 mini diners £15pp!

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BEING A FAMILY CARER: HOW MUCH IS TOO MUCH?

Looking after mum as she becomes increasingly frail, or checking in on dad as his dementia worsens, is a reality for many of us.

Family means everything, so being there for them only feels natural. But what if your loved one's needs became too much for you to meet on your own wellbeing?

Research carried out by Home Instead found that around a third of family carers feel at breaking point, while around two thirds say they struggle with their mental health.

These are the common signs that you're doing **too** much, and that you should look at what support is available to you:

- **Feeling isolated and trapped:** perhaps you feel like you have nobody to lean on, nobody to talk to and nobody who can help. In your world, it's just you, and nobody can understand the challenges you're facing daily.

- **Becoming stressed and exhausted:** from the minute you get up, you're feeling like you can't face what you have ahead of you. There's not enough hours in the day to undertake your countless responsibilities, and what little sleep you get is disrupted by endless worry.

- **Juggling too much:** you're playing many roles for your loved one. Not only are you caring for them; you're also taking them to appointments, helping maintain their house, being a source of

emotional support, and much more. And that's on top of the other roles you play day-to-day at home and work.

- **Being less committed to work:** it might be common for dad to call while you're at work. He might be in a desperate state and needs you. You've got no choice but to leave work and check on his wellbeing. This will undoubtedly affect how you feel about your performance at work and what your employer might think.

- **Neglecting other family relationships:** focusing so much on a loved one that needs care, it might be that relationships with others - a partner, children etc. - fall by the wayside. It's only natural to feel guilty that you can't fully play the role of a partner or parent.

- **Seeing no end in sight:** caring for someone day in, day out, it might feel like this is it. Perhaps your loved one's condition will only get worse over time and the thought of your responsibilities growing is too much to bear. Not knowing how long you'll be performing this role for is enough to make you feel at breaking point.

No family carer needs to go about the journey alone. It's not just about finding care, it's also about finding the organisations and professionals who have dealt with many situations like the one you're facing. Those who can help include:

- **Social prescribers:** your GP can give you

access to a social prescriber, which will mean speaking to them about the support that you'd benefit from. Depending on what your support plan is, you'll be directed to activities, groups or services in the area to help you deal with the difficulties you're facing.

- **Condition-related support:** organisations supporting specific conditions, such as dementia and Parkinson's, have support services on a local level. Look up the groups that meet in your local area - there's no better way of finding likeminded people and tailored support.

- **Age UK:** all aspects of being a family caregiver, from financial support to personal wellbeing, is supported by Age UK. It's an organisation with heaps of advice on where to turn for support tailored to the specific situation you're facing.

- **Re-engage:** from tea parties to companionship calls, Re-engage's activities help older people expand their social circles. It enables family caregivers time off now and again as their loved one spends time with likeminded people.

At Home Instead, we have a wealth of knowledge about the support available locally.

We have experience supporting families who are under pressure, helping them find a way to navigate through the challenges they face.

Give us a call on **01482 231145** and we can have a chat about options available to help.



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- What are the tyres like? Check the condition of each tyre.
- If it is a child's bike, check the saddle height for them.
- Padded shorts or under shorts will make longer rides more comfortable.
- Check weather conditions - wear the appropriate clothing.
- For the commuter ride wear something bright - "Be Seen, Be Safe".
- For longer leisure rides, take water and food/snacks.
- For safety, wear a helmet and gloves. Is your helmet fit for purpose?
- Check lights, front and rear.
- Just in case... carry cycle tools, spare innertube or repair kit, some money and a bike lock.
- Wear sunglasses to protect your eyes from any dust or debris.
- Carry a phone or let someone know of your journey plans and ETA.

When you venture out, be aware! Watch, listen and follow these simple guidelines and you will be set up for a good cycling season. If you are unsure of your bike's condition, pop into Wilson Wheels and they will check it over.

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MEET THE CAST OF ERT'S SPRING SHOW 'CONFUSIONS'

East Riding Theatre is delighted to announce the cast for its upcoming production of *Confusions*, Written by Alan Ayckbourn and Directed by Clive Kneller. The opening night is on Thursday 25th April and will run to 18th May.

Hannah Levy is the creator of the popular YouTube channel and podcast "Storytime with Hannah and Patrick." She uses her acting talents to bring children's books to life and collaborates with authors, publishers, and libraries. Hannah is also a founding member of She Productions. Her theatre credits include Toad in Toad on the Wolds (ERT), Under Milk Wood and A Dickens of a Christmas (ERT), Mary Elwell in Paint The Town Fred (Shift Key), Mum & Cook in Frost Hollow Hall (ERT), Hilary in The Woman Who Cooked Her Husband (ERT), Winnie in Happy Days (Hull Truck), Jane in Nettles (Contact Theatre), Helen in No Wonder (Manchester Library Theatre). Hannah will be taking up roles as Lucy in Mother's Figure, Bernice in Drinking Companions and Mrs Peace in Gosforth's fete.

Jade Farnell is a recent graduate of The Hammond School and a proud member of The Godber Theatre Foundation. Since graduating, she has performed in several productions, including "The Elves and the Shoemaker Save Christmas." Jade will be acting as Rosemary in Mother Figure, Paula in Drinking Companions, and Millie in Gosforth's Fete.

John Peters is a seasoned actor with experience in theatre, television, and film. He has appeared in numerous productions across Canada and England, including roles in "The Taming of the Shrew" and "Educating Rita." He has also guest starred in shows like "The Bill" and "Eastenders." John will be acting as Waiter in Drinking Companions and Gosforth in Gosforth's fate

Robert Wade is a Rose Bruford trained Actor Musician making his debut at the East Riding Theatre. He has many theatre credits, including roles in "A Christmas Carol" and "Stickman." Robert will be playing Terry in Mother Figure and Vicar in Gosforth's Fate.

Mark Inman rounds out the cast, taking on roles in "Drinking Companions" and "Gosforth's Fete." After leaving RADA, Mark worked for Kenneth Branagh's Renaissance Theatre Company on tours of Hamlet, Much Ado

About Nothing, and As You Like It. Other theatre credits include Malcolm in a national tour of Macbeth; Angelo in Measure for Measure and Maurice in Deathwatch. TV credits include The Lenny Beige Variety Pack for the BBC and The Chicken Factory. Mark's film work includes Henry V and Much Ado About Nothing and Frankenstein.

Take advantage of these talented actors on stage! For bookings: www.eastridingtheatre.co.uk/whats-on/ or contact the Box Office: 01482 874050.

MEET THE CAST

Hannah Levy, Robert Wade, Jade Farnell, John Peters, Mark Inman

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directed by Olive Kneller

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BEVERLEY BUILDING SOCIETY RAISES OVER £13,200 FOR ITS 2023 CHARITY OF THE YEAR - DOVE HOUSE HOSPICE

Donations by the Beverley included purchasing urgently needed equipment, with fundraising initiatives comprising 'dress down Fridays', a book exchange, Easter Egg Appeal, Coronation cupcakes, and a BBS in Bloom promotion where customers donated and purchased plants.

There was also a phenomenally successful Exercise Bike Challenge, which due to the incredible generosity of local people and match-funding by the Society generated over £2,500 for Hospice care.

The business also match-funded its team's entry at the Hull 10K in support of the Hospice and in Dove House's own 'It's A Knockout' event last summer.

Staff embraced volunteering days at a Hospice Friends Group and retail outlets and contributed via regular giving.

Fundraising activities were marketed through Beverley Building Society's website, social media and local press. In a wonderful finale to the Campaign, the firm was delighted to sponsor Dove House Hospice's Volunteer Afternoon Tea in December, in celebration of the incredible work of the 900-strong volunteer army that helped to keep the organisation running.

Dove House Hospice is a charity that has delivered a vital service to the people of Hull and East Riding for over 40 years. Sadly, only 10% of Hospice funding comes from the government, which covers less than 40 days annual running costs so as the Hospice relies on community support, we were delighted to adopt them as our 2023 Charity of the Year.

The Hospice provides expert specialist care to adults living with progressive life limiting diseases and their families in our region. Illnesses include, but are not limited to, cancer, neurological illnesses, heart diseases and respiratory diseases.

Society Chief Executive Officer, Janet Bedford added: "Giving back to our local community is part of the Society's founding values and is a commitment that we continue to maintain. Dove House Hospice provides a vital service within our region, so I'm delighted that we have been able to make such a contribution.

"It demonstrates the generosity of our local community and just shows what we can achieve. I am proud of a wonderful team effort and would like to say a huge thank



you to everyone who supported our 2023 Charity of the Year Campaign to help us exceed our target, we could not have done it without you."

Beverley Building Society's Marketing Manager, Debbie Connolly told us: "The sheer variety of Dove House Hospice's work means there are lots of ways in which businesses and individuals can support them and Jonny and the entire team were an absolute pleasure to work with. It's been a privilege to raise funds and awareness for such an important cause and we all had great fun in the process."

In conclusion, Dove House Hospice Corporate Fundraiser, Jonny Bottomley said: "We could not be more pleased with how our partnership with Beverley Building Society has gone this last year. From a fundraising perspective, having a reputable company like Beverley Building Society championing our cause to their customers has been invaluable.

"The money raised will have a huge impact on maintaining and growing the services we provide to help care for those with life limiting illnesses and to support their families. Without support from local

businesses like Beverley Building Society, their staff, and the local community, we would not be in a position to serve our community when they need us most. In addition to raising an incredible amount, the Beverley Society team has embraced what it means to have a Charity of the Year.

"Firstly, the staff at the branch have been incredible. They enthusiastically got involved with everything and made a real difference to the success of all the fundraising activities.

"The major overlapping value which Beverley Building Society shares with Dove House is community focus and this value resonated with the local community. I saw firsthand how people would cross the road on a rainy day in October to have a chat with staff, while cycling for the Bike Challenge, when they saw they were raising Monday for Dove House.

"The event, along with all other activities experienced in person or communicated online, clearly demonstrated to the people of Beverley and beyond that Beverley Building Society is a business who cares for and gives back to the community."

WORDSEARCH

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

APRILFOOL
 EXCITEMENT
 FRESHAIR
 FRIENDS
 FUN

GAMES
 JOKES
 LAUGHTER
 PRANKS
 SMILES

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 38.



COMEDY CORNER

Things that make you laugh!



April is a happy month...
 It has a spring in its step!

After a 31 day March,
 you will be tired on 1st April!

What did the mother cow say to its calf at bedtime?
 "It's pasture bedtime!"

Knock, knock! Who's there? **Otto**. Otto who?
 You otto know when April Fools' is.

QUOTE OF THE MONTH
 April showers bring
 May flowers

Did you spot our **April Fool's** joke?
 Were you caught hook, line and
 sinker?

- A**dventure out and about
- P**lay in the sun
- R**elax to recover
- I**nvest in friends
- L**isten and learn more



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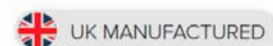


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SOMETHING FOR EVERYONE AT SPRING FESTIVAL

Since 2016, the East Riding has been home to one of the UK's fastest-growing classical music festivals. During that time, more than 25,000 festival goers and 200 leading artists have flocked to the New Paths festivals in Beverley.

Bursting onto the musical scene 8 years ago, New Paths quickly gained a national reputation and a strong local following for its outstanding performances and pioneering spirit.

The organisers of this year's eagerly awaited Spring Festival say that the festival's home is the impetus behind the popular event. "What drives us on is this place, with its incredible history and heritage" said New Paths founder Roland Deller. The former Minster chorister describes his first encounter with Beverley as "love at first sight". His family moved to the town in the 1980s. "There's nowhere like Beverley: it is a constant inspiration to us and our musicians!" he added.

From 10th to 14th April, music can be heard across the town at all times of day or night - from sunny breakfast-time performances in St Mary's Church, to atmospheric candlelit events late at night. New events this year include yoga with live music in the Quaker Meeting House, Sunday brunch-time jazz Upstairs at the Monks, and a walk on the Westwood with live music along the way.

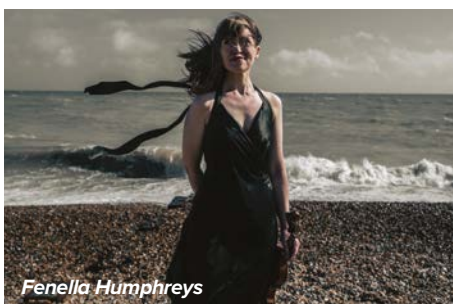


Libby Burgess

The festival draws an audience of all ages. Under-18s can claim free Golden Tickets to all events, offering them life changing opportunities to hear world-class music on their doorstep. The festival's baby and toddler concert is a relaxed event for the very youngest audiences and their grown-ups. And two prestigious performance platforms will give talented local young musicians the chance to receive tips from festival artists and to appear on the main festival stage.

A special event in the Minster will see three exceptional student organists competing for the Dame Gillian Weir Messiaen Prize, judged by a panel featuring Dame Gillian herself, along with Westminster Cathedral Director of Music Simon Johnson and New Paths Artistic Director Libby Burgess.

"We are honoured to be partnering with the Royal Birmingham Conservatoire for this event," said Libby. "Their organ studies department is one of the most highly regarded in the country, and



Fenella Humphreys

we can't wait to hear the three finalists they are bringing to Beverley. The Minster's organ is a fine, historic instrument and we know this is going to be a special event!"

Audiences will also have the chance to hear Dame Gillian talking about her life and work as a trailblazing global concert organist as part of the festival's programme of talks.



Rosalind Ventris

New Paths has recently named another veteran musician, the distinguished pianist Martin Roscoe, their Honorary Associate Artist. He appears in concert at the festival with his chosen collaborators contralto Jess Dandy and violinist Fenella Humphreys.

"Martin was for thirty years the Artistic Director of the Beverley Chamber Music Festival," explains Roland. "In that time he played hundreds of concerts and brought reams of celebrated musicians to Beverley. More recently he has been a wonderful part of New Paths, and we are delighted to create this title, recognising his major contribution to the musical life of the region, and reflecting the fact that he continues to be very much part of the New Paths family!"

Other performers at the festival include soprano Harriet Burns, tenor Alessandro Fisher, violinist Jamie Campbell, cellists Cara Berridge and Nathaniel Boyd, and viola player Rosalind Ventris, whose recent solo album is currently up for a BBC Music Magazine award.

"We take such inspiration from the different venues and spaces which Beverley has to offer," said Libby.

"There is something wonderfully intimate about the music we programme: much of it features just two or three instrumentalists or singers at a time, so audiences really get to connect with their individual musical personalities. Our programming spans hundreds of years and includes a lot written by composers living today, as well as music from voices that were not properly recognised in



Jamie Campbell

their own lifetimes because of gender or race. In amongst these are some of the most famous pieces ever written - works by Beethoven and Brahms and Bach - so we really are confident there is something for everyone."

The New Paths Spring Festival runs 10th-14th April. Tickets are available from www.newpathsmusic.com or the Beverley Tourist Information Centre.

THE 2024 BEVERLEY & EAST RIDING EARLY MUSIC FESTIVAL, FRIDAY 24 - SUNDAY 26 MAY

A significant highlight of Beverley's arts scene, Beverley & East Riding Early Music festival takes place every year in many of the town's glorious historic venues.

This year's theme is **Threads of Gold**, weaving together a musical tapestry of delights.

Discover a weekend-long programme that's a wealth of music, history, drama and song, all designed to entertain, to engage and to intrigue, with opportunities to make music as well as to enjoy it.

Threads of Gold

As well as celebrating Beverley's rich and fascinating history through specialised talks and lectures, the festival is well known for exploring a vast range of music from the medieval to the baroque presented by some of the world's finest musicians.

The festival opens with the Spanish instrumental group **El Gran Teatro del Mundo**, (*St Mary's Church*). Acclaimed for their sparkling musicianship, the players reveal a magical musical journey... exploring love, and death, through the music of the night.

Tenebrae, (*Beverley Minster*). One of the festival's highlights is always the concert in Beverley's glorious minster, the perfect setting to enjoy some sublime music.

This year the festival welcomes the award-winning vocalists, **Tenebrae**, sharing their award-winning presentation of Victoria's extraordinary Requiem, a masterpiece evoking the rich and intriguing sounds of the Spanish Renaissance.

Calling all singers! (*Hexagon Music Centre*) There's also the chance to participate, with our special workshop led by Tenebrae's Joseph Edwards.

Find your voice and join us for what promises to be a fun day in the company of like-minded individuals. www.ncem.co.uk/events/choral-workshop-2/

The festival ends with *Into the Melting Pot* (*East Riding Theatre*), performed by the mesmerising **The Telling**.

Music and theatre collide in this moving story of migration, community and conflict set in 15th Century Spain, featuring Sephardic songs and Spanish medieval music.

A Musical Walking Trail with SongPath

Join us for a musical stroll around Beverley's Westwood Pastures in the company of SongPath.

This uplifting programme is open to all and encourages creative connection to the world through an uplifting blend of walking, talking and music-making in nature.

The only criteria are a willingness and ability to walk and stand - and to enjoy the company of others.

Please bring suitable clothing and footwear and if necessary - a brolly!



Full programme/ticket prices/special rates and information: www.ncem.co.uk/whats-on/bemf/

To book:

Online: ncem.co.uk

Phone: **01904 658338**

Email: boxoffice@ncem.co.uk

In person: **Beverley Tourist Information Centre, Customer Service Centre, 7 Cross Street, Beverley HU17 9AX.**



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/pages/news

Tuesday 9th April & Tuesday 23rd April

Singalong Memories

Walkington Methodist Church schoolroom on alternate Tuesday afternoons, 2pm to 3.45pm. We sing along to original recordings from the 50s, 60s and 70s. Refreshments are included in the charge of £3 per session. Please contact either Val or Mike Thompson on 01482 865249 or Sue Jenkinson on 01482 882188.

Wednesday 17th April

Connexin Season Opener

Beverley Racecourse. Join us for an afternoon of racing, food & drink and you never know you might find a winner or two!

Wednesday 24th - Saturday 27th April

Hi de Hi

Beverley Memorial Hall. Curtain up 7.30pm. Beverley Theatre Company are pleased to announce that their next production will be 'Hi de Hi', by Paul Carpenter and Ian Gower, based on the hugely successful BBC TV comedy series. Tickets: www.beverleytheatrecompany.com and from the Tourist Information Centre at the Customer Service Centre, Cross Street, Beverley, or on the door on the night. BTC is keen to keep amateur theatre alive in Beverley and would be delighted if you would like to tread the boards with us or help backstage. Please contact us at thebeverleytheatrecompany@gmail.com or via our Facebook page.

Thursday 25th April

Afternoon Racing

Beverley Racecourse. Join us for an afternoon of racing, food & drink and you never know you might find a winner or two!

Thursday 25th April - Saturday 18th May

Confusions

East Riding Theatre. Celebrating its fiftieth anniversary in 2024, Confusions is a cover title for a sequence of interconnected one act plays by the much-loved Alan Ayckbourn. 7.30pm and selected matinees. Price: £20 Standard.

Monday 6th May

Family Raceday

Beverley Racecourse. Join us for an afternoon of racing, food & drink and you never know you might find a winner or two!

Tuesday 14th May

Afternoon Racing

Beverley Racecourse. Join us for an afternoon of racing, food & drink and you never know you might find a winner or two!

Thursday 16th May - Thursday 23rd May East Yorkshire Embroidery Society (EYES) - The Art of Stitch 2024

Beverley Minster. Entrance Free. 10am-4pm. Please note: Opening times for Sunday 18th May is 12am - 4pm. An Exhibition of Textile Art. Society Member's work for sale.

Saturday 18th May

Super Troupers - Mamma Mia Tribute

This is a family show for all ages at the Beverley Memorial Hall from 2pm - 4pm with a fantastic local vocal group. Families can enjoy singing and dancing to their favourite Abba songs. £12 per person (reserved seating). www.ksrevents.co.uk

Friday 24th to Sunday 26th May

Beverley & East Riding Early Music Festival

The Festival opens with the vibrant young Spanish instrumental group El Gran Teatro del Mundo and closes with The Telling presenting their critically acclaimed stage show Into the Melting Pot.

Wednesday 29th May

Family Raceday

Beverley Racecourse. Join us for an afternoon of racing, food & drink and you never know you might find a winner or two!

Thursday 20th June -

Sunday 23rd June

Beverley Folk Festival

Offering its most ambitious lineup to date since the reemergence of the festival in 2018, on offer is a truly international lineup of the best in folk, Americana and acoustic music.

WHERE IN BEVERLEY?

Beverley Beck Road Bridge Piers





Season Opener

WEDNESDAY
17th April

Get your tickets at
beverley-racecourse.co.uk



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**Thursday 25th April to
Saturday 18th May 2024**

Tickets: £20 Standard / £15 U16