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ISSUE 104

BEVERLEY

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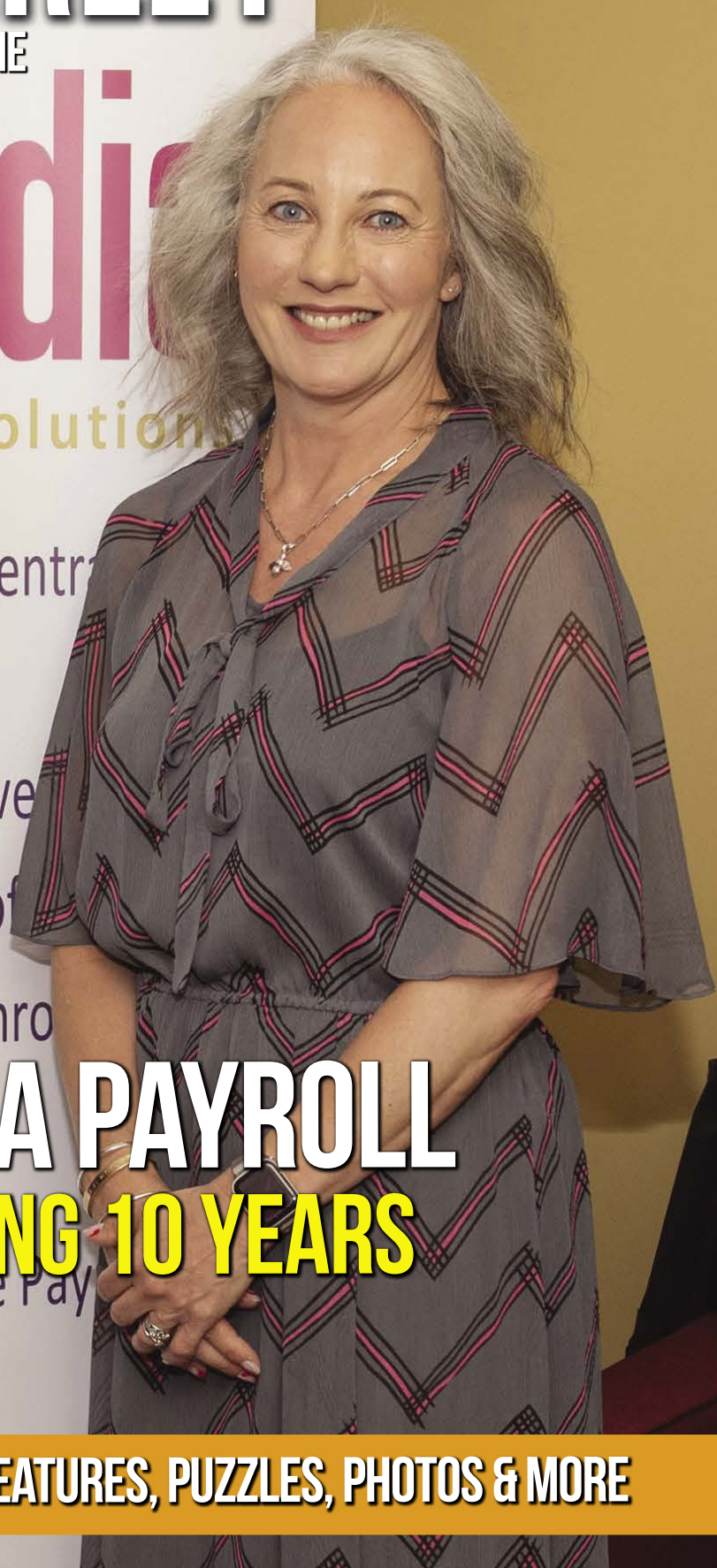
STIPENDIA PAYROLL

CELEBRATING 10 YEARS

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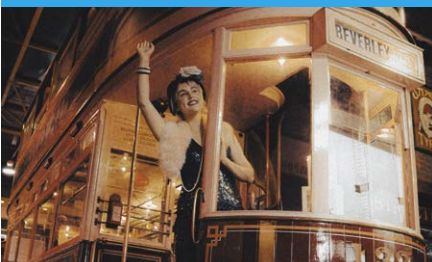
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Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Mandy Aitken, Cliff Baillie, Carfan, Andrew Cooper, Shane Cooper, Roland Deller, Charlotte Denston, Fran Dunning, ert, Josh Harrison, Amanda McConnell, Navigation Wealth Management, Joe Pollak, Colin Raynor, Tony Wallis, Sam Walton, and Nathan Wilson. Front Cover Photo Credit: Josh Harrison Photography.

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.**

Magazine available from outlets in Beverley and surrounding areas.

Disclaimer - All the information provided was correct at the time of going to print.



Please pass your Just Beverley on or recycle it responsibly.
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SEPTEMBER LETTER FROM THE EDITORS

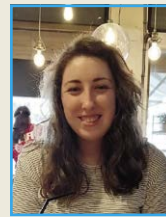


Autumn is here, September is the month of change. At Just Beverley we like to think "small change BIG impact". So what will you change in a positive way this September?

Autumn colours are always good to keep an eye on, and we are fortunate to have a lovely countryside on our doorstep, with lots to explore and enjoy. Make your own changes, get out and about and see what you can discover.

Small changes; read about the introduction of Sasha at ert on page 5, and have you noticed any small changes around Beverley recently? What impact will they have?

As always, stay safe and have a good month.
Julian.



Happy September Readers!

September is the ninth month of the year, usually noted for the time things change, the end of Summer, and the start of Autumn. Children embrace changes to new schools, colleges or universities.

Now is the time to let inspiration take you away following the great success of the Women's World Cup.

This month we can get behind the World Athletic Championships and other sporting events or try something new locally. Check out all our local clubs and facilities and have a great September trying something new.

As always enjoy the issue.
Olivia.

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'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
'Remarkable East Yorkshire'
Award Nominee 2016
'Best Newcomer'

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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.**

BEVERLEY AFVBC - MYSTERY TRIP A SUCCESS

Paul, Leddy and Liz are proud veterans and have the honour and privilege of being the administrators for the Beverley Armed Forces & Veterans Breakfast Club.

The club aims to provide familiar, safe, friendly, and informal environments for veterans and serving members of His Majesty's Armed Forces to have breakfast and trips together and build our community in the Beverley area.



They offer veterans and service members a safe space for mutual support, friendships, and a sense of belonging similar to what they experienced during their service days. Paul and Leddy drew on their experience and came up with the idea of organising a series of Mystery Coach Trips.

Leddy said, "Everyone loves a Mystery Trip where the ordinary transforms into the extraordinary. Cryptic clues lead them through hidden alleys and unsolved riddles. With each mile the anticipation mounts and the journey unravels the enigma of the mysterious trip."

On Sunday 20th August they took veterans on the second of three Mystery Coach Trips. Where did they go? That's a mystery you will have to ask them or go to page 34 for the answer!

Paul said, "The feedback was positive from all members who attended and they are already looking forward to the next trip on Sunday 9th September."



If you fancy getting involved, get in touch via the website: www.afvbc.net or look for Beverley Armed Forces Breakfast Club on Facebook. All veterans and their spouse/partner/carer are more than welcome.

The 3rd and final Mystery Tour will be on Saturday 9th September departing at 09.00 hours from School Lane Car Park.

JACK CONTINUES WITH HIS QUEST: YOU CAN HELP!!

Jack is an incredible young person who just gets on with things and inspires those around him.

Jack McKenzie Fletcher has been fundraising for the children's air ambulance since he was 6 years old. Every year since 2019 he has set about his task to raise as much awareness and money as possible for his chosen Charity. Jack said, "I just want to keep helping poorly children like myself".

Jack has physical disabilities, as well as autism, and despite everything he overcomes on a daily basis, he wants to raise more awareness in the local community.

Jack plans the events with his own imagination, with the help from his mum Sammy, nannie and his uncles, (his little admin team!!).

He has raised nearly £2000 (from his 3 events in 2019, 2022 and 16th August 2023). Jack is very aware that the money he raises keeps hope alive for the poorly children and their families, and helps save them quicker than a road ambulance. Jack is determined to keep fundraising and make

awareness of this fantastic charity. Sammy and his nannie Angie said, "As a family we want Jack to know how amazing, bright and inspirational he truly is, and every day he makes us all proud. We wish Jack well as he starts a new chapter in his life as he moves onto secondary school".

Jack and his team send out a BIG "THANK YOU", to each and every local business for their amazing kind donations, as they really make Jack's events super astonishing and look forward to their ongoing support in the future.

Jack has many items on auction including a signed Hull Tigers football, cosmetic hamper, Jean Paul Gaultier perfume/aftershave and children's toys, all which have been donated, and every penny raised helps Jack to gain his high flyer badge.

If anyone is interested in the above and would like to make offers, we would be very grateful and they can contact Sammy Fletcher via email: sfletcher1991@live.co.uk



ENTERTAINING FAMILIES AT CHRISTMAS

Wish upon a star in this magical family pantomime, 'Pinocchio'. Parkway is once again proud to present a festive panto, live onstage, in association with TaleGate Theatre Productions.

Follow our young hero 'Pinocchio' on an adventure of a lifetime as he learns how to become a real boy.

Watch as he escapes the clutches of the evil ringmaster Stromboli with the help of his best friend Jiminy Cricket, the beautiful bluefairy and his mum- our hilarious pantomime dame! Packed with songs, slapstick, silliness, audience participation and all the fairytale magic of traditional pantomime.

Let your conscience be your guide and book your tickets today.



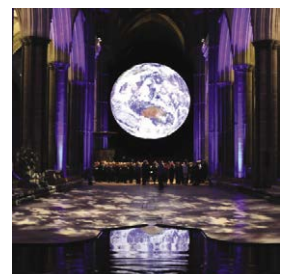
GAIA EARTH ARTWORK

The awe-inspiring Gaia Earth artwork by British artist Luke Jerram will 'float' in Beverley Minster from 8th September to 1st October.

Millions around the world have seen and experienced Gaia. Now people across East Yorkshire have the chance to see it too. Measuring seven metres in diameter, Gaia has been created from detailed NASA imagery of the Earth's surface. It offers the public the rare chance to see Planet Earth up-close, floating in three dimensions, slowly revolving and accompanied by a specially-composed soundtrack by Dan Jones.

Entry to see Gaia is free to all visitors to Beverley Minster during the installation with the exception of Saturday 23rd September when there is a £3 entry charge (due to an event being held in the Minster).

Opening times are 10am-4pm Mon-Sat and 12pm-4pm on Sundays. There will be some evening viewings from 7pm-9pm. Our website has further details: <https://beverleyminster.org.uk/gaia/>



MOWGLI OPENS ITS DOORS IN BEVERLEY

Mowgli Street Food opened their latest restaurant in Beverley at the end of August, located on North Bar Within.

Founder of Mowgli, Nisha Katona MBE said, "When we used to visit our Indian friends in the Hull area for a trip out, we would shoehorn into our battered cars and drive through Beverley - glassy eyed awe as though it was Beverly Hills."

Nisha says, "The impression Beverley left on my 10-year-old brain is no less powerful now as I feel really quite humbled taking that very home spun puri and lamb curry to the little northern town that happens to feel "very Mowgli".

Since opening in 2014, Mowgli has won over the



ation. It is now the home of 18 sites. Mowgli is not about the intimate, hushed dining experience. Mowgli's menu is comprised entirely from Nisha's family recipes and is about how Indians eat in the privacy of their home kitchens and favourite lunchtime street stalls. Nisha says, "We hope diners will love Mowgli's passion for healthy, fresh Indian food.

"Martin House Hospice is our local house charity recommended by those who dine with us, to whom we will dedicate our time and resources."

You can book a table at Mowgli Beverley here: www.mowglstreetfood.com/restaurants/

ERT WELCOMES NEW THEATRE MANAGER, SASHA

East Riding Theatre (ERT) is delighted to introduce Sasha Walker-Allen as the new Theatre Manager. She started with ERT last month and has been warmly welcomed into the ERT family.

A little bit about Sasha...

Sasha worked for many years in London, in a variety of operations, buying and category management roles for major companies including Waterstones, WHSmith and Moonpig.

In 2018 Sasha left London and moved to Bridlington where she joined the team of volunteers who run Spotlight Theatre, which is a purpose built, 83 seat community theatre.

She has been part of the management team responsible for the day to day running of the theatre as well as directing, producing and performing in a number of shows there. Sasha herself has said, "I am absolutely delighted to have joined the ERT team and I'm looking forward to the challenges that this role will offer me."



COMMUNITY PULLS TOGETHER FOR ADAM AND DEBBIE'S SPECIAL DAY

Hearing about Adam and Debbie tying the knot last month following Adam being told he has incurable brain cancer and learning that Debbie and Adam wanted somewhere small to have a bit of a Wedding reception, Jemma spoke to Sandra the landlady at the Moulders Arms, without hesitation Jemma was given the go ahead to make it happen.

Adam used to pop into the pub occasionally prior to his diagnosis, and having lost her father, Bob to cancer earlier this year, Jemma wanted to make sure it was going to be a day to remember... in fact the whole clientele did.

A local called Rob knocked down a wall in the beer garden and laid fake grass supplied by Paul at East Yorkshire Carpets so a bouncy castle

could be in situ for their children to enjoy. The pub had collections and raffles to raise money for decorations/lighting and Beverley Lions heard about their plight and donated £300.

A local lady made bouquets and table arrangements from bunches of flowers to add to the occasion.

Jemma said, "It really was amazing how the community pulled together to make it an amazing night, it really was overwhelming. When we found out about Adam's illness it really knocked everyone "the Moulders family", for six. Adam is well loved in the Moulders Arms and everyone just wanted to help".

Congratulations to Adam and Debbie.

BEVERLEY PHOTOGRAPHIC SOCIETY - SEPTEMBER'S PROGRAM

Tuesday 5th September - 7pm at the Rose and Crown, Beverley. Review of this coming years competitions and dates. Critique of DPLs from our summer visits and holidays.

Tuesday 12th September - 7pm at the Rose and Crown. Club night. My photographic journey. Members reminiscences.

Tuesday 19th September - 7pm at the Rose and Crown. Presentation by Sue Langford. "From snaps to sales: my photographic journey."

Thursday 21st September - 11am. North York Moors railway 50th Anniversary Steam Gala. (21-24 September) Contact for details.

Tuesday 26th September - 7pm at the Rose and Crown. Bell competition judging.

Tuesday 3rd October - 7pm at the Rose and Crown. Club night.

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.

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

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/>



STIPENDIA PAYROLL BUREAU CELEBRATES 10 YEARS



A decade has passed since the inception of Stipendia on 2nd September 2013, where Stipendia opened in their parent company's (Finnies Accountants Limited) premises in Swabys Yard, Beverley.

Directors Lynne Auton, Nick Auton and Neil Tomlin, identified there was a need to set up a payroll bureau to help small and medium size businesses with the new rules that were coming into place for Automatic Enrolment Pension Schemes, and since the launch a decade ago, they have established long lasting relationships with customers and partners.

As Stipendia reflects on the journey that led them to this significant milestone, Lynne mentioned, "We are filled with gratitude for the clients, partners,

and team members who have been an integral part of our success.

"The business provides payroll and pension services to small and medium size businesses using a paperless system where employers and employees receive documents via a secure online portal, reducing the need to post out documents."

Lynne went on to say, "We work closely with the management of each employer to ensure bespoke systems are in place which suit their needs for payroll, reporting to HMRC, reporting to the pension providers and ensuring everything is paid on time."

Since Stipendia launched ten years ago, their commitment to excellence, integrity, and delivering a personalised service has been the cornerstone of the company's reputation.

Lynne said, "We have served a diverse range of clients, from startups and small businesses to large corporations and individuals, helping them navigate the complexities of payroll, financial management and taxation, helping them to improve their business performance by outsourcing their payroll."

Stipendia's journey has been marked by continuous innovation, adapting to the evolving landscape of the financial industry.

Embracing cutting-edge technologies and staying abreast of regulatory changes has allowed them to streamline processes, enhance efficiency, and offer unparalleled services to their clients.

Lynne mentioned, "We have a regulated business salary bank account where employers can send the monies to us, and we will pay their employees saving the employer time, we also ensure the PAYE and pension payments are paid on time".

Lynne is supported by a great team of payroll executives and admin members. Current team members include: Emily Jordan, Bianca Nastase, Donna Walker, Darya Larina, Owen Taylor and Catherine Ventress.

Lynne said, "We owe our success to our team of dedicated professionals, providing solutions to our clients' financial challenges. Together, we have built a culture of unwavering commitment to our clients' success, we are grateful for the trust our clients have placed in us.

"Building long-lasting relationships has been one of the most rewarding aspects of our journey, we strive for even greater achievements in the years ahead."

Stipendia looks forward to the next part of their journey. As Lynne said, "Here's to the next decade of success and making a positive impact on the financial well-being of our clients and communities!"



CELEBRATES 10 YEARS IN BUSINESS



It is testimony to Lynne and inspirational to many people that whilst building a successful business, Lynne still finds time to relax!!

Relaxation and unwinding to Lynne is "Olympic Weightlifting", and through a structured training programme Lynne has achieved many goals which includes winning a Bronze Medal at the European Masters recently held in Southern Ireland. Lynne's ambitions in weightlifting are to retain her British titles and compete in the European Masters and to go at least one better, winning at least a Silver or maybe a Gold.



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**

Photo Credit: Josh Harrison Photography.





EVERY THURSDAY
(Doors open 9.30am)

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

Thursday 7th September -
The Red Shoes - Next Step

Starring: Juliet Doherty, Lauren Esposito, Joel Burke.

The Great Escape - Park Circus 60th Anniversary

Starring: Steve McQueen, James Garner, Charles Bronson, James Coburn.

Indiana Jones and the Dial of Destiny
Starring: Harrison Ford, Phoebe Waller-Bridge, Antonio Banderas.

Thursday 14th September -
The Red Shoes - Next Step

Starring: Juliet Doherty, Lauren Esposito, Joel Burke.

Indiana Jones and the Dial of Destiny
Starring: Harrison Ford, Phoebe Waller-Bridge, Antonio Banderas.

Asteroid City

Starring: Jason Schwartzman, Scarlett Johansson, Tom Hanks.

Thursday 21st September -
Asteroid City

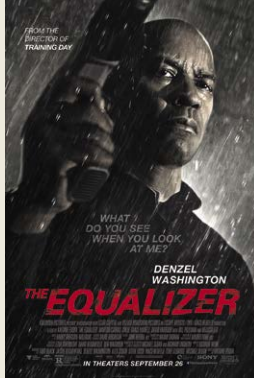
Starring: Jason Schwartzman, Scarlett Johansson, Tom Hanks.

Scrapper

Starring: Lola Campbell, Alin Uzun, Cary Crankson.

The Second Best Exotic Marigold Hotel
Starring: Judi Dench, Bill Nighy, Maggie Smith.

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



The Equalizer 3

From Friday 1st September
Starring: Dakota Fanning, David Denman, Denzel Washington.



Jurassic Park
30th Anniversary!

From Friday 1st September
Starring: Samuel L. Jackson, Richard Attenborough.



And Then Comes The Nightjars

From Friday 8th September
Starring: Nigel Hastings, David Fielder.



My Big Fat Greek Wedding 3

From Friday 8th September
Starring: Stephanie Nur, John Corbett, Andrea Martin.



A Haunting in Venice

From Friday 15th September
Starring: Jamie Dornan, Kelly Reilly, Kenneth Branagh.



Expendables 4

From Friday 22nd September
Starring: 50 Cent, Jason Statham, Megan Fox.



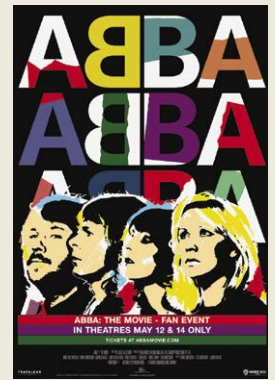
The Old Oak

From Friday 29th September
Starring: Dave Turner, Ebla Mari, Claire Rodgers.



LIVE ON STAGE
The Upbeat Beatles

Sunday 17th September, 7.30pm.



ABBA The Movie Fan Event

Sunday 17th September at 2pm and Tuesday 19th September at 7pm.

YOUR LOCAL INDEPENDENT CINEMA



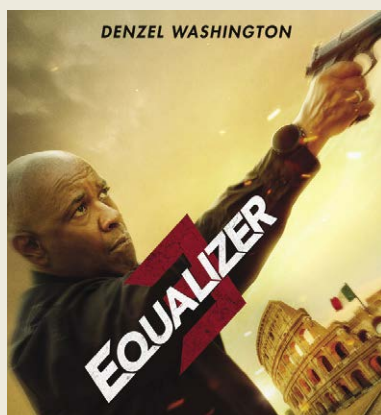
JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS MONTH

We take a look at some of the big films arriving at Parkway Beverley this September.

THE EQUALIZER 3

Since giving up his life as a government assassin, Robert McCall (Denzel Washington) has struggled to reconcile the horrific things he's done in the past and finds a strange solace in serving justice on behalf of the oppressed. Finding himself surprisingly at home in Southern Italy, he discovers his new friends are under the control of local crime bosses. As events turn deadly, McCall knows what he has to do: become his friends' protector by taking on the mafia.

From Friday 1st September



MY BIG FAT GREEK WEDDING 3

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is coming back to theatres with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heart-warming and hilarious trip full of love, twists and turns. Opa!

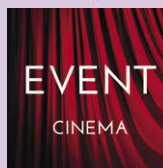
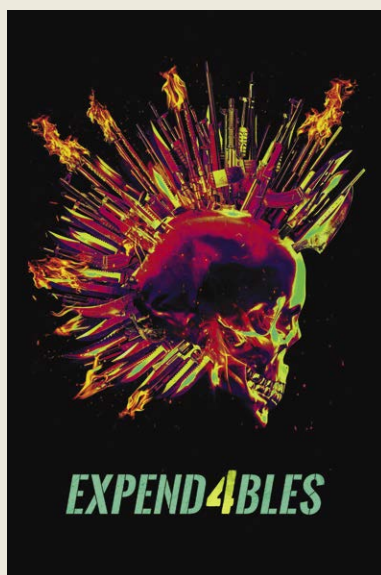
From Friday 8th September



EXPENDABLES

A new generation of stars join the world's top action stars for an adrenaline-fueled adventure in Expend4bles. Reuniting as the team of elite mercenaries, Jason Statham, Dolph Lundgren, Randy Couture, and Sylvester Stallone are joined for the first time by Curtis "50 Cent" Jackson, Megan Fox, Tony Jaa, Iko Uwais, Jacob Scipio, Levy Tran, and Andy Garcia. Armed with every weapon they can get their hands on and the skills to use them, The Expendables are the world's last line of defense and the team that gets called when all other options are off the table. But new team members with new styles and tactics are going to give "new blood" a whole new meaning.

From Friday 22nd September



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.

Wednesday 13th September, 7.15pm & Sunday 1st October, 2pm -

Matthew Bourne's Swan Lake

This thrilling, audacious and witty production is perhaps still best known for replacing the female corps-de-ballet with a menacing male ensemble, which shattered convention, turned tradition upside down and took the dance world by storm.

Sunday 17th September, 2pm & Tuesday 19th September, 7pm -

ABBA: The Movie - Fan Event

Have the time of your life when ABBA: The Movie dances into cinemas for a special two-day fan event! Captured by director Lasse Hallström during their mega-successful tour of Australia, the newly remastered film will take you on a flashback journey to the 1970s when disco reigned supreme and ABBA were royalty. Including backstage footage as well as full-length performances of some of ABBA's greatest hits including "Dancing Queen", "SOS", "Name Of The Game" and "Waterloo", the film provides a rare look at the hugely successful band during the height of their popularity.

Wednesday 20th September, 7.15pm -

Royal Opera: Das Rheingold

Director Barrie Kosky joins forces with conductor Antonio Pappano in a bold new imagining of the first chapter of Wagner's Ring cycle.

Thursday 28th September, 6.30pm & Sunday 1st October, 7pm -

A Little Life

A Little Life follows four college friends in New York City.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

The ninth month of the year in our house is a month of celebration because 58 years ago, on Saturday September Eighteenth in 1965, two young people became 'joined together in holy matrimony' and became Mr and Mrs Colin and Doreen Raynor.

As the saying goes 'a lot of water has passed under the bridge' since then. There have been many changes in our family composition with frequent changes in our lifestyle but overall the blessings have far outweighed any down sides. I'm sure that many of you can look back on your life and also count your blessings.

Many will remember some very difficult times (such as folks are currently experiencing) but dwelling on the bad times and not remembering the happier times helps nobody face the coming days.

In our family, one of the ways we acknowledge



events such as wedding anniversaries, birthdays and other 'special days' is by the sending of an appropriate card.

I specify 'in our family' because I realise that for a variety of reasons this may be a practice that is falling out of favour.

The escalating cost of postage stamps is one very good reason why many folks are choosing to remember such family events in other ways. The use of social media, with its many and varied platforms, is seen by many as a saving, plus a quicker and more efficient use of a person's time.

However, if I take a walk through the streets of Beverley I will find at least six shops still selling cards and not just for the well known reasons I have mentioned but for a multiplicity of situations that makes my mind boggle.

Alongside the shops that sell printed cards from wholesalers there are also many other outlets selling cards created by individuals which are equally appealing.

The sending and receiving of cards for special occasions began in the Western world in the mid nineteenth although I have read that it was the Chinese who first began the practice.

One of the most popular birthday cards seems to be those celebrating a special birthday ie. 60 or 70 or 80 for instance, and the card will



tell you how much petrol, clothes and food cost in the year you were born, and what were the popular films and music in that year.

The range of cards available in shops seems to increase every year and the choice is there to suit everyone's taste. The merchandise in cards also seems to follow trends in family life.

In one card shop recently I heard an assistant asked if they had any cards for 'my dog's birthday?' The assistant replied 'Sorry, we don't have any in and we don't expect another delivery for some time. They are very popular cards in high demand.'

LEWIS NORTHEN
FUNERAL DIRECTORS



MY FAMILY TAKING
CARE OF YOURS



Get In Touch
1 Lincoln Way, Beverley, HU17 8RH
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www.lewisnorthenfuneraldirectors.co.uk
01482 888 658



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My family taking care of yours

Giving the personal touch to funeral services in Beverley and surrounding areas.

Funeral plans, memorial jewellery, available 24/7 365 days a year.



IN THE PICTURE WITH JOSH

The Tour Of Britain cycle race will be coming to Beverley at the start of September, with stage 3 finishing on the Westwood. I thought this was the perfect time to write a bit about sports photography which was one of the subjects that got me started in photography.

I've been on a bike for as long as I can remember, BMX in my younger days and now Mountain Biking so I've spent a lot of time photographing cycling and other outdoor sports.



To get the best shots there are a few things to consider such as your location and the position of the sun at that time of day. I like to try and find locations that are either scenic or instantly recognisable to anyone from that area



and I will try and find somewhere with the sun behind me, or at least not directly in front of me.



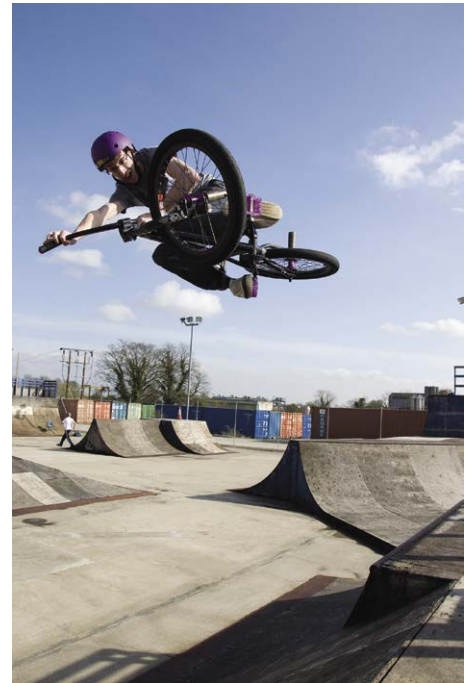
For road cycling, hill climbs are great places to get shots as the riders will have slowed down considerably for the uphill sections making it easier to get your shots.

Usually, you'll want to use a fast shutter speed to capture the action and if you can, use continuous focusing to make sure you're keeping the cyclists in focus as they fly towards you.

If you can capture the peloton together with the crowds around them, that can look quite good, but you won't know how spread out the group is until they get there, and then you'll only have a few seconds to capture as many shots as you can. Good luck and I hope you all enjoy watching the race.

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: 19:00 - 23:00

WED - SAT:
12:00 - 23:00

SUN: 12:00 - 22:30

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music "Paddy & the Porter men plus Guest"

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

2nd Friday of the Month - 8th September Autumn Food and Craft Fair



WEDNESDAY TO SATURDAY:
AFTERNOON TEA - 12PM to 5PM

www.fergusonfawsitt.co.uk

tel: 01482 526317

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**Look out for the 2023
Christmas Menu**

FOOD HOURS

WED - SAT:
12:00 - 19:30

SUN:
12:00 - 18:00

CELEBRATING TWO YEARS IN BUSINESS "OH MY DOG"

Just Beverley asks people who live and work around Beverley a number of questions, and this month we caught up with Lucy at "Oh My Dog" who have just celebrated two years in business.

Lucy enjoyed life as a freelance presenter, often being heard on Radio Humberside, covering stories around the area, meeting and chatting to people, so Lucy is very much a people person.

Knowing Beverley really well, timing is everything, so when the Book Shop on Dyer Lane became available, she knew just what she needed to do: "Oh My Dog", she exclaimed one evening. "That's it! My own dogwear brand."

So two years ago Lucy followed her dream, inspired by her dog, 'Lily'.

Lucy set out to deliver an experience for dog owners in Beverley, to provide the best independent products available and to give everyone the opportunity to look after their dogs and get involved in the community with doggy friends, providing that 10 out of 10 experience and customer service.

Just Beverley put 2 sets of 10 questions to Lucy to celebrate the 2 years.

1. "Oh My Dog", is there a story behind how you came up with the name?

I wanted something short, snappy and to the point which also reflected the fun aspect of the shop and Oh My Dog came to me almost immediately and I just knew that had to be it!

2. What breed (or mix) is your dog, and what drew you to that particular breed? Why Lily as her name?

Lily is a working cocker spaniel (although she's never really 'worked' a day in her life, unless you count modelling new garments in the shop!). My husband is Gary, I'm Lucy (obviously), both names which have 4 letters and end in a 'y', hence Lily - her name to match our little family!

3. What inspired you to open a shop selling dog products?

My family is my inspiration. My dad owned and ran a successful DIY shop in Hull for almost 35 years. My Mum also had a pet shop (opposite Dads) and nowadays I have 2 older sisters who each have their own independent shops on Dyer Lane in Beverley. So I guess it runs in the family! It was a no brainer, Lily inspired me to sell dog related products.

4. Can you share a funny or memorable anecdote about your dog and the shop, perhaps a picture moment?

Most cocker spaniels come with a few funny traits and tales (no pun intended!). Lily has a thing for licking men's legs when they're wearing shorts. We were in North Wales negotiating a narrow footpath and we walked past a chap with his back to us as he looked into a shop window. The man was wearing shorts and Lily gave a quick lick of his leg, he jumped out of his skin!

5. What are the dog's favourite activities or toys?

Favourite toys in the shop have to include the bacon scented bubbles, they are totally safe, they taste and smell of bacon! The favourite activity in the shop has to be taking a picture of your dog in our Instagram photo area!

6. How do you decide on what to have in the shop?

I like to stock a lot of brands that are from other small independents. I'm a huge believer that small businesses should do whatever they can to support one another. I believe that individuality is what gives our independent high streets their personalities and charm and it's what keeps people coming back.

7. What is unique about Oh My Dog?

I think the answer above also answers this but I think the community feel of our shop is unique. Whether you're shopping for treats, taking an Insta pic of your dog on our chaise lounge or even just popping in for a friendly chat, "Oh My Dog" is more of an experience, not just a transaction. It's a safe space where dog owners can get totally obsessed about their dogs without feeling like a crazy dog person!

8. What is the best thing about owning the Dog Gift shop, what does the future hold?

The best thing has to be the people and dogs that I meet. I LOVE my customers (especially the four legged kind!). Meeting excited families who come in to tell me all about a puppy or rescue they're about to bring home and then seeing them return again with the pup and the smile on their faces.

I see the difference that dogs really do make to people's lives, you can't beat that. Dogs are just ace.



9. If you add 3 wishes, what would you wish for?

That I had a bigger shop, that I could freeze time and that dogs could live forever.

10. After a hard week at work, how do you relax?

We love going to Beverley's many dog friendly pubs! Lily LOVES going to the pub so much, she tries to pull me into the Royal Standard when walking past at 8am!

Email: hello@ohmydogltd.co.uk

Web: www.ohmydogltd.co.uk

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WHERE ARE THE INVESTMENT OPPORTUNITIES IN 2023?

The first half of the year could be described as a bit topsy turvy, with some high-profile failures being reported alongside companies boasting record revenues and profits. Globally, inflation has fallen but still remains high, while the ongoing war in Ukraine, geopolitical uncertainty, and record heatwaves have all added to a state of economic nervousness.

This uncertainty across the macroeconomic environment has filtered through into financial markets, with assets usually considered less risky, like bonds, going through a phase of high volatility earlier in the year.

March saw the failure of Silicon Valley Bank and other US regional banks. This was largely due to company specific issues that were exacerbated by the rise in interest rates and the subsequent impact on the value of their bond investments.

This was followed by the takeover of Credit Suisse by UBS, which further contributed to volatility in the bond market, particularly in the banking sector, with the fear of contagion and more widespread failures.

Thankfully much of this has settled as the year has progressed. In many ways now is an attractive time to be buying high quality credit, such as investment grade bonds, with spreads on offer fairly compensating default risk.

Stocks and shares

Turning to equities, volatility has been more muted compared to bond markets, but this doesn't mean that challenges don't exist.

For example, taking a closer look at the MSCI World Index, a small number of names have significantly influenced its overall performance.

In fact, between the start of 2023 and the end of July, almost half of the returns of the index can be attributed to the top 10 most valuable companies.

This is among the highest levels seen in the past 20 years. Driven by tech giants like Microsoft, Apple, Alphabet and Amazon, US equities have continued to be the most expensive compared to other regions.

The concentration in the equity market, with returns being driven by a small number of large companies, has led to a particularly challenging period for active managers.

Unless managers have held a significant amount of these top performers, they would have struggled to beat the market. The top 10 out of the 2,883 businesses in MSCI All Country World Index account for 18% of the total market capitalisation.

Investing in these companies is unlikely to be where an active manager perceives they have any informational advantage. It is therefore common for managers to have less exposure to these companies than the market average.

Another important factor is valuation. Currently, the top 10 companies have a price-to-earnings ratio of 45 times their forecasted earnings for the next fiscal year, on average. This is relatively high by historical standards.

The high prices of these top companies deter many value-oriented managers, who prefer to invest in companies that seem reasonably or undervalued.

This development could lead to risks for passive investors, as this concentration could see their investments largely relying on the performance of just a few companies.

If these companies struggle in the future, it will have a magnified impact on them.

And, given the turbulent political climate, with potential tail risks impacting currency, inflation and macroeconomics, diversification remains key.

For active managers, this also provides an opportunity. Lofty valuations are concentrated in industries closely tied to technology.

There are broad sections of the market that remain attractively valued for managers willing to conduct sufficient due diligence and invest for the long-term.

Contact us at our Beverley office on **01482 379504** if you would like a wider look at the market in 2023 so far, as well as how our fund managers are coping.

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested.



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SSAFA - WORKING TOGETHER FOR A BETTER FUTURE

SSAFA, originally known as the Soldiers' and Sailors' Families Association, is a British charitable organization founded in 1885. SSAFA's mission is to provide lifelong support to the Armed Forces community, including serving personnel, veterans, and their families.

SSAFA operates through a network of volunteers and professional staff and offer a wide range of services, such as emotional and practical assistance, housing support, financial aid, and healthcare referrals.

SSAFA is dedicated to ensuring that those who have served their country, and their loved ones, receive the help they need during times of difficulty or transition.

SSAFA would like you to get involved, work together to build a better future in supporting military personnel and their families, recognising the sacrifices they make in the service of their nation.

Find out how you can help:

Contact SSAFA on: **01964 552 837**

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk



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SSAFA are currently 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



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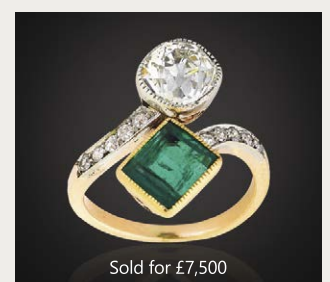
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NORTHMEN SPIRIT - A TASTE OF SCANDINAVIA

At NorthmenSpirit / BAR Seven93 we seek out quality wine, beer and spirits from across Yorkshire and the North, we also stock some rather excellent products from Scandinavia.

In June we brought you the very limited Whisky release from Bivrost (the Northernmost Distillery in the World) and hosted a unique tasting evening for customers wanting to purchase this seventh edition of the nine bottle series.

The eighth edition is due to be launched on November 1st so keep your eyes open if you would like the opportunity to both sample and own one of only 300 bottles that will be imported into Britain.

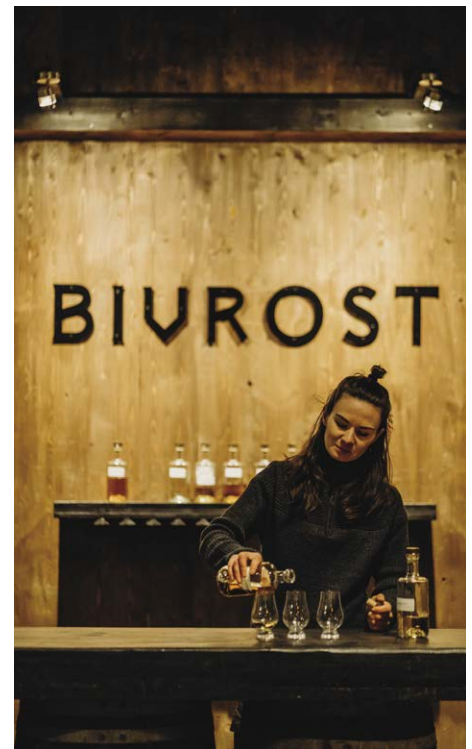
On Sunday September 17th the Head of Marketing from Bivrost Distillery, Ingjerd Sorsand, will join us for a tasting evening, sampling a range of spirits from this wonderful distillery.

This is an unprecedented opportunity to hear directly from a representative of the distillery about their history, ethos and their spirits.

To reserve your place at this event please visit our website or book in person at our BottleShop or Bar.



We continue to bring the very best products to you from breweries and distilleries that you wouldn't normally find in Beverley and East Yorkshire, this month we bring you whisky and a botanical spirit from Mc'Nea Distillery, a socially responsible and sustainable distillery on the west coast of Scotland, and beers from Five Kingdoms Brewery, the Southernmost Brewery in Scotland (we are currently the only English retailer stocking Five Kingdoms beers!).



website: www.northmenspirit.co.uk

Tel: **01482 259988**

Website: www.northmenspirit.co.uk

Instagram: [@northmenspirit](https://www.instagram.com/northmenspirit)

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Open from 11am Wednesday to Sunday.
You can reserve your place in person:
(2-3 Cross Street, Beverley) or via our



**NORTHMEN
— SPIRIT —**

At BAR SEVEN93, you can expect to find a wide variety of beers on tap, each with its own unique flavour profile. Many craft breweries specialise in creating bold, complex flavours that you simply can't find in mass-produced beers. Whether you prefer light and crisp pilsners or dark and malty stouts, there is a craft beer out there that is sure to delight your taste.

With eight keg lines behind our Bar and a great selection of local wine and spirits there is sure to be something for everyone.

We're committed to seeking out beers and spirits that you won't normally find at other establishments in Beverley and bringing unique experiences and products to our customers.

Check our Social Media accounts for further details of forthcoming events and products.

If you're looking for a unique and memorable beer-drinking experience, BAR SEVEN93 is the perfect destination. www.northmenspirit.co.uk

2-3 Cross Street, Beverley, HU17 9AX.

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UPCOMING
EVENTS:

Sunday 17th September -
Meet the Distiller - Bivrost

Friday 13th October -
Step Through History

Wednesday 1st November -
New Bivrost Whisky Launch

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COUNTRYSIDE MATTERS WITH SAM WALTON

There is one thing about living in Yorkshire, if you fancy a ride out, there is plenty of choice for either seaside or varying countryside.



One of my favourite run outs is to go over the Moors from Hutton-Le-Hole over to Goathland, and then onto Whitby and come back by Scarborough and Bridlington. No matter what time of year it is, there is a different landscape with the heather always at various stages during different times of the year.



Although I have been many times, my recent visit seemed to have much more choice of colour on the heather and this time a breed of sheep I had not seen there previously, one which I would associate with better pasture.

However, they were nosing down into the heather to find the grass which the heather was covering and looked very happy with life. For those of you who might have been that route you will also see "hides" for grouse shooting and in all the time I have made that trip I have never encountered any actual shooting taking place.

It might be easy for anyone to think that the heather is always there and requires nothing done to it, but it has to be burnt probably every third year or so, which means you will see new patches of fresh looking heather or a dark patch immediately after burning or an abundance of thick magnificent looking heather.



Farming varies across our Country which means a different way of managing whatever crops or livestock we have, and I greatly admire the farmers who keep our moors in good order.

It is a hard way of making a living and long may it continue. I can recommend such a trip and I guess at any time of year but July/August is probably the pinnacle.



CONNECTIONS... BY FRAN DUNNING

"There's a little bit of good in the worst of us, and a little bit of bad in the best of us: so it ill behoves any of us to find any fault with the rest of us."



I like to keep this in mind if I find myself judging a person or situation along with the knowledge that there's more than one point of view and of course, as time moves on, perspectives change. It's funny where our mind can take us and as a mindfulness teacher, I help people become aware of their thinking processes and how to manage them. I think the biggest myth about meditation is that you have to clear your mind BEFORE you meditate and that's pretty much impossible.

I found myself doing the "thinking thing" again whilst I was pondering what to write for Just Beverley and recalled some of the unusual phobias, I've been asked to help clients eradicate over the years with hypnotherapy. One that came to mind was a request to help with a phobia of wooden cutlery.



This client reported that even as a child he couldn't finish an ice lolly due to the sensation of the wooden stick and now had to carry around plastic cutlery in case he grabbed an on-the-go salad with the only option of sustainable wooden cutlery. So, after one hypnotherapy session, he is now able to use whatever eating implements are available and help save the planet in the meantime.

I was reminded of this phobia when I was in a café recently and someone pointed out to the owner that they had run out of plastic knives and was told they are not replacing them due to new legislation around single-use plastic. So off I Googled and found that 20 companies are responsible for most single-use plastic waste and one of them was founded by an alumni of Beverley Grammar School.

So where did my chain of thoughts go to then... well, recently I'd read about the Swedish chemist, Alfred Nobel - I checked out with a few friends what they thought when I mentioned his name, and without hesitation, everyone said the Nobel Peace Prize. Nobody mentioned that Alfred Nobel of course invented dynamite, revolutionising industries such as construction, mining and demolition.



Nobel was motivated to spend his fortune on recognising outstanding achievement in physics, chemistry, medicine, literature and peace after reading his own obituary (miscommunication led to him being mistaken for his deceased brother). Alfred was referred to as the "merchant of death" due to his association with explosives and criticized for amassing wealth from his destructive invention.

So, where are my thoughts now... hmmm... I'm wondering why our modern day "merchants of pollution", given that there are only 20 of them and in excess of 8 billion people are not being persuaded to change their ways?

Surely changing the behaviour of 20 global companies is easier than 8 billion individuals and if I was presented with a cup of coffee (minus the 50p charge for the plastic cup) but I had to bring my own cup or have NO coffee, wouldn't I change my behaviour and how would that impact on all of us? Just a thought but I can only change MY behaviour.

Every week on a Monday evening, I run a free mindfulness session. These sessions present a wonderful opportunity to take time out for yourself. If you'd like to join, just drop me a message or give me a call on the details below.

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

LIFESTYLE COFFEE MORNING SUCCESS

As part of Lifestyle 2023, three children - "We Three Kings" - organised and ran a coffee morning during the summer holidays on Saturday 26th August from 10am-12 noon in Tickton Village Hall, to raise awareness and money for the MND Association.

They chose this charity as sadly, their Grandad was diagnosed with MND earlier this year so they wanted to do something to help.

They did really well and raised almost £450 - an amazing achievement!!

They've also tidied an area of the woods in Tickton as part of Lifestyle 2023.



CELEBRATING INDEPENDENCE DAY OF UKRAINE

To celebrate the Independence Day of Ukraine, the Ukrainian volunteers from Beverley organised a fundraising event at the Armstrong Centre, on Saturday 26th August.

The event was a complete success with so many people attending to sample their cakes and pastries, and admire the stands with traditional Ukrainian embroidered clothes and jewelry. The volunteers were taken aback and thrilled with Beverley people's support and kind donations.



In the team of volunteers at the event who helped were Ukrainian families from Beverley, Pocklington, Market Weighton, Tickton, Cottingham, Hull, Watton, Hornsea and Doncaster.

The volunteers are very grateful to the Armstrong centre and Flemingate team for their support, and everyone who helped us to spread a word about the event, put out our poster on the shop window and at community centers.

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Beverley RUFC is doing a great job in reinventing itself to be in more than just a rugby club. They have an excellent facility that they are making available to community organisations and for private bookings. Located on Norwood very close to the heart of Beverley, and next to the railway line, Beaver Park offers a flexible and tailored approach to your bookings.

There is a nicely appointed private clubhouse with a good selection of alcohol and soft drinks from the bar, all competitively priced, complemented with a kitchen/catering facility that can turn out three-course meals or provide hot or cold buffets for up to 180 guests. There is a Car Park that can accommodate circa 60 vehicles with an overflow capacity, if need be, and then seven acres of well-kept playing field, which is also available and has been used for Tipi/Marquee wedding receptions, galas and festivals. All of this is on privately owned land belonging to the club with CCTV across the site.

The atmosphere is warm and friendly, and the flexibility offered by the volunteers and staff that run the club, allowing you to tailor and decorate the space to your needs, really helps you make the experience a special one for all your guests.

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**“We wanted a
working name
that is clear and
simple, aiding us
in communicating
with both current
and future
beneficiaries.”**

Andy Barber,
CEO of Beverley Housing Charity

www.beverleyhousingcharity.org

Although housing issues frequently make headlines, it's remarkable how one of East Yorkshire's oldest charities often goes unnoticed by most Beverlonians. Despite its contribution, which has led to savings of over £1.2 million for its beneficiaries over the past 5 years, there's still a lack of awareness among many locals about its invaluable service.

Beverley Housing Charity is undergoing a transformation from being Beverley's "best-kept secret" to becoming a national leader in housing. The charity, previously known as Beverley Consolidated Charity since 1912, now adopts the name Beverley Housing Charity. Andy, the recently appointed CEO of the Charity, spoke to us about its history and impact.

What is the purpose of this charity?

The mission of Beverley Housing Charity is to assist residents of Beverley, who have; lived in the town for a decade or more and have reached retirement age, have a housing need and don't own their own home and struggle with the costs of private renting.

The Charity owns over 160 properties in Beverley, including 137 Almshouses - a historical form of housing dating back to 999 in the UK, and were originally developed to provide housing and financial support for the disadvantaged.

Fast forward to 2023, Almshouses remain the oldest form of social housing in the UK, maintaining their independence under the governance of local boards of trustees. These boards collaborate with the charity scheme to offer housing to those in need within the charity's operational area. With more than 1,600 Almshouse across independent charities in the UK, Andy Barber, CEO of Beverley Housing Charity, explains: "Beverley is fortunate to have Beverley Housing Charity as part of the housing mix. Through a combination of remarkable philanthropy, astute business acumen, and generosity of time, our charity, originating from a collection of smaller Almshouses across Beverley, is well-positioned not only to improve our existing properties but also to expand our offerings for residents."

The charity's assets are spread throughout Beverley, ranging from new developments at the town's entrances, to historic buildings like Ann Routh on Keldgate and Charles Warton in Minster Moorgate. One prominent site, Maison's de Dieu, boasts 14 independent living bungalows surrounded by wonderful gardens. Built in 1934, this site replaced the older Les Maison's de Dieu on Lairgate, constructed in 1823.

Why Beverley Housing Charity?

Regarding the new identity, Andy says: "We wanted a working name that is clear and simple, aiding us in communicating with both current and future beneficiaries. Our homes have supported people for over 200 years, and the land we currently own and have sold in the past has contributed to the wellbeing of Beverley residents, as seen through our allotments rented to Beverley Town Council and the land sold to the NHS for the Beverley Community Hospital.

"We have also granted funds to other local charities that assist our target beneficiaries, such as Cherry Tree Centre Beverley Community Lift, Men in Sheds, and other wellbeing activities for retirees."

"It is our aim to preserve our history just as we do with our properties. Therefore, Beverley Housing Charity serves as our working name, while Beverley Consolidated Charity remains our registered name with the Charity Commission."

What are the future plans?

The charity continues to invest in its existing properties, undertaking various refurbishments for individual homes and communal areas. Recent resident feedback, averaging 4.5 / 5, attests to the quality of the properties.

Andy continues: "We are delighted with the feedback from residents across our properties. Like all organisations, there is always room for improvement. However, the opinions of our residents through surveys and the newly formed Residents' Committee ensure that residents' voices drive our thinking, design, and services."

The Charity's largest investment lies in the restoration and redevelopment of the Ann Routh building in 2024-2025. This listed building currently houses 12 independent flats. The charity will also relocate its office to enhance accessibility for beneficiaries, remaining within the town centre and generating new revenue for the charity.

Andy adds: "The Charity board has been highly supportive of property investments during my tenure as CEO. Our growth plans are founded on ensuring our current homes meet high standards first, and the feedback we receive suggests we're nearly there!"

Who resides in the Almshouses?

Residents, much like the community, come from diverse backgrounds, ranging from 66 to



96 years of age, with an average age of 77 across all homes. The key criteria include residing in Beverley for a minimum of 10 years, facing financial need, inability to afford market rents, and capacity for independent living without owning a home.

Andy clarifies: "While we have a compassionate team, we don't provide care or support packages. Residents must live independently or have a support system in place. Unlike supported living, we provide the property, maintaining the asset, while residents make it their home through decoration and personal touches.

"After inspecting all our homes in the last 3 months, I can say that I would be content residing in most of them. Those not meeting our standards constitute less than 5% of our entire estate, and they are currently under redevelopment."

How much does living in an Almshouse cost?

The cost varies based on location and size, but the average maintenance fee is at least 40% below current market rates for comparable properties.

Andy emphasises: "We prioritise providing affordable quality rather than inexpensive homes that are poorly maintained. Each property undergoes reinvestment planning for energy efficiency, kitchens, and bathrooms."

Traditionally, Almshouses have been among the most affordable properties. Some organisations, however, have faced risks due to imbalances between properties and charity operations. The Beverley Housing Charity's Board diligently collaborates with its team each year to ensure the right balance, safeguarding the charity for the next 200+ years.

Current availability

Property allocation depends on need, and while some properties become available throughout the year, the limited turnover rate results in a relatively small volume of available units at any given time. The Charity is exploring several new developments aligned with the needs of its beneficiaries.

If you or a relative meet the criteria, how can you apply?

E-mail charity@beverleyhousingcharity.org, call 01482 881052 or visit www.beverleyhousingcharity.org



LOCAL HOME CARE COMPANY IS TOP 2% IN THE REGION

Home Instead Beverley & Hull is delighted to receive a prestigious award by a national reviews website, having been named one of the top 20 home care companies in Yorkshire & The Humber and becoming part of the top 2% of home care companies in the region.

They have made it onto the impressive list out of 950 home care companies and this is the 3rd time they have won this award.

The award is based on the home care company's reviews on homecare.co.uk, the UK's top home care reviews site dubbed by many as the 'TripAdvisor for home care'.

The reviews are given by people that Home Instead cares for, plus their loved ones. Home Instead Beverley & Hull made it to the exclusive list thanks to its impressively high review score of 9.9.

One heart-warming homecare.co.uk review from a family member of a client of Home Instead Beverley & Hull, is as follows:

"I have been extremely impressed with Home Instead and their Beverley team. From the moment I first picked up the phone to enquire about the services offered - everyone we have dealt with has been professional, helpful, supportive and kind.

"I don't think it was easy for my mum and dad to accept they needed some help – but Home Instead made them feel comfortable from the start and it is now difficult to imagine their lives without

a daily visit." Mandy Aitken, owner of Home Instead Beverley & Hull, said: "It's fantastic to be named as one of the top 20 home care companies in Yorkshire & The Humber. Myself and the team at Home Instead Beverley & Hull are delighted.

"A huge thank you to everyone who has taken the time to recommend us!"

Amanda Hopkins, reviews manager of homecare.co.uk, said: "Top quality home care is vital as it enables people to continue living in their own homes and to keep their independence.

"People who are less mobile due to illness, a disability or age can become hidden from society so their home care worker can play a crucial role in keeping them both mentally and physically well.

"Our reviews are by those who receive home care as well as their family and friends. This helps others to search for the right care provider, where compassion, trust and empathy are at the heart of their care.

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FANTASTIC FILMS AND WHERE TO FIND THEM

Welcome back to another episode where I scour the myriad of streaming services for some hidden gems that might pique your interest but you may have missed.

"Based on a true story" (or variants thereof) is a badge that numerous films show to either persuade us that the film has some merit or alternatively convince us to believe in a wildly implausible story. This month we have a selection of entertaining (and sometimes thought provoking films) which all claim a factual basis.

"Friends? What friends? Who the hell has the luxury of friends? I've got allies and enemies. There's no room for anything else."

The true meaning of show business is often clouded by the lush visions portrayed on the big screen. However, the work component can be very cruel especially when it clashes with politics. After World War II, America's former ally, Russia, was seen as the new enemy and anybody seen to have communist affiliations (no matter how distant from agreement with Moscow) was considered dangerous and un-American. This led to a blacklisting of many in public service and public view with Hollywood was considered a hotbed of subversive intent.



In *Trumbo* (available on ITVX) the marvellous Bryan Cranston plays the hugely successful and talented screenwriter, Dalton Trumbo whose noble ideals of helping those in a lesser position than himself have previously drawn him into conflict with studio heads. However, when a venomous and hugely popular gossip columnist of the time, Hedda Hopper (played by Helen Mirren) exposes him as a so-called agitator, he finds himself and fellow screenwriters dragged before a government committee investigating Un-American activities. Standing up for his beliefs, he finds himself heading for jail and unable to get the work to support his family.

Considering its subject, what could have been a dark film is imbued with a wit and charm thanks to the humanity that Bryan Cranston brings to Dalton Trumbo and a clever script that shows the clever ways in which keeps his family together in the darkest times. It is also fascinating to see the portrayal of stars of yesteryear, not always in a flattering light.

This is also one of the films where John Goodman takes another small supporting role and steals the few scenes in which he appears. On this occasion, as a producer of ultra low budget films who knows his place and is an unlikely ally.

The film has some very interesting parallels to the strikes currently affecting Hollywood plus don't switch off after the credits start rolling as there is an emotional clip of the real Trumbo being interviewed about what he wants to do with the first Oscar that he won "in his real name".



"You know what - contracts are like hearts, they are made to be broken."

There is more backstabbing in a business that started in the same era as the setting for *Trumbo* and has become an iconic name today. In 1954, Ray Kroc, a travelling salesman (played by Michael Keaton) has moved from product to product without much success and is currently peddling a milkshake maker. When visiting a client in California, he becomes enthralled with a fast food concept developed and run by two brothers. Reluctantly at first, the brothers are persuaded by Ray to allow him to franchise the concept for the restaurant, McDonald's. *The Founder* (currently available on Netflix) shows Ray's drive to make the concept the biggest restaurant chain in America despite the resistance of the original McDonald brothers. Kroc as portrayed by Keaton can be simultaneously seen as the underdog, out of his depth in the business world, and a ruthless innovator who was willing to risk everything to achieve a vision. Of course, we know the end result but the journey is fascinating and when you eat or merely pass one of the famous eateries, you know the origin story.

"A shoe is just a shoe until someone steps into it."

Our next gem is not so hidden having been released earlier this year to some fanfare prior to being now available on Amazon Prime. We also remain in the sphere of business although this true story is of a struggling company who took a big swing with a sponsorship deal that sent it into the stratosphere.



The company in question was sports shoe company, Nike, and how they made the biggest deal in the sportswear industry to woo basketball star Michael Jordan is the subject of *Air*. Directed and co-starring Ben Affleck, it pulls off the trick of still being suspenseful when you know the ending. Affleck plays Nike CEO, Phil Knight who tasks talent scout, Sonny Vaccaro (Matt Damon) to find a new spokesperson for his shoes. With less resources than other companies, Vaccaro decides to pursue the upcoming basketball star despite Jordan's preferences for other brands, Converse and Adidas. He decides the route to enticing this protege is convincing Jordan's mother (played with dynamic gravitas by Viola Davis) and the lure of a shoe designed around the sportsman, the Air Jordan.

A movie that centres around meetings, phone



calls, offices and a shoe sounds the exact opposite of a film that is dramatically engaging and humorous but *Air* achieves this and more taking you back to the eighties complete with a corking soundtrack if you are a fan of that era. This movie is hugely entertaining and could be featured in next year's awards nominations.



"Mind if I sit down? I'm carrying quite a load here."

It could be considered that the reason that film makers alert us to the "true" status of a film is to prepare for some unbelievable facts which makes *Fargo* (available free with ads on FreeVee) the "wild card" selection of the month. The 1996 Oscar film which spawned three seasons of totally unconnected TV series begins with a caption "This is a true story". However, the writer and directors of the film, The Coen Brothers have confessed that this was not the case as they wanted to set the tone for the film as one of those real crime stories you see in magazines or TV. It may be fiction but the greed and ineptitude of some people feels only too real.

Set in a winter of the late eighties in the snow covered north of the United States, William H Macy plays Jerry, a hapless car dealer with a business opportunity that he lacks the money to fulfil. With a wealthy father-in-law, he plots to have his wife kidnapped and split the ransom between himself and a shady duo (Steve Buscemi and Peter Stormare) he employs to carry out the plan. However, with the little twists life throws at you and everyday common ineptitude, there is soon a body count. Enter the sheriff of a small town where the murders take place, Marge (Frances McDormand in an Oscar winning role) whose pregnancy and strong Minnesotan accent belies a tenacious officer whose quest for the truth pressures kidnappers and the "mastermind" into desperation and further mistakes.

With its wintry setting, local accents rarely heard on screen and the smartest dialogue you will find in any film, *Fargo* is a gripping and grisly drama with very dark comic overtones which moves a deliberate but tight pace in its sub 100 minute running time and Macy makes you feel sympathy for Jerry as his dishonesty has consequences he had never dreamed about.

Hopefully, you will find something here to keep you entertained as the night draw in.

Cliff Baillie.

FOX MOBILITY - HELPING YOU ADAPT TO CHANGES

Fox Mobility understands that as the seasons change, we need to be aware of how we adapt to the months ahead.



In September, as the temperature starts to cool and the nights get shorter, we need to adapt to using mobility aids, approach the transition with patience and positivity.

The key is to familiarise yourself with the aid's features and functions. Practice maneuvering in various settings to build confidence. Adjust your daily routine, allowing extra time for tasks. Perhaps engage in light exercises to maintain mobility and strength.

Communicate your needs to friends, family, and coworkers for support. Embrace a proactive mindset, focusing on what you can do rather than limitations and explore resources for adaptive activities or groups.

Remember that any adjustment period using mobility aids will become a seamless part of your routine, enabling you to continue enjoying life to the fullest.

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SHANE ASKS, DID YOU KNOW? THE HISTORY OF THE UK SCHOOL LUNCH

School lunches hold a significant place in the lives of children, providing essential nutrition and fostering a sense of community. The history of school lunches in the United Kingdom reflects changes in dietary habits and nutritional understanding but also societal shifts and educational priorities. The evolution of school lunches showcases the country's commitment to the well-being of its young citizens.

Early Beginnings:

The concept of providing meals to schoolchildren dates back to the early 20th century in the UK. The first initiatives were often voluntary efforts by charitable organisations to ensure that underprivileged children received at least one nutritious meal a day to support their growth and learning.

Post-War Expansion:

The aftermath of World War II marked a turning point in the history of school lunches in the UK. The Education Act of 1944 introduced the provision of free school meals for all primary school children. This marked a significant step forward in ensuring that children regardless of their socio-economic background had access to nutritious meals during school hours.

Nutritional Concerns and Reforms:

As nutritional knowledge advanced, so did the focus on providing balanced and healthful meals to schoolchildren. The latter half of the 20th century saw a growing awareness of the importance of varied diets and the need for essential nutrients in promoting children's well-being and cognitive development. The 1980s witnessed the introduction of nutritional standards and guidelines for school meals, encouraging the inclusion of fruits, vegetables, and a wider range of food groups.

Privatization and Challenges:

The late 20th century and early 21st century saw a shift towards outsourcing school catering services to private companies. While this change brought in benefits such as increased efficiency and variety, it also introduced challenges. Concerns were raised over the quality of meals and their adherence to nutritional guidelines.

Initiatives such as Jamie Oliver's "Feed Me Better" campaign highlighted the need for healthier and more nutritious options in school cafeterias, sparking debates and reforms in school meal programs.

Modern Standards and Sustainability:

In recent years, there has been a growing emphasis on sustainability and environmental impact within school lunch programs.

Efforts to reduce food waste, source locally produced ingredients, and promote eco-friendly practices have gained momentum and greater awareness of dietary preferences and restrictions, leading to more inclusive and diverse menu offerings in schools.

Conclusion:

The history of school lunches in the United Kingdom has evolved from basic provisions to a comprehensive approach that prioritises nutrition, education, and sustainability.

As societal values and nutritional understanding continue to progress, school lunches play a crucial role in shaping the health and well-being of future generations.

The journey from humble beginnings to modern standards reflects the UK's commitment to fostering a healthier and more equitable environment for its schoolchildren.

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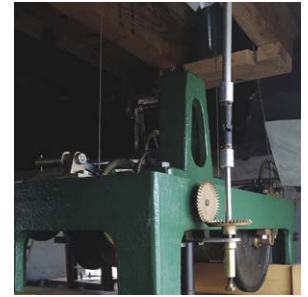
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Summer holidays are over
Evenings get shorter
Parents relaxed
Time for change
Equinox
Morning mist appears
Back to school
Entertain friends
Run for fun, get fit.

QUOTE OF THE MONTH
 You are what you eat!!
 (Fuel right, feel good).

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 34.



COMEDY CORNER

Things that make you laugh!



What is it called when two doctors look after you?
 Pair a Medics!

Daughter at the zoo asks, "When will the little snake get here?"
 Mum said, "It won't be long."

I went to a hairdresser last week.
 The hairdresser asks "How do you want your haircut?"
 I replied "Shorter please."

As you order it, it's a S-cone.
 When you have eaten it. It's S-gone!!!

What do you call a man who had his vehicle stolen?
 Carlos



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WHAT CAN YOU LEARN FROM THE TOUR OF BRITAIN PROFESSIONAL RIDERS?

The Tour of Britain Cycle Race starts in Altrincham, Manchester on Sunday 3rd September and finishes in Margam Country Park, Caerphilly on Sunday 10th September.

With eight stages of riding across the country, what can we learn from the professionals and what do we need to look out for as we watch them come into Beverley on Stage 3. If we take notes from the professional teams we can learn quite a lot. Each of the teams will have prepared for the race and for a variety of long rides on the roads.



Similar to the professionals, we too can prepare for the conditions, prioritise hydration and nutrition by packing water, energy bars, and electrolyte-rich snacks. Whilst we do not have a team of mechanics we can check our bike is in optimal condition with proper tyre inflation, brakes, and gears. Wear comfortable, moisture-wicking clothing and appropriate safety gear, including a helmet. Like the professionals plan your route, considering road conditions and traffic. Carry essentials like a basic tool kit, spare tubes, and a pump. Don't forget a fully charged phone, identification, and some cash.

Finally make sure you stretch and warm up before starting, maintain a steady pace, and listen to your body's clues to prevent overexertion. In short - enjoy the ride and stay safe! Enjoy the cycling and watch the riders as they finish heading up towards racecourse.

CARFAN - THE NISSAN FIGARO

The subject of this issue is a rare sight indeed on British roads - a Nissan Figaro.

Given as a Valentine's gift to the current owner by her rather generous husband where the key was wrapped in a birthday card in 2007, this car is cosseted as it only averages 1000 miles a year and is SORNed during the winter months to protect it from the dreaded salt we cover our roads with. Mainly driven to car shows now, the car was only available in four colours which represented the four seasons and the featured car is in Topaz mist for autumn which is the rarest as the Japanese didn't like the colour too much.



Just over 20,000 Figaros were manufactured during its single year of production - 1991 and most of them are right-hand drive because the Japanese fortunately for us drive on the left. Don't expect traffic-light burnouts here as the performance from

the one litre (albeit turbocharged) engine takes it up to a maximum of 106 m.p.h. but it might stop traffic for its unusual roof mechanism where the rails are fixed and the fabric parts disappear into the boot. This has proved to be a very reliable machine without any breakdowns in its current ownership and with it being Nissan Micra based most parts are easy to get although trim parts are bespoke and consequently expensive to obtain.

Celebrities seem to appreciate the quirkiness of this car with Vanessa Feltz and Sophie Ellis-Bexter being among the ranks of owners and should you fancy one on your drive, be prepared to spend up to £12,000 which doesn't seem too much for such a distinctive vehicle. So don't forget, should you see a Nissan Figaro and it may well be in the drier months, don't forget that cheery Carfan wale!

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Pearl Secret who is a stallion at Norton Grove Stud and also Alpha Delphini who is enjoying life after racing.

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CRUISING THE VIRGIN WAY

Friday 6th August 2021 the first Virgin Voyage ship set sail from Portsmouth after some delay as a result of Covid. Since then it has won numerous awards and pretty much taken the cruise industry by storm.

They have tried their best, and evidently succeeded, in their aim to introduce many clients to a new way of cruising. Their approach has been to be very specific in their target audience and are exclusively adult only ships. They have also ensured that they appeal very much to a broad spectrum of ages - many guests that might have thought cruising was not for them because of some pre-conceptions have decided to give them a whirl and judging by the repeat bookings they certainly must be doing something right.

Having had the pleasure on two occasions to sail the oceans onboard Valiant Lady, I have to say I absolutely love the dining concept. There are no massive restaurants with hundreds of people - intimate speciality restaurants all with their own



menu and signature cocktails where you book for the time you would like to dine. Very easy to enjoy a table for two, which can sometimes seem difficult to arrange on some ships, and as easily you can dine with fellow guests (or sailors as they are known

by this iconic brand). A wonderful tasting menu can be enjoyed at the Test Kitchen - the menu is literally one ingredient and you have no idea how it will be presented and the experience is just fabulous. Unlike other cruise lines there is no supplement to be paid for the speciality dining as that is the standard and that is simply included in the cruise fare.

They offer a system whereby you purchase a bar tab and have offers where they add to this at certain times when you purchase the bar tab. You can then choose whatever cocktail or spirit or wine etc... that you would like to purchase - no restrictions on which drinks you can have a really exciting choice of cocktails as Virgin Voyages do like to mix things up a bit!



Another element that I really enjoy is the overnight stays in port giving you more time to experience the resorts and not just the ship. This concept is not unique to Virgin Voyages however not all cruise lines offer this and I really do enjoy this option as you get longer to explore a destination and actually dine out in the resort and return to the ship later in the evening. At Virgin Voyages there is no official dress code and set formal nights.

So overall it has a more relaxed ambience than some cruise lines however I would say everyone looked lovely - just not all suited and booted and cocktail dresses. The one experience that is set is Scarlet Night - you have to see it to believe it.

Whilst dining on that night might feel like any other night on the cruise - it's after dinner when most of the ship are up on the deck and it's almost like being on a very very big yacht at the most incredible pool party you have ever been to - music is going and drinks are flowing and the atmosphere is electric and I have to admit some jumping in the pool fully clothed does take place.



It is very important to me to ensure that I use my extensive travel knowledge and experience to guide my clients to make informed decisions that are right for them. The reason for this is that my clients are the core of my business and the reason I have a successful business, and the reason that I have many repeat clients is because my priority is their experience and will always recommend what I feel would be right for them. I am sure that some clients would absolutely love sailing the Virgin Way, and others perhaps not so much and a different product would suit them better and that impartial independent advice given at Travel Counsellors is worth its weight in gold.

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ALL ARE WELCOME TO "THE MARNE" - THE RESTAURANT ON THE WESTWOOD!

Hospitality is paramount in a golf club restaurant, seamlessly blending the pleasures of dining with the spirit of the game. It creates an inviting atmosphere, enhancing everyone's overall experience.

When Chrissie and Shane took on the challenge of running "The Marne Restaurant" at Beverley Golf Club in the Summer of 2017 they set about making sure everyone was welcome.

Chrissie said, "It is the restaurant on the Westwood, where anyone can come in and enjoy the experience".

Friendly staff and impeccable service ensure

that patrons feel valued and comfortable after a round of golf or a walk on the Westwood.

A well-crafted dining space becomes a hub for camaraderie, where golfers, walkers, runners, and families can relive their moments enjoying the beautiful surroundings which is the Westwood and forge connections.

Chrissie ensures that they maintain a hospitable environment which encourages repeated visits and solidifies the club's reputation. "Everyone is Welcome."

Ultimately, exceptional hospitality transforms a golf club restaurant into a community haven, where award winning chef Shane has put together a great new menu, with British classics which includes a great carvery. Whether you want a quick drink,



Chrissie and Shane

a sandwich, a meal or a booking for a group of walkers, runners, a society, wellbeing or have a business meeting, all are welcome to be part of the family.

Not to mention the Marne is dog-friendly, which makes them the perfect place for a cosy and relaxing rest bite after a wander on Beverley Westwood. We are open to public and cater for private events too.

Contact Chrissie on:

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THE REMARKABLE TALE OF DOROTHY MACKAIL AT EAST RIDING THEATRE

A brand new jazz-age musical, based on a true story, will hit the stage this Autumn when the John Godber Company brings *The Remarkable Tale of Dorothy Mackail* to East Riding Theatre in Beverley from Wednesday 27th September to Saturday 14th October.

Dorothy was Hull's own star of the silver screen, but how do you go from Chanterlands Avenue to Hollywood?

This new musical charts Dorothy's extraordinary life from primary school to Honolulu, from the Ziegfeld follies to Hawaii Five-O, until she eventually becomes darling of Hollywood.

Controversy, comedy, loves, marriages and the stars of the roaring 20's are all there. This is life in the fast lane, where she will need every ounce of her Yorkshire grit.

Come and soak up the heat and feel the tension as you witness Dorothy's desperate rise to fame the way she was treated, and her reason for letting it all go...

You can take the girl out of Hull...

Remarkable!

With the help from Dorothy Mackail's surviving

family who still live in Hull, this play has been written by local playwright Elizabeth Godber, and will be directed by Jane Thornton.

The show also has a cast of local actors who are returning to their roots from across the UK including West End star May Tether.

This is not one to miss!



PAUL CARRACK IN CONCERT



Friday 20 October 2023

www.scarboroughspa.co.uk

Box office 01723 376774



STARS OF THE CLASSICAL MUSIC WORLD CONVERGE ON BEVERLEY FOR THE LATEST EDITION OF THE POPULAR NEW PATHS FESTIVAL, TAKING PLACE 21-23 SEPTEMBER

Known for exhilarating live performances, creative programming and a buzzing atmosphere, the New Paths festivals fill every corner of the town with music, performed by celebrated artists from across Europe.

Performers this autumn include winner of the Cardiff Singer of the World audience prize operatic mezzo-soprano Claire Barnett-Jones, current BBC New Generation Artist cellist Leo Poplewell, and a handpicked consort of vocalists from choirs including St Paul's Cathedral and the BBC Singers.

Programmes range from Bach motets and pop-up cello performances to late-night performances in St Mary's and the Minster, and an atmospheric Saturday night finale inspired by the Autumn Equinox.



Cara Berridge

Sponsored by the Georgian Society for East Yorkshire, this year's festival also celebrates Beverley's Georgian heritage, with music from this period and concerts inspired by broader aspects of the Georgian era: voyaging, discovering, adventuring and inventing.

Other events include a film screening at Parkway cinema and a talk from celebrated speaker Katy Hamilton exploring some of the less familiar music on the programme.

New Paths Music was born in 2016 and since then has put on ten festivals to popular acclaim.

Founder Roland Deller, who was recently made an Honorary Freeman of Beverley for



Leo Poplewell

services to the town, says, 'Moving to Beverley at the age of eight transformed my life. The opportunities I was given as a Minster chorister and in the East Riding Youth Orchestra gave me a key to a different world, and I'm forever grateful. New Paths has been an amazing way to give something back to the town, and to continue Beverley's incredible musical legacy for the next generation.'



Claire Barnett-Jones

Young people are once again at the heart of the festival. Brass and wind players from the East Riding Music Hub have a day of workshops, 'Inspire!', tutored by expert New Paths musicians.



James Newby

The festival's popular baby and toddler concert is back, providing free opportunities for the youngest audiences to hear live music in a relaxed environment. And through its Golden Ticket scheme, the festival offers free tickets to under-18s and full-time students to all festival events - an extraordinary opportunity to hear world-class performances in the heart of the East Riding without paying a penny.

'We believe passionately that music is for everyone,' says Artistic Director Libby Burgess. 'People sometimes think you have to know a lot about music to appreciate it, but that's just not true.'

'Whether it's jazz or classical or folk, live music is all about the same thing: an emotional



Libby Burgess

experience, in the moment, that takes you out of your everyday world. All you have to do is turn up and respond to that how you like - clap, or cry, or beam from ear to ear!

'Our programme includes some of the most famous pieces in the world by Bach and Mozart and Beethoven, but it also includes music whose stories haven't always been given a voice: composers like Imogen Holst or Joseph Bologne wrote stunning music that was for many years written out of history because of the composers' gender or race. So there are things here even the most experienced concert-goers won't have heard!'

Festival tickets start from as little as £5, and festival passes offer discounts for those attending multiple events.

Tickets can be bought from Beverley TIC or online, and all details of events are at www.newpathsmusic.com



Tim Lowe

WHAT'S ON IN BEVERLEY

Tell us about your event!

E-mail info@justbeverley.co.uk

Telephone **01482 679947**

For more events visit
justbeverley.co.uk/events

Until 13th September

The Legendary Scarborough Spa Orchestra

www.scarboroughspa.co.uk

Box Office (01723 376774).

Friday 1st September

Big Beverley Comedy Night

East Riding Theatre. 7.30pm. Tickets £14.

Saturday 2nd September

Katie Spencer

East Riding Theatre. 7.30pm. Tickets £14.



Katie Spencer

Tuesday 5th September after 3pm

Tour of Britain Stage 3

Finish adjacent Beverley Race Course.

Friday 8th September

Autumn Food and Craft Fair

Ferguson Fawsitt, Walkington. 10am to 4pm.

Friday 8th and Saturday 9th September

Two Pianos

East Riding Theatre. The ultimate rock "n" roll concert. 7.30pm. Tickets £20.

Friday 8th September to Sunday 1st October

Gaia Earth artwork by British artist Luke Jerram



2023 FIXTURES

SAT 02 SEP - William Hill Beverley Bullet

WED 20 SEP - Afternoon Raceday

TUE 26 SEP - Season Finale

Plan your day at the races today
Visit beverley-racecourse.co.uk
or call 01482 867488

Follow us on    



Two Pianos

Opening times are 10am-4pm Mon-Sat and 12pm-4pm on Sundays. See website for additional Information. <https://beverleyminster.org.uk/gaia/>

From Monday 11th September

East Riding Community Theatre Company

Adult Theatre - Making Classes

East Riding Theatre. 6pm-7.15pm. £7 per week.



Alfie Moore

Thursday 14th and Friday 15th September

Alfie Moore - A Face for Radio

East Riding Theatre. 7.30pm. Tickets £18.

Saturday 16th September

Soul Night

Beverley Memorial Hall. DJ's Mike Taylor and Nock Borst and special guest BBC Radio DJ John Kane. Tickets £15 each, available from Beverley Tourist Information.

Friday 27th September - Monday 14th October

The Remarkable Tale of Dorothy Mackaill

7.30pm & selected matinees. £20/£15 student.

Thursday 28th September

Paddy and the Portermen

Ferguson Fawsitt, Walkington.



HERITAGE OPEN DAYS 2023

BEVERLEY & THE EAST RIDING

Friday 8 - Sunday 17
September 2023



ALL FREE



HERITAGE OPEN DAYS 2023

www.heritageopendays.org.uk/visiting/printable-area-lists/town/Beverley

info@heritageopendays.org.uk

Additional information contact
Beverley Tourist Information: Treasure House
Champney Rd, Beverley HU17 8HE
Tel: 01482 391672.

Friday 6th October

Tina Turner Tribute and Disco - Tina and the Rockettes Show

Beverley Memorial Hall. Tickets £18 each.

WHERE IN BEVERLEY?

The Marne Tower Clock,
Beverley & East Riding Golf Club

THE MARNE TOWER CLOCK

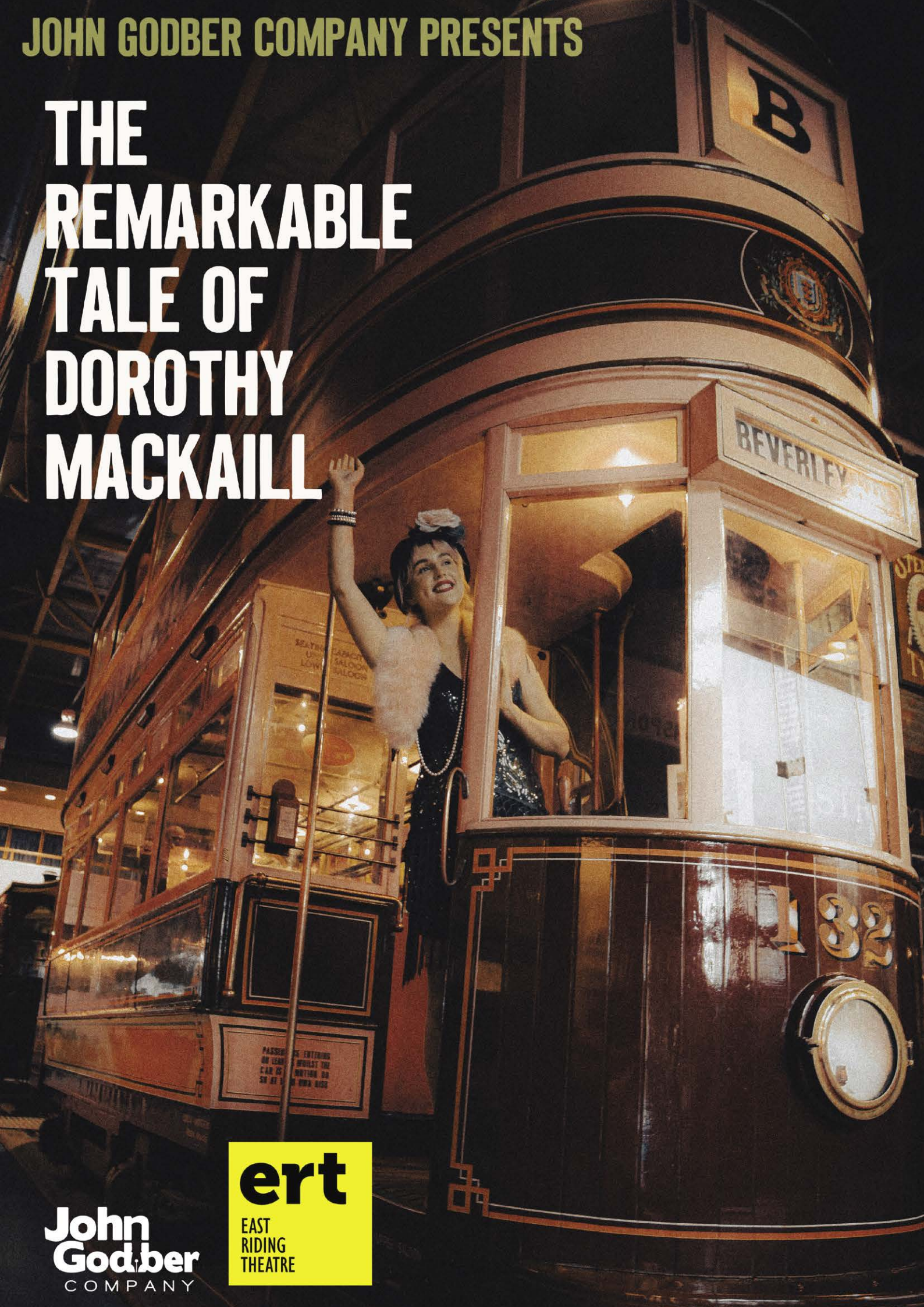
Constructed in 1919 the Marne tower clock was professionally restored, in 1999, by Mr. Bert Best. The clock was installed at the Beverley & East Riding Golf Club, by club members, in year 2000 to commemorate the Millennium.



The mystery tour destination was:
The Imperial War Museum North,
Salford Docks, Manchester.

JOHN GODBER COMPANY PRESENTS

THE REMARKABLE TALE OF DOROTHY MACKAILL



John
Godber
COMPANY

ert

EAST
RIDING
THEATRE

New Paths MUSIC



Autumn Festival

21-23 September 2023



Supported by
The Georgian Society
for East Yorkshire

Tickets from www.newpathsmusic.com or
Beverley Tourist Information Centre 01482 391672