

just BEVERLEY

REYTA
Rewardable East Yorkshire
Award Nominee 2016
'Best Newcomer'

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FREE

ISSUE 14

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**COEN BROTHERS BOXSET
CINEMA TICKETS
ADELI HAMPER**

FEATURES

**PASSION PLAY
MOTHER'S DAY
BEVERLEY CONNECTIONS**



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Letter from the editors



I am delighted that Just Beverley has been short-listed for the REYTA (Remarkable East Yorkshire Tourism Award) Best Newcomer. Everyone at Just Beverley is looking forward to a wonderful awards ceremony and being involved in such a prestigious event, whether we win or not!

In fact, we are looking forward to a very busy spring. Clocks going forward and Easter being early this year means that those lovely light nights and blue skies will bring smiles to everyone's faces and make our beautiful market town look even more attractive to all who work here and visit it. Lighter nights and longer days makes people feel more positive and that is our mantra here at Just Beverley – stay positive, think positive, work positive and this will ensure Beverley remains the best place to work, visit and stay.

Have a great March!
Julian.



Beverley's own Passion Play takes place on Good Friday, It happens every other year, organised by Churches Together in Beverley, providing a focus for the Easter story against the backdrop of our beautiful town centre. If you have never seen it, do try to! It happens come rain, shine or even snow! Read more about it on pages 14/15.

There is such a lot in this month's magazine that makes for interesting reading that I'm not sure what to highlight! What is wonderful is that you are sending in your good news, letting us know about things you are organising and picking up the magazine in your droves. Remember the website with its News, What's On page and Cinema Listings and our Facebook page. If your event or press release arrives too late to go into the magazine we will list it for free on the website; if you want something 'out there' very quickly, let us know and we will do our best to get it publicised. Advertising costs from as little as £15/month – we make sure you get your return on investment by working with you and advertising must be working as more advertisers turn to us to work with them.

Here's to working with more of you!
Linda.

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You can pick up the magazine from:

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

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The Fairtrade Organisation seeks the support of Businesses!

The Fairtrade Organisation is this year seeking the support of business to increase the number of fairly-traded items they use and in turn support the businesses which produce them.

February 29th to March 13th is this year's Fairtrade Fortnight and businesses are asked to consider holding a Fairtrade Breakfast or to provide Fairtrade products in their staff-rooms. All that's needed is 2 Fairtrade staples on the menu, such as tea, coffee or cocoa!

This year the theme is 'Stand UP for farmers, sit DOWN for Breakfast'. Breakfast is the most important meal of the day and yet millions of farmers and workers in developing countries don't

earn enough to know where their next meal is coming from. Many of these farmers produce food which are our staples – they work hard every day to feed us. Fairtrade wants to ensure they are paid a fair price for their efforts.



Organising a Fairtrade event need not be elaborate or complicated – it could be as simple as asking everyone to bring in ONE fairly-traded product. It could be fun seeing what people bring!

To find out more about Fairtrade for Business go to www.fairtrade.org.uk/en/for-business. You can register your event on the Fairtrade Foundation website to show your support! www.fairtrade.org.uk/en/get-involved/supporter-events-map/upload-event



Pain Management Support Group Opens Up to New Members

Meeting at the Lairgate every 2nd Thursday of the month, by kind permission of the Lairgate management, is a group of people who live with long-term, moderate impact pain.

Many of them have joined the group on the recommendation of the Generic Support Worker for Pain Management Services at Beverley and East Riding Hospital, Julie Copeman, as Julie is also the facilitator of the Group. Patients referred to the Pain Management Service by their GP attend a 5-week course; after that, they migrate to the support group. However, Julie is keen for anyone who is living with pain to join the group, whether they have been through the service or not.

Membership is entirely free; refreshments are available to purchase. The group is welcoming and social and welcomes a speaker talking on a subject of interest. They are due to hear about acupuncture, exercise on prescription, mind management techniques and how to access benefits. Julie teaches adapted Tai Chi and how to use a Tens machine. There is always a fun quiz and games! Attendees are from ages 20 to 90.



If you would like to meet the group, please just turn up at the Lairgate on March 10th between 2.30-4.00pm or give Julie a call on **01482 478886**.

Just Beverley Nominated for Best Newcomer REYTA!

All at Just Beverley are delighted to have been nominated for a Remarkable East Yorkshire Tourism Award 2016 and are looking forward to attending the Award ceremony on March 17th at Bridlington Spa.

We are proud that the concept of Just Beverley as a magazine, website and Facebook page to boost the local economy by facilitating and supporting the development, growth and awareness of businesses, job and events in Beverley and District is being recognised.

So congratulations to the other businesses up for the same award:- Platform Festival Pocklington; Cocoa Chocolatier & Patisserie, Hull; Field and Forge; Boxtree House Boutique B&B, North Newbald and Go Dutch Pancake House, Hull and may the best team win on the night!



Meet Martin, the new General Manager at The Green Dragon



The Green Dragon is a very old, beautiful Beverley pub, which may once have had its entrance in Lairgate.

It might have been called The Green Dragon and Black Swan or The Malt House, according to Paul Gibson's Hull and East Yorkshire History website. But whatever it was called and wherever its entrance, the building has been standing in Saturday Market since 1745! It has had an amazing history, too. In its time it has been a staging post, an inn (with lodgers) and there was a malt house at the rear, too, hence the possible original name. It is also reputed to have a ghost – that of a Danish soldier. In the last 570 years, it has also seen a succession of publicans and managers, men as well as women; the latest of these is Martin Scott.

Martin sees the Green Dragon as a community pub in the centre of town. Serving food and real ale, it attracts all kinds of people who respect the history and the other guests. Breakfast is served from 8am in the morning 7 days a week – in fact, food is served until 10pm 7 days a week. The food is reasonably-priced, good quality pub food, which goes down very well with their beers, lagers, ciders and wines. As well as draught and bottled beer and cider, there are now 10 real ales, including 2 ciders, which change regularly.

The pub hosts quiz nights on Tuesdays and Wednesdays and starting from March 17th, St Patrick's day, there will be live music on selected Friday evenings! The ever-popular Nick Rooke and Paul Blackburn will be playing from 9pm on March 17th so there is no excuse not to get down there for a pint of Guinness or whatever you fancy and a sing-along!

The Green Dragon is at 51 Saturday Market, Beverley HU17 8AA telephone 01482 889801.

Ladies Going Together for Friendship and Companionship

If you are female and have ever been at a loose end, with no-one to socialise with despite the world being full of things to do, then you will know how lonely that can feel.

You might be in a relationship but if your partner is absent, does not want to do or cannot do the things that you like doing, life can be very isolating. That's where Going Together can help to fill that void. Going Together is the brain-child of Alison Barker. Alison found herself single with two small children in a world which seemed to be full of couples, interest groups which did not appeal or which she could not join as she had children to care for. When she did have spare time, she had no-one to go out with and felt she was intruding when she asked friends in couples if she could join them. She realised that the web might be the perfect place to meet other women in the same situation, initially in an on-line forum. This concept expanded into organising physical meet-ups through the web, when she discussed her ideas with Maggie Thompson.

Alison and Maggie were already connected, but Alison likes running, shopping, sewing and going to craft fairs whilst Maggie enjoys walking, gardening, art galleries, museums and stately homes, so although they might have a coffee together, their interests were miles apart. Maggie told Just Beverley "I know there are many women who would love to go to the theatre or cinema yet

would feel uncomfortable asking someone to go with them – and they certainly would not have the confidence to go by themselves. This is where Going Together can facilitate the social interaction which we all need. So many women are isolated through a variety of reasons – being single, bereavement, divorce, moving to a new area, being a carer, being ill, lack of confidence - and the website can be the first step in reducing that feeling of vulnerability."



The third member of the Going Together team is Kate Hill. Maggie and Kate were acquainted through their children as their sons played football together, but it wasn't until a mutual friend officially introduced them that they realised they had so much in common. Kate has experienced the trauma of living with cancer and resulting disability and losing her sister

to the disease, too, all whilst suffering marriage break-up and just loved the idea of being able to tap into a social network at the click of a mouse. She jumped at the chance of getting involved.

The website is being developed to increase its interactivity through on-line chat forums, blogs and noticeboards and lists meet-ups already planned. Alison, Kate and Maggie encourage members to create their own meet-ups – the first of these being a Book Club! Anyone who would like to go along to a meeting but is feeling nervous about walking through the door only needs to message or text Maggie, Alison or Kate and they will be watching for them – badges and signs with the Going Together logo are in production.

As Maggie says, "Everyone has different needs, but we aim to put people in touch with each other so those needs can be met. We are approaching more and more individuals and businesses to get the word out about Going Together and using social networking to ensure no woman of any age should ever feel lonely or unfulfilled.

If a woman is reading this who would like to know more, she is very welcome to give me a call on **07807 423166** or join the group at **www.goingtogether.co.uk**. Check out their Facebook page and Twitter feeds, too

Attention Business Owners – 4 Step Plan to National Living Wage Implementation!

On 1st April 2016, the Government's new National Living Wage will become law, directly impacting thousands of businesses and over 1 million UK employees aged 25 and over.

The new Living Wage rate of £7.20 per hour was announced by Chancellor George Osborne in the 2015 Summer Budget, giving an annual salary increase to employees who are over 25 and working on the current minimum wage of £6.70. A single employee, working a 40-hour week on the current minimum wage can expect to see an annual salary increase of £1,040/annum which equates to a 7.5% pay rise. Businesses must start their preparations now in order to meet the April deadline.

For those aged 21 to 24, the national minimum wage (NMW) of £6.70 will continue to apply. The below table lists the new minimum wage rates as of April 2016:

Age	Minimum Wage
25+	£7.20 (National Living Wage)
21-24	£6.70
18-20	£5.30
Under 18	£3.87
Apprentice*	£3.30

* This rate is for apprentices aged 16 to 18 and those aged 19 or over who are in their first year. All other apprentices are entitled to the National Minimum Wage for their age.

So what does this mean for businesses? Although the effect will be different depending on the number of staff employed and the structure of a business, the procedure for implementation is similar for all. To help Beverley business owners prepare for the change, here are 4 simple steps to follow to limit potential disruption and keep your minimum-waged staff happy:

- 1. Check who is eligible for the National Living Wage**
- 2. Contact your payroll provider or take the appropriate payroll action**
- 3. Let your staff know about the changes**
- 4. Monitor your staff to ensure they are earning the correct National Minimum Wage rate**

HMRC is clamping down on minimum wage offenders and does not accept 'I didn't know' as an acceptable excuse. Since the scheme was introduced in 2013, 490 employers have been named and shamed for non-compliance.

If you have any questions about the new National Living Wage and its implementation, Stipendia Payroll Solutions have a team of experts who can advise you and help you with implementation. **Contact them on 0845 308 2288 or e-mail enquiries@payrollsolutions.org.uk**

Society's new Chef set to tempt you!

John Naylor will be known to many from his days as Head Chef at Branded Smokehouse in Hull or more recently as Chef Manager at Hull University and be delighted to see he is now Head Chef at Society, where his skills can be displayed to their full potential.

Society has great ambitions! From fine dining to family dining, weddings to afternoon tea, the food will always be of the highest quality with John at the helm. Although his favourite food is lamb, John's expertise at cooking sirloin of beef for Society's Sunday lunches is already gaining almost cult-status!



John gave Just Beverley some trade secrets as to why their beef is so succulent; it's cooked in beef dripping with rosemary and smoked garlic. But ssshhh! Don't tell anyone else how it's cooked – just tell them to go try for themselves!

Interestingly, John doesn't even count roast sirloin as his signature dish! That accolade goes to his Asian braised pork belly with king scallops and sesame cucumber linguini. Just describing the dish makes your mouth water!

Society is based in Norwood House, Norwood, Beverley HU17 9ET. Telephone 07921 379617 to book.

EVERY THURSDAY AT 10.30am (doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4 with drink and biscuits included. Aimed at 55s and over!

Thursday 3rd March

In the Heart of the Sea (12a)

Bridge of Spies (12a)

Thursday 10th March

Carol (15)

In the Heart of the Sea (12a)

Thursday 17th March

The Finest Hours (12a)

Carol (15)

Thursday 24th March

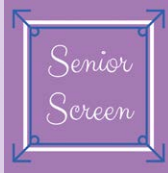
The Danish Girl (15)

The Finest Hours (12a)

Thursday 31st March

Trumbo (15)

The Danish Girl (12a)



In the Heart of the Sea (12a)

Director: Ron Howard

Stars: Chris Hemsworth, Cillian Murphy, Brendan Gleeson

A recounting of a New England whaling ship's sinking by a giant whale in 1820, an experience that later inspired the great novel Moby-Dick.

Bridge of Spies (12a)

Director: Steven Spielberg

Stars: Tom Hanks, Mark Rylance, Alan Alda

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers. Mark Rylance won the BAFTA for Best Supporting Actor.

Carol (15)

Director: Todd Haynes

Stars: Cate Blanchett, Rooney Mara, Sarah Paulson

An aspiring photographer develops an intimate relationship with an older woman. From the novel by Patricia Highsmith. BAFTA-nominated.

The Finest Hours (12a)

Director: Craig Gillespie

Stars: Chris Pine, Casey Affleck, Ben Foster

The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952.

The Danish Girl (15)

Director: Tom Hooper

Stars: Eddie Redmayne, Alicia Vikander, Amber Heard

A fictitious love story loosely inspired by the lives of Danish artists Lili Elbe and Gerda Wegener. Lili and Gerda's marriage and work evolve as they navigate Lili's ground-breaking journey as a transgender pioneer.

Trumbo (15)

Director: Jay Roach

Stars: Bryan Cranston, Diane Lane, Helen Mirren

In 1947, Dalton Trumbo was Hollywood's top screenwriter, until he and other artists were jailed and blacklisted for their political beliefs.

MONDAYS @ 8.15pm

Starts Monday 11th January
More 'what is it' than 'whodunnit'

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

Look out for clues on our Facebook page and on Twitter @parkwaybeverley

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



New Releases for March/April (dates and films subject to change)

4th March



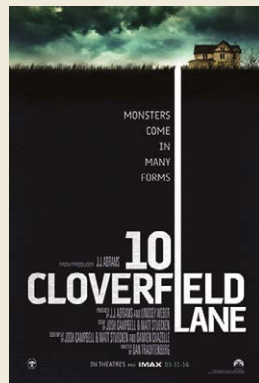
4th March



11th March



11th March



11th March



18th March



25th March



25th March



1st April



Batman v Superman: Dawn of Justice

Mankind faces a new threat as Batman (Ben Affleck) embarks on a personal vendetta against Superman (Henry Cavill).

Release date: March 25, 2016 (United Kingdom) - Running time: 2h 31m

Director: Zack Snyder

Executive producers: Christopher Nolan, Geoff Johns, Michael Uslan, Emma Thomas, Benjamin Melniker, Wesley Collier

Producers: Charles Roven, Deborah Snyder

YOUR NEW INDEPENDENT CINEMA



SUNDAYS @ 5:30pm

6th March - MACBETH (15) with introductory talk by Margaret Pinder (chapters and Verse.com)
Director: Justin Kurzel. Cast: Michael Fassbender, Marion Cotillard, Paddy Considine

Macbeth is the story of a fearless warrior and inspiring leader brought low by ambition and desire. A thrilling interpretation of the dramatic realities of the times and a reimagining of what wartime must have been like for one of literature's most famous and compelling characters, a story of all-consuming passion and ambition set in war torn Scotland.

13th March - JANIS: LITTLE GIRL BLUE (15)

Director: Amy J. Berg. Narrated by musician Cat Power.

Janis Joplin is one of the most revered and iconic rock & roll singers of all time, a tragic and misunderstood figure who thrilled millions of listeners and blazed new creative trails before her death in 1970 at age 27. This in depth examination presents an intimate and insightful portrait of a complicated, driven, and often beleaguered artist.

20th March - YOUTH (15)

Director: Paolo Sorrentino

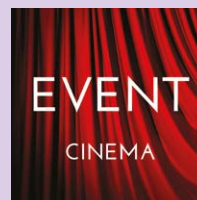
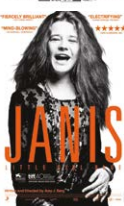
Cast: Michael Caine, Harvey Keitel, Rachel Weisz, Paul Dano, Jane Fonda
Fred (Michael Caine), a retired composer and conductor, vacations at a Swiss Spa with his longtime friend Mick (Harvey Keitel). As Mick crafts what may be his final screenplay, Fred is given the opportunity to perform for the Queen.

27th March - RAMS (15)

Director: Grímur Hákonarson

Cast: Sigurður Sigurjónsson, Theódór Júlíusson

Winner of the Un Certain Regard prize at last year's Cannes Film Festival and Best Narrative Feature at the Hampton's Film Festival, this charming, stunningly shot drama focuses on two Icelandic sheep farmers whose decades-long feud comes to a head when disaster strikes their flocks.



Tues 1st March @ 18:00

MATTHEW BOURNE'S THE CAR MAN (12a)

Thurs 3rd March @ 19:00

NT LIVE : HANGMEN (15)

Sun 13th March @ 15:00

BOLSHOI: SPARTACUS

Mon 21st March @ 19:15

ROH: BORIS GODUNOV

Mon 28th March @ 17:00

THE RAILWAY CHILDREN from York Railway Museum -

Tues 29th March @ 18:00

ALVIN AILEY AMERICAN DANCE THEATRE MIXED PROGRAMME (tbc)

Wed 6th Apr @ 19:15

ROH: GISELLE (tbc)

COMING SOON - NOW ON SALE

Sun 10th Apr @ 16:00

BOLSHOI: DON QUIJOTE (tbc)

Mon 25th Apr @ 19:15

ROH: LUCIA DI LAMMERMOOR (tbc)

Tues 26th Apr @ 18:00

BH CARMEN/CLUB HAVANA (tbc)

Wed 18th May @ 19:15

ROH: FRANKENSTEIN (tbc)

Competition - Win a Coen Brother's Boxed Set and cinema tickets

The Coen Brothers, Joel and Ethan, are American film-makers. They have made, written or been involved with at least 24 films covering almost every genre!

Their latest release, Hail Caesar, was written, produced, edited and directed by the Coen Brothers. It's a fictional story based around real-life Eddie Mannix, a 'fixer' who worked in the Hollywood film industry in the 1950s who is trying to find out where an actor has disappeared to during filming. The film is a comedy with a cast containing many of Joel and Ethan's favourite actors such as George Clooney and Frances McDormand.

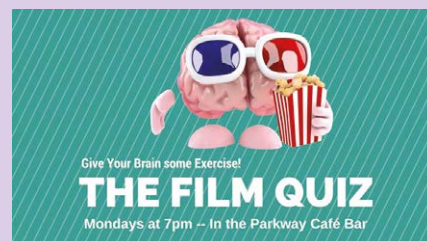
Parkway Cinema Beverley has a fabulous prize on offer this month for anyone who is a lover of Coen Brother's films.

Universal Studios, who have released Hail Caesar have offered a Coen Brother's Boxed Set to one lucky winner, to which Parkway Cinema will add a pair of free tickets to any film of your choice. There are also 4 pairs of tickets to any film at Parkway Cinema for runners-up. For a chance to win, just answer the following question:

Who plays Eddie Mannix in Hail Caesar?

Competition closing date - Thursday March 10th

E-mail your answers to info@justbeverley.co.uk with your name, address and day-time telephone number. Winners MUST be available for publicity photographs for Just Beverley and Parkway Cinema. The usual Just Beverley terms and conditions apply (see page 13).



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

There are free film tickets for the winners!

Easter with the Italians

Pasqua (which is Italian for Easter) is one of the biggest holidays in the Italian calendar, Italy being a Catholic country. Many areas of Italy celebrate by holding festivals in the main squares.

Solemn processions are held on the Friday or Saturday before Easter where you will see people dressed in traditional, ancient costumes in some towns. Many churches have statues of the Virgin Mary and Jesus which are paraded through the streets or displayed in the main square. Olive branches and palm fronds are waved, used to decorate the churches and statues and as matting for people to walk over.

Sicily is a great place to go to see processions. The town of Enna has a large procession with more than 2,000 friars taking part. Trapani's procession on Good Friday is known as 'The Procession of the Mysteries' which takes place over 24 hours! The procession in Prizzi, near Palermo, is known as 'Dance with the Devils' so you can imagine that the costumes are fascinating.

The oldest procession in Italy takes place in Chieti, which is in the Abruzzo region, which includes 100 violinists playing Selecchi's Misere.

Easter Sunday is a celebratory day when most Italians are enjoying lunch of roast lamb and special cakes! But there are some processions on Easter Sunday. Sulmona in the Peligna Valley holds processions on Good Friday and Easter Monday. The Easter Sunday procession is known as 'The Dashing Madonna'. Statues of the Risen Christ, St John and St Peter are carried to the Madonna of Loreto, who is in mourning. When she comes out of the Church, 12 doves are also released – if they fly high, it is a sign of a good harvest to come. Then the Madonna breaks into a dash as she rushes to the statues as fire-crackers are let off. Italians really know how to celebrate!

Legal Q's and A's

Every month, Just Beverley asks a question of a team of local legal experts. The questions we ask are regarding the kinds of things which can happen to which we do not know the answer – hopefully YOU don't either!

HANDING OVER THE HOUSE

Q. My wife and I are joint owners of our house, and are 75 and 85 respectively. Our son has lived with us since he was born, and always pays his share of the upkeep and repair. We now want to transfer the house and contents to our son. Is this a difficult process?

Coles the solicitors have provided the following response.

A. This is not a course of action we would recommend for everyone, since you are of course proposing to give away the roof over your head. If your son were to die, get married or become bankrupt you could find yourself homeless. You may be better off splitting ownership of the property three ways, or just leaving the house to your son in your wills. We recommend you discuss this with a solicitor before going ahead to ensure that you don't overlook any details. Your son would be advised to make a will for example.

If you have legal questions which you need to know the answer to, why not give Coles a call? They are based at 22, Lairgate, Beverley HU17 8EP, telephone **01482 231300**. Check out their website www.coles-law.co.uk



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Mother's Day - time to celebrate your Mum!

Everyone has a mother but my Mum is the Best Mother in the World.

I have bought her a card for Mother's day which says 'To the Best Mother in the World' and, clearly, my brother agrees with me, because his card to her says something similar – which is cool, because its true!

When I chose the card, I noticed there were other cards in the shop which said 'To the Best Mother in the World' which other people were buying!

They are clearly wrong, because my Mum is the Best Mother in the World – but how would THEY know that MY Mum is the Best Mother in the World? How would I know that their Mother isn't? What are the qualities which go to make the Best Mother? How can you judge?

There are plenty of mothers in the world, but what makes a good Mum? Here are my thoughts on the subject.

Mothers make their children feel important, safe, secure and loved.

Mothers are always there for their children – they turn their heads when they hear the word 'Mum' even though the voice saying the word is not one they recognise – for all children deserve to be nurtured and cared for.

Mothers are a complex mixture of emotions who go out of their way to ensure their kids are supported, even though their children's behaviour may leave a lot to be desired.

Mums are compassionate, giving and fun – and have oodles of patience which is only out-done by the number of hugs they give.

Mothers are prepared to take a back seat as they prioritise raising their children into self-assured and confident people.

Mothers draw boundaries because they know that it's the only way to earn respect

and to ensure their children learn give and take.

Mothers are incredibly proud of their children, celebrating all of their achievements no matter how trivial others may think them.

Mothers read loads of self-help books about 'How to be a Good Mother' and rapidly realise that good motherhood is not something which can be encapsulated in a book; good motherhood is felt, not learnt.

Being the Best Mother in the World depends on the relationship you build with your kids because only your kids can give you that endorsement.

So if you are a Mum, I hope you get one of those cards saying 'To the Best Mother in the World', because you are!

Happy Mother's Day!

Mother's Day

Charity Champions

Just Beverley loves to celebrate good news! So we are starting a NEW column where you can let us know all about your community fundraising. We know there are so many un-sung heroes in Beverley - so here is YOUR chance to let us know how you have helped others less fortunate than yourself.



Caoimhe Gordon recently organised a Charity Day at Beverley Clay Target Centre in aid of Diabetes UK and raised a fabulous £5,756.40!

The event was held on December 31st 2015. It attracted 85 people who competed for cash, experience days and other prizes.

There was also an auction!



'Great beer, good food and a welcoming, friendly atmosphere.'

Mother's Day

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High-End health food restaurant Filmore & Union opens in Beverley!

Healthy eaters can rejoice as from the 29th February 2016, Beverley will have its very own branch of Filmore & Union!

The highly anticipated restaurant will be situated in the heart of Beverley on Saturday Market and will be open for breakfast, lunch, dinner and even cocktails!



Filmore & Union was founded in 2012 by Adele Ashley, a former wellness clinic owner who was feeling frustrated at the lack of healthy restaurants and nourishing take-out options in her local area.

The company now has eight restaurants

covering Harrogate, Skipton, Ilkley, Wetherby and Leeds, with Beverley being their ninth, their fourth with a cocktail bar!

Filmore & Union prides itself on its cutting edge approach to healthy food and have become market leaders in providing delicious food to suit all dietary requirements, with all menus boasting a range of vegan, vegetarian and gluten-free meals. In fact, all cakes are gluten free.

With an emphasis on only using fresh, seasonal and innovative clean food, Filmore & Union is bound to be an instant hit in Beverley.

Owner Adele Ashley commented: "We have wanted to open a restaurant in Beverley for a long time and we are really excited that it's finally happening. It is really important for us to try and keep everything completely fresh and that all of our food is cooked by our chefs on site at each restaurant.

We are not just a vegetarian restaurant, we offer a full menu with excellent steak and fish options as well, along with a brilliant cocktail menu."

Filmore & Union believe they have cracked the dieting conundrum and simply state that being healthy isn't about what you don't eat, but precisely what you do eat. By only serving the freshest and most nutritious products possible, from their fresh salads, locally grown beef to their mouth-watering cake selection they ensure that customers just keep coming back!

WEBSITE: www.filmoreandunion.co.uk

FACEBOOK: www.facebook.com/filmoreandunion

TWITTER: @FilmoreandUnion



The Beverley Dresser Relaunches!

Located in the prestigious Georgian Quarter is the NEW Beverley Dresser.

This long-established business used to be a second-hand clothes shop, but now it really does what it says above the door – it is a dress shop for Beverley ladies providing complete outfits!



Mandy Buchanan, the owner, has extensively refurbished the shop to accommodate pre-loved designer wear at a fraction of the price as well as stocking brand new Mother-of-the-Bride outfits, cruise wear, cocktail and prom dresses.

The pre-loved clothing is of the highest quality – the vast majority of Mandy's items having been worn only once. Many outfits come complete with matching shoes, bags and jewellery.

In the future there will be new shoes and bags but what is new are bespoke, beautiful designer hats, colour-matched and styled to complement any wearer.

Mandy works with a local milliner to ensure her hats for weddings and such occasions

as Ladies' Day at Beverley Races complete the look. Any item of clothing can be altered to fit, too. The Beverley Dresser is open Tuesday to Saturday from 10am – 4pm or by private arrangement by calling Mandy on **01482 860708**.



'Beverley Connection' Launches!

The Beverley and District Chamber of Trade launched its new networking evenings, *Beverley Connection*, at Elwell's Restaurant, East Riding College on Thursday 11th of February.

Members and guests enjoyed an evening which show-cased the restaurant's expertise and the college's facilities.

Beverley Connection will happen on the second Thursday of each month at 6pm at different venues, allowing Chamber of Trade members to show-case their businesses and enabling them to learn more about each other.



Meetings cost £5 each, including snacks, tea and coffee. The evening includes a fun, fund-raising quiz in aid of charity; the Chamber's chosen charities this year being Beverley Community Lift and Go Kids Go.

The next Beverley Connection will be held at North Bar Tea Rooms at 6pm on March 10th.

The Chamber of Trade is open to all businesses, no matter how large or small, in Beverley and the surrounding villages, namely Walkington, Bishop Burton, Cherry Burton, Leconfield, Tickton, Woodmansey and Weel. Membership of the Chamber costs only £50/year. Chamber business meetings are held on the last Wednesday of the month at 6pm at East Riding College, Flemingate, with complimentary tea and coffee provided and regularly attract over 40 businesses.

There is now a new committee in place which is ready to take the Chamber forwards into 2016 and beyond with new objectives and responsibilities to meet current business challenges.

Newer members include therapists, entertainment providers and professional services who see the benefit of working together to increase their network and the client base. Members increasingly enjoy discounts at each other's businesses and other benefits of membership.

To find out more about the Beverley and District Chamber of Trade, visit the website <http://beverleychamber.co.uk/> or e-mail the Chairman julian.minshall@indicoll.com



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Toll Gavel Church rejoices at 125th Anniversary

The Italianate-style chapel situated just off Toll Gavel in Beverley was opened in 1891 for the Wesleyan Methodists.

At one time there were as many as 10 Methodist-associated chapels in Beverley, with Toll Gavel and Norwood (which was built for the Primitive Methodists) still in use as places of Methodist worship.

The congregation at Toll Gavel was joined by members of the United Reformed Church when their meeting place in Lairgate closed in 1976, since when it has been known as Toll Gavel United Church. The 230-strong congregation at Toll Gavel are celebrating this momentous occasion with special services, which includes the visits of the Chairman of the District, Rev. Stephen Burgess and Past Presidents of the Methodist Conference, Rev. Inderjit Bhogal and Rev. Stephen Poxon.



The Methodist movement first established themselves in Beverley in the 1750s, meeting at a house in Wednesday Market which is where John Wesley first preached on Saturday July 14th, 1759. John Wesley visited Beverley at least 16 times!

George Whitefield came to Beverley in 1760, which is when the Methodists were inspired to purchase their first building in Wood Lane in 1781. Methodism is characterised by worship, learning and caring, service and evangelism and Toll Gavel

United Church is involved in all of these, being based in the centre of Beverley and seen as a real community hub. As well as many opportunities for many different types of worship for all ages and quiet reflection in the church, the premises are used by:

- *the Guide and Scout movements;*
- *the Beverley Food Bank;*
- *Fairtrade Shop;*
- *Several choirs (the acoustics in the Church are probably the best in Beverley!);*
- *Various friendship groups;*
- *Tuesday Lunch Club;*
- *The Council for Dependency Problems;*
- *Keep fit, yoga and various slimming groups;*
- *Concerts and festivals of all kinds;*
- *The Centre Café (which operates with Millers Day Centre) and Saturday coffee mornings;*
- *Karma Kiddies and Messy Mondays for toddlers*
- *Chill Out for school-age children*
- *Rough sleeper support*
- *Provision of office space*

Members at Toll Gavel are also involved with Churches Together in Beverley which puts on the Beverley Passion Play (see pages 14/15), fundraising for their own and many different local and international charities, Bible study and pastoral care within the community.

Christine Milburn has been a member at Toll Gavel for longer than she would care to remember, having joined the Sunday School there in 1955.

She is currently Co-ordinator working alongside Older People for the Methodist Circuit, as well as Assistant Leader of the 5th (Wesley) Guides and Beverley Rangers Group.

Christine says that the people who go to Toll Gavel, whether members of the Methodist Church or not,



are all so warm, caring and friendly.

Christine said "The Church is open almost every morning, not just Sundays. There is always a friendly face and someone there to listen. That's what Toll Gavel is all about."



If you would like to find out more about Toll Gavel and its activities, why not pop in? The current Superintendent Minister is Rev. Stephen Caddy who can be contacted on **01482 882325**. The Administration Officer is Jenny Cavill who is available on cavill.jenny@gmail.com or find out more about Toll Gavel United Church at www.tollgavelchurch.org.uk

Just Beverley thanks Toll Gavel United Church for use of information and photographs from their website.

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Lempicka Café and Bistro – continental style with a welcome



Nancy Blackburn took over the running of Lempicka 18 months ago when the café was remodelled to give a more French approach (although the pictures of Lempicka were retained), the pavement opened up to encourage café culture in dry weather, and the menu changed to reflect the French/Belgian bistro feel.

But that was not all – Nancy wanted to concentrate on what she could do really well, which included vegetarian and vegan options and catering for intolerances.

So breakfast, which is served all day, includes full English, vegetarian and vegan versions and



adjustments for intolerances such as dairy, egg and gluten.

But it's not just breakfast which caters for intolerances – there are such options on the whole menu.

There are cakes and flapjacks, sandwiches, rolls and wraps, salads, jacket potatoes, platters, savouries and beverages to suit everyone.

Especially delicious is Lempicka's Afternoon Tea. As Lempicka is licensed, what better way to pass an afternoon than sitting (outside if fine) with a glass of wine or Kir with home-made delicacies, savouries and sweets? Booking is advisable on **01482 866960**.

Although as a French bistro, Lempicka is well-regarded for its delicious coffee which is sourced from The Blending Room in Hull, their tea has been recognised as something special too!



Lempicka has been shortlisted for the 'Best Cuppa' in The Remarkable East Yorkshire Tourism Awards.

As a similarly-nominated business, Just Beverley wishes them Bon Chance!

Lempicka Café and Bistro is at 15, Wednesday Market, Beverley HU17 0DH.

Check out their Facebook page: www.facebook.com/Lempickacafebeverly/



Book now for Afternoon Tea at Lempicka

An exquisite and delicious Afternoon Tea Service at Lempicka Café is now being served daily. Treat yourself to our elegantly prepared Afternoon Tea including homemade baked cakes and tarts, savoury sandwiches, speciality loose leaf teas and our inspiring Kir Royale aperitif.

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Lempicka Café & Bistro, 15 Wednesday Market, Beverley, HU17 0DH

Competition



Nicky Kelly at Adeli has generously donated a hamper as a wonderful prize to the first person out of the hat who can answer the following question:

In which market square is Adeli located?

Closing date Thursday 10th March.

Please e-mail your answers to info@justbeverley.co.uk including your name, address, day-time telephone number. You must be available for publicity photographs for Just Beverley and Adeli. The usual Just Beverley terms and conditions (please see below).

Just Beverley competition terms and conditions.

The Editor's decision is final. No cash alternative is offered. Details may be used by Just Beverley for marketing purposes, data collection and website analytics. The winner will be notified as soon as possible after the closing date. Winners must be willing to collect their prize. Winners must be prepared to participate in publicity for Just Beverley magazine, website and Facebook page.

Easter and The Beverley Passion Play

The concept of a Passion Play in Beverley on Good Friday was first mooted by Richard Bradbury, Beverley Community Church Leader and other churches in Beverley, which meet together as the umbrella organisation, Churches Together.

For many years, there has been an open air event on Good Friday when a cross is carried through the town and a short service held in Saturday Market as an act of Christian witness to recognise the importance of the Easter Story, and in the past there have been elements of the story presented as Mystery Plays, but never a full-fledged Passion Play.

There was therefore a vision for Beverley to produce its own Passion Play with costumed actors and realistic props to enhance the experience.

There are many villages, towns and cities which recreate the Biblical events of some 2000 years ago, most famously in the small town of Oberammergau, Bavaria.

The Oberammergau Passion Play has been performed every 10 years since 1634 and has become a major tourist event – the next Play will be performed in 2020 when over 750,000 people are expected to attend! Could Beverley's Passion Play become as famous?

The Beverley Passion Play follows the events of Holy Week which culminates with Jesus being crucified on the Cross. The events leading up the Crucifixion are described in all four New Testament Gospels with the event itself accepted as historical fact. Various sites between The Minster and Saturday Market are used for the depiction of key elements of the story, leaving space for spectators to watch the tableaux as the story unfolds.

Everyone involved is a volunteer and all of the actors who depict the people who were involved in the story are amateurs – including the Roman soldiers of the York Re-enactment Team who wear historically-accurate uniforms! Although the Play only takes about 40 minutes to perform, there is many months of practice and preparation with co-ordinated action on the day.

The Play is directed by Sandra King, a Christian with a wealth of experience of directing plays written by such luminaries as John Godber, William Shakespeare, Andrew Lloyd Webber and many others, who is able to bring all the emotion out of the actors necessary for portraying the Easter Story. The actors taking key roles wear microphones and speakers are strategically placed so spectators can hear what is being said.



Wednesday Market depicts the Temple where Jesus overturned the tables of the money-changers and shouted at everyone who was buying and selling there to get out of God's house.



The procession then moves to the corner of Walkergate and Butcher Row for the Last Supper – the final meal of bread and wine which Jesus shared with his Disciples at Passover, on the Thursday before the Crucifixion. Maundy Thursday is so named because it is the anniversary of the beginning of the celebration of Holy Communion (also known as Eucharist or Mass), when Christians remember Jesus' sacrifice.

The word 'Maundy' comes from the Latin word *mandatum* which means 'commandment' as at the Last Supper Jesus gave the Disciples a new commandment. Jesus commanded that they should love one another as he loved them; this he demonstrated by washing their feet, a lowly job which only servants would do.

The Play assembles at the Minster at 10.45am and as the actors progress towards Wednesday Market, they depict the first day of Holy Week when Jesus arrived into Jerusalem with crowds of people greeting him, waving palm branches and throwing them down on the road before him.

Thousands were gathered in Jerusalem for the biggest Jewish festival of the year, Passover, and Jesus was fulfilling the prophecies that the Messiah would ride into Jerusalem on a donkey.

At Toll Gavel and Butcher Row corner, the Play remembers the Garden of Gethsemane, where the Disciples went to spend the night. Jesus took Peter, James and John to pray with him, but they fell asleep. It was here that Peter three times denied ever knowing Jesus and where Jesus was betrayed by Judas Iscariot's kiss, arrested by Roman soldiers and taken for trials before the Jewish judiciary (the Sanhedrin), King Herod Antipas and Pontius Pilate.

The Sanhedrin wanted rid of Jesus for upsetting their money-making schemes in the Temple and accused him of blasphemy for claiming he was the Messiah; but blasphemy is punishable by stoning, not death, so they took him to Pontius Pilate.

Jesus' trial where he was found guilty of treason for crimes against Rome by Pontius Pilate takes place at The Guildhall. The Sanhedrin told Pilate that Jesus was claiming to be King of the Jews and persuading people not to pay their taxes. The Romans were worried as he was becoming very popular and this was disturbing the status quo – they feared this could lead to an uprising.

Being tried at the same time as Jesus was a thief called Barabbas. It was the custom at Passover, to release a prisoner and the assembled crowd was asked who they wanted to be released – Jesus or Barabbas.

The crowd has turned against Jesus and they demand Barabbas is set free. When asked what should be done with Jesus, they shout 'Crucify him!' Roman soldiers strip Jesus, beat him and make him carry his own cross to the site of execution.

The Beverley Passion makes its way down Toll Gavel, with a weakened Jesus stumbling as he struggles to walk and carry the cross at the same time. Simon of Cyrene is forced to carry the cross when Jesus can hardly move.

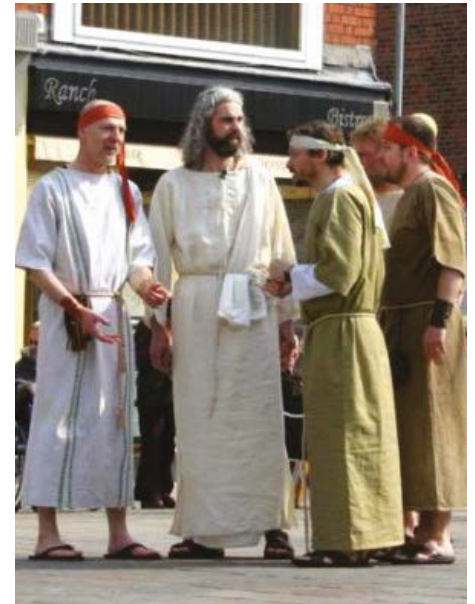
At Saturday Market, Jesus is crucified. He is nailed and bound to the cross, has a thorn of crowns placed on his head and a sign 'King of the Jews' hung above him.

The spectators mingle with the actors who realise the enormity of their actions, especially when Jesus cries out 'Forgive them Father, for they know not what they have done!' It is very moving and there can be tears as there is complete silence and respect for the representation of the events of so many years ago.

Producer Richard Bradbury addresses the crowd, which in 2014 numbered around 2,000 people, inviting anyone who wishes to know more about the Easter story to contact any of the Churches involved or to ring him on **01482 868124**.

Jesus is taken down from the Cross, which stays as a reminder to all of Jesus' sacrifice whilst stewards help the crowd disperse, collect the props and assist the technical crew to dismantle the sound system.

There is further information at <http://beverleypassion.org/> where you can also see a film of last year's Passion Play. Just Beverley would like to thank the organisers of the Beverley Passion for use of their photographs in this article.



LIFESTYLE

Think you can be perfect? Think again!

It has been impressed in us since our childhoods that we should always strive to do the best we can. But if the effort to be the best, the striving for perfection, does not allow time for relaxation, then it could be making us ill. And anyway, no-one can be good at everything – we are all blessed with different skills, some of which we can perform better than others.

Setting impossibly high performance standards and being unnecessarily critical when we fail to achieve them can be detrimental to our mental and physical health; it can lead to a complete breakdown. But who are we trying to impress? Being perfect is not the same as reaching our potential. And anyway, what is perfection? Who defines it?

Often, the drive for perfection is due to our need to be seen to be successful so that we are praised and our egos massaged. Turn that around to understand that it's the fear of failure which makes us strive for unreasonable targets. Fears (or Future Events Appearing Real) are destructive, negative emotions which cause the constant release of stress hormones. But so what if we're not perfect? Name me one person who is?

Making mistakes is part of being human, but mistakes are learning opportunities for improvement. We would never progress if we never made mistakes or identified better ways of doing things. In fact, it's not unreasonable to expect that perfection can never be achieved as there is always likely to be a better way, but that's all about increasing understanding and finding incremental improvements in the way we do things.

So accepting that we all have imperfections and that no-one can be perfect is key to understanding of self and our place in the world, and that in turn leads to happiness and well-being. I for one can't imagine what a boring place the world would be if everyone and everything was perfect! Be happy,

Linda

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Winners, winners and more winners!



LEFT: Dads Army Competition - Cliff Baille, Manager - Christine Benson Dads Army Goodies winner. Runners up Tickets - Danny Coles, Alice Stanley, Val Humprey, Tony Walker.

BOTTOM LEFT: Dads Army Competition - Cliff Baille, Manager - Christine Benson Dads Army Goodies winner.

BOTTOM RIGHT: Valentine's competition winner Robert Burrell.

Why not enter this month's competitions on pages 7 and 13? You could be a winner, too!



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The Asian Curry Awards

There has been a see-change in the curry industry in the UK and beyond which recognises the great strides Asian chefs have made in changing the perceptions of the British curry-eater.

No more stodgy, fatty, very spicy food, but fresh, flavoursome, healthy dishes which better reflect the food which Asians eat in their own homes.

It has been wonderful to see Rumi's nominated for these awards. Sham Alom says he has no idea who sent in the form, except to say that now his restaurant in our little market town has been recognised nationally.

The Best Restaurant of the Year Award goes to the restaurant which provides the ultimate dining experience in terms of quality, décor, creativity and service, thus raising standards as a whole.

Rumi's has already had a visit from the judges where Sham had to cook selected meals from the menu as well as special requests. And it wasn't just the food which was tested for quality, presentation and difficulty of preparation! The space and staff were also being judged.

The Awards Ceremony will be covered by the media and television networks to ensure nominees gain national exposure and competitive advantage. Until then, Just Beverley has the benefit of being able to sample Sham's food any night of the week. Here is another recipe from Sham for you to try!

Lamb in Rich Tomato Sauce

- 1 ½ lb leg of lamb, cut into cubes and trimmed of any fat
- 2 tbsp. of red wine vinegar
- 1 tbsp. salt
- 4 tbsp. butter
- 2 tbsp. of oil
- 2 onions, chopped
- 1 piece of cinnamon stick
- 2 cardamom pods
- 2 tbsp. ginger puree
- 2 tbsp. garlic puree
- 1 tbsp. coriander
- 2 tbsp. cumin
- 1 tbsp. ground turmeric
- 400g tinned tomatoes
- ½ tbsp. ground cardamom
- ½ tbsp. ground nutmeg
- 1 bunch coriander – chopped



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Inches Body Studio offers more than just weight loss

Situated at the town end of Norwood, at No 1, Norwood, is Inches Body Studio. It has been there for 24 years, helping ladies become fitter and healthier by improving their mobility, increasing muscle tone and joint mobility and helping them to lose inches of unwanted fat.

At the moment Inches is ladies only but now the owner, Yvonne Jones, is keen to extend that service to gentlemen who may wish to avail themselves of her expertise by beginning men-only sessions in an evening.

Yvonne told Just Beverley that when the salon first opened it was mainly younger ladies who went to Inches, wanting to lose weight by using the latest fad. Shapemaster Toning Tables were all the rage – hairdressing salons had them installed rather than therapy centres - as they were marketed as being the lazy alternative to eating healthy food and exercising regularly for guaranteed weight and inch loss.

They are still an excellent start to any weight loss programme, but Yvonne's training and expertise has extended that initial use into something more – because the Tables are wonderful for people who would not be able to exercise otherwise and would definitely not be able to use a gym due to the high impact, repetitive and joint-stressing routines which gym instructors recommend. So people who have pre-existing medical conditions or are unfit can use the Tables with safety,



helping them to become supple as well as keeping slim. This makes sense, as the Tables were first designed in the 1930's to help polio victims and other paraplegics regain muscle fitness passively.

So how do the Toning Tables work? The seven machines (or Tables) help the body perform movements mechanically-matched to the body's own movements whilst lying or sitting.

Research has found that this elongates muscle fibres as would happen with stretching, yoga or Pilates, rather than shorten them as gym-based exercises tend to do. Because the machines are power assisted, there is no need to overcome initial inertia as is the case when using a gym so they are suitable for almost everyone. As users gain fitness, increased resistance and more extensive stretches can be incorporated, so improving muscle tone and flexibility even further and this is what helps with inch loss, too.

Yvonne's clientele has become more mature but she loves helping people to live more mobile lives. She has helped clients who are living with ME, MS, osteoarthritis or rheumatoid arthritis or have had knee and hip replacements or a stroke. She also finds that the Toning Tables have another major advantage. Because they help with relaxation

they can be positive therapy for people suffering from depression or stress. Anyone living with any of these illnesses are very welcome to a week's free trial.

Inches also has a Vibraxis machine which can help with bone density, which is important for post-menopausal women.

Yvonne said "Some of my clients want to lose weight as well as inches, which we help them with by offering diet advice. Others want help with fluid retention and cellulite for which we offer Linfogei (lymphatic drainage) and Universal Contour Wraps.

But all of these are additional to the Toning Tables because most of my clients just want to feel stronger and more toned. We always take measurements and everyone is amazed that they have lost inches, especially round their middle, just by relaxing on these tables for 1 hour two-to-three times a week."

Yvonne is ably assisted by her daughter, Neely, and colleagues Sue and Suzi, who are just as passionate about helping people, which is why they want to encourage men to discover this amazing way of improving their health and well-being.

Any gentlemen are very welcome to call Inches for an informal chat.

Inches is open from 8.15am - 7pm Monday to Friday and 8am - 11am Saturday. Telephone 01482 865229 or e-mail info@inchesbeverley.co.uk



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Getting out and about now the weather's changing

Isn't it wonderful now that the weather is becoming much nicer and we can look forward to days out. But if your mobility is limited how can you make more of a day trip?

Fortunately, there are lots of walking aids available, which can really help; some even have a comfy seat for when you need to take a breather. The seat can also come in very useful when you're having a day by the sea and the benches are all taken by other day-trippers enjoying an ice cream or fish and chips at the same time as you want to eat your ice cream or fish and chips!

Walkers come in two main styles, those with three wheels, and those with four; all have safety brakes which also lock as a parking brake. Walkers come in various sizes, from petite to large, with the handle height being adjustable to enable correct posture, avoid stooping and prevent associated aches and pains. They fold away quite easily for storage and transport and are available in steel and aluminium, the latter being very light and non-rust. All walkers come with a handy shopping bag. Optional extras include a walking stick holder and extra shopping bags!

Just want a walker for in the home? These handy devices are available with a removable tray which attaches to the seat top, allowing the walker to be used to transport tea and biscuits, as well as being a mobile coffee table when placed next to your favourite comfy chair.

All Mobility have a good range of walkers for indoor and outdoor use, which you are very welcome to 'test-drive'. If you aren't able to get to the shop, which is on Old Walkergate near the junction with Butcher Row and Toll Gavel, just give them a ring on 01482 887799 and they will bring a selection to you for a no obligation inspection and try-out. Happy Days!

Ever thought of having hair extensions?

Hair extensions aren't just for women who want to have long hair – although, if your hair grows slowly or not at all and you have always wanted the Jerry Hall or Indian Princess look, then hair extensions can be the solution to your problem.

Many women use hair extensions to give a fuller, thicker head of hair. Although the perception is that only men suffer from thinning hair and hair loss, it can happen to women at almost any time in their life. Some reports claim that as many as 1 in 5 women over the age of 25 will suffer from some degree of hair loss at some time in their lives. As thinning hair is not really noticeable until volume has reduced by 15%, many women do not seek help as soon as they should. Thinning hair can be caused by stress and anxiety, poor diet, hormonal changes, some drug treatments, the environment, genetics and ageing. There are many treatments available to help counteract hair loss, but hair extensions are safe and instant.

Hair extensions do not have to be added all over the head; they can be added to cover specific areas, e.g. on the crown or down the sides. Colouring hair extensions to give highlights removes the need to use harsh chemicals on natural hair, so the natural hair is protected.

The hair which is used for extensions is called 'remy' which is hair which has been collected directly from a woman's head whilst held in a ponytail so that none of the strands fall to the floor. All of the cuticles are healthy, intact and flow in the same direction so the hair will be tangle-free. True 'remy' hair lasts for a long time, can be coloured or heat-treated and even reused. Companies such as BeautyWorks make hair extensions in 46 different colours for matching with natural hair – or providing highlights or even a completely different look!

Hair extensions can be added using micro rings (also known as micro beads, nano beads or micro loops) which do not damage natural hair as there is no glue or heat required to fix them. They can be used on hair as short as a couple of inches long, easily removed and repositioned, non-allergenic and very difficult to spot.

Rachael Williams at Faith Hair and Beauty is an experienced hair care professional. Contact her on 01482 872871 for a free, no obligation consultation for advice about the suitability of hair extensions for you. Faith currently has an offer of £100 off 16" hair extensions until 30/4/16.

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Hot Cross Buns, Hot Cross Buns, One-a-Penny, Two-a-Penny, Hot Cross Buns!

We traditionally eat Hot Cross Buns on Good Friday (although many supermarkets start selling their versions straight after Christmas!). But why do we eat these spiced, warm buns with a pastry cross on the top?

The buns signify the end of Lent and are meant to be eaten warm, straight from the oven. The pastry cross on top of the buns symbolises the cross that Jesus was crucified on, the spices inside remind Christians of the spices which Jesus' body was anointed with in the tomb. They also include dairy products, which are not eaten by some Christians after Shrove Tuesday until Good Friday.

It is said that buns baked on Good Friday will not go mouldy during the coming year and that one bun should be kept for medicinal purposes so that a piece of it given to someone who is ill will help them recover.

Another should be hung in the kitchen in which it is baked to ensure everything cooked there turns out perfectly. It will also protect against fire. A hot cross bun taken on a sailing vessel is said to protect against shipwreck.

So there are lots of reasons to bake your own buns on Good Friday! They are very easy to make with strong, plain flour and fast-action yeast. Here's a favourite recipe!

Ingredients for the buns

- 625g strong white flour (plus extra for kneading)
- 1 tsp. salt
- 1½ tsp. ground mixed spice
- ½ tsp. cinnamon
- 45g unsalted butter (plus more for greasing the baking trays)
- 85g light brown sugar
- Zest of 1 lemon
- 1½ tsp. fast-action yeast
- 1 egg
- 275ml milk, slightly warmed in a pan
- 125g mixed dried fruit, soaked in orange juice to make it softer. Include stem ginger for extra spiciness.

Pastry cross and glaze topping ingredients

- 2bspn plain flour
- Water with a few drops of cooking oil
- 1 tbsp. golden syrup, slightly warmed.

Method for making the bun dough.

Stir the yeast into the lukewarm milk so that it dissolves. Break the egg into a bowl and lightly beat it. In another bowl, combine the flour, salt, sugar and spices. Rub in the butter. Add the egg and the milk mixture. Add the dried fruit and fold over and over to combine all of the ingredients. Then cover with a damp cloth and leave for about 45 minutes in a warm place (such as the airing cupboard) until doubled in size.

Meanwhile, heat the oven to 200 degrees C (190 degrees C if a fan oven) or Gas Mark 6.

'Knock down' the dough mixture on a floured board and knead until it is smooth and elastic. Grease a couple of baking trays with butter and divide the dough into 15-18 equal-sized pieces, formed into bun shapes, arranged so that the pieces are not touching. Cover the buns with a warm towel and put them in a warm place for a further 15 minutes to rise further so they are touching. During this 15 minutes, make the crosses and glaze.

Mix the flour with a small amount of water/cooking oil to create a stiff pastry. Form it into a thin strip. Cut a cross in the top of the buns and place the pastry into this ridge.

Bake in the oven for 15-20 minutes. When cooked, turn out onto a cooling rack. Whilst they are baking, soften the golden syrup. Brush the buns with it as soon as they are sat on the cooling rack. Enjoy with best butter.

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PUZZLE PAGE

Sudoku

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

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

Wordsearch

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

EGGS
 FLOWERS
 MOTHERS DAY
 SPRING
 SUNDAY

Why is it that kids can't sleep at night yet in the morning they can't get up?

Why is it that the shortest queue takes the longest time?

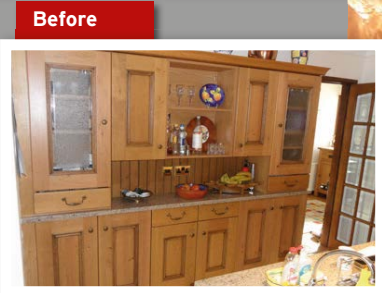
Why is it when the phone rings, you can never find it?

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



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Elvis by John Fewings

*I thought it was odd
How he carried a hod
And trundled cement up and down.
When he wiggled his pelvis
And said he were Elvis
Then we all knew that he was a clown.*

*There's Paddy and Mick,
Both real quick with a brick
So be careful should you call them
thickies.
Though they're not very bright
They both shine in a fight;
They're a regular tough pair of brickies*

*They both said the lad had some daft
aspirations
With his quiff and his blue suede shoes.
And as for those damaging pelvic
gyrations,
They'd make any poor sod sing the
blues!*

*He was jumping and jiving
And ducking and diving
And hollering more than he oughta.
He was hiding and skiving,
Spent more time conniving
Than he ever spent mixing up mortar.*

*Before this place he worked at
McDonalds
Though they said all he did there was
sing.
And when I asked why, he said with a
sigh,
"Because I am the true Burger King."*

*And he feeds you this story of growing
up tough
Of clawing his way from the ghetto,
But I'm sure that I saw him a month or
two back
Stacking up shelves down at Netto.*

*And who is this Colonel he's talking
about?
Is he just some kind of a nut?
'Cos he ain't going far with this rock and
roll star
If he don't lose that beer-belly gut.*

*He's been curling his lip and wiggling
his hip
But he just ain't been pulling his weight.
He may be a "hound-dog", whatever
that means,
But I tell you he's no builder's mate.*

*He's had umpteen jobs – or so I've
heard tell
And each time he's been given the
sack.
Well its no different here
With a flea in his ear
From today he won't be coming back.*

*The work that he does is just not up to
scratch
And the flak I am fed up with fielding.
For anyone out there who needed to
know,
Elvis has left the building ... site.*

John Fewings is Just Beverley's Poet-in-Residence. He writes poetry for people who don't like poetry!

He's a member of the Argy-Bargy Poets and a presenter on Beverley FM.

Find out more about John on his website www.johnfewings.zone

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Emma Williams - a Woman on a Mission!

Emma is the East Riding co-ordinator of The Dementia Action Alliance (DAA), an organisation which seeks to challenge society as to its response to dementia, by raising awareness and reducing the fear and stigma associated with it.

To this end, she is keen to talk to any business, organisation, society or club, public, private or voluntary, about the group of illnesses which come under the umbrella term 'dementia'.

Emma told Just Beverley "People don't want to discuss dementia and so many don't have an appreciation of the day-to-day practicalities which people with living with dementia have to deal with."

Dementia, just like cancer, is not a natural part of the ageing process - just because you are getting older it does not follow that you will develop dementia. But it is a disability which does tend to affect older people - people diagnosed with dementia under the age of 65 are considered young. However, age is an arbitrary distinction as it is the impact of the condition which matters and services are being realigned to accommodate this.

Everyone's experience of dementia is unique, the progress of the condition varies and therefore their needs are different. So what is dementia? It's a degeneration of the brain which causes a progressive decline in the ability to think, reason, communicate and remember.

It does not discriminate between sex, ethnicity or economic factors and there are no concrete risk-factors - anyone can be affected. Short-term memory loss isn't necessarily dementia but anyone concerned should visit their GP to get checked out.

The commonest form of dementia is Alzheimer's,

which is typified by the build-up of proteins to form 'plaques' or 'tangles' which leads to a loss of connectivity between nerve cells and ultimately brain tissue; there is also disruption to the production of some of the chemical neurotransmitters.



This affects memory, language, spatial awareness, orientation, concentration and organisational skills. It can lead to depression and aggressive behaviour. Other forms of dementia include vascular dementia (which is often caused by a stroke), Creutzfeldt-Jakob disease, Huntington's Disease and Parkinson's Disease Dementia. As Emma says "There are 850,000 people living with dementia so it is important that society understands how to help them.

Organisations could be key to creating more general awareness about the disease and how to support people living with dementia. You never know who might be living with dementia as people don't necessarily look any different!

So empathetic, customer-friendly service can go a

long way - just giving people longer to think; making access easier; looking out for people who are struggling; keeping back-ground music low; being aware of using black mats as they can look like black holes; understanding that people living with dementia might not recognise their own reflections and realising the value of respectful relationship-building."

Companies and organisations which can demonstrate their dementia-friendliness are invited to join the Dementia Action Alliance and display their logo in their premises. They have to complete a survey demonstrating an action plan for seeking to ensure their willingness to help enhance the quality of life for people living with dementia. They are also listed on the local DAA website: www.dementiaaction.org.uk/local_alliances/10402_east_riding_dementia_action_alliance

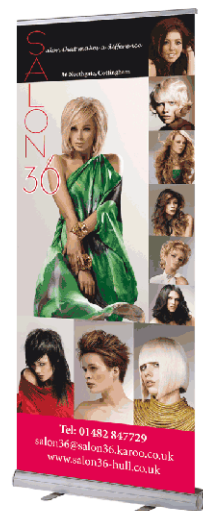
There is no reason why Beverley itself or each of the surrounding villages could not gain Dementia Friendly status. Emma is setting up 'DIGER' - Dementia Involvement Group East Riding for anyone who is affected in any way by dementia. She is being helped by Wendy Mitchell who is living positively with dementia. Wendy can be contacted at wendy7713@icloud.com or on Twitter @WendyPMitchell

Emma can be contacted on 01482 211255/07736121323 or emma.williams@alzheimers.org.uk. She is based at The Alzheimer's Society, Suite D, Reed Court, Annie Reed Road, Beverley HU17 0LF. They are also on Twitter @East_Riding_DAA



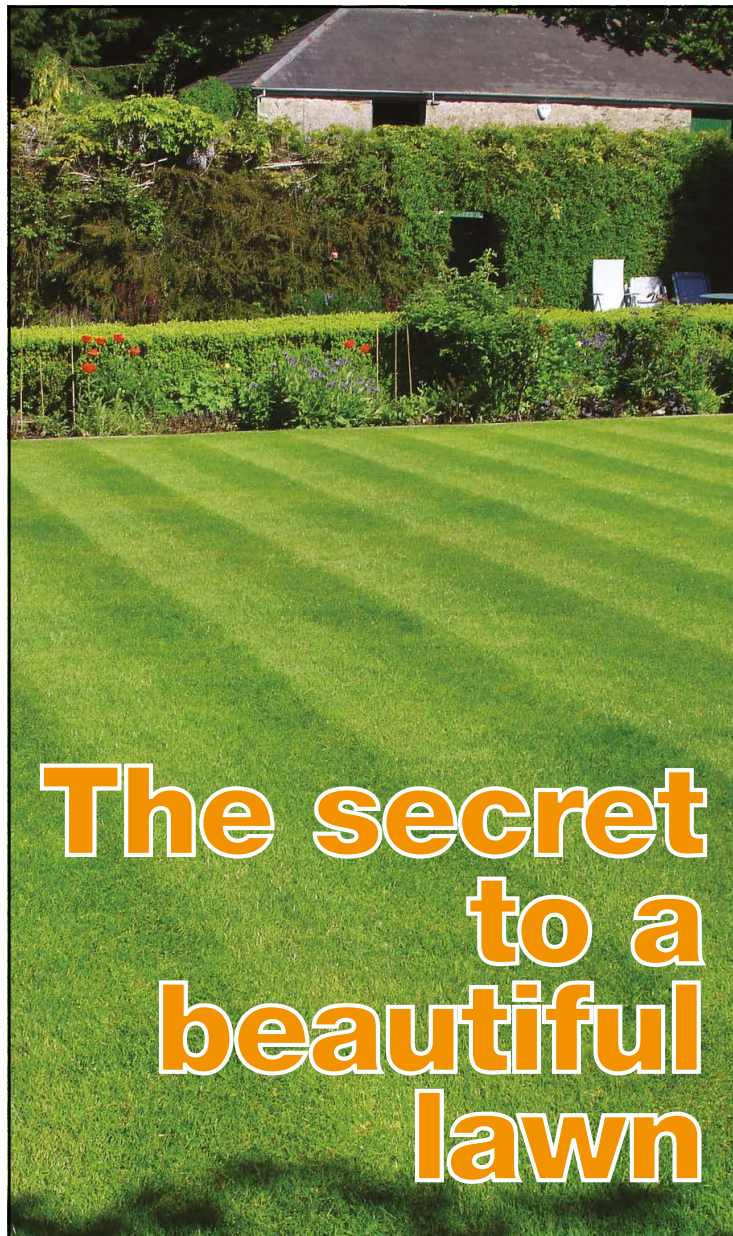
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Yorkshire Cancer Research - a Yorkshire charity to help Yorkshire folk!

Did you know that 527 people are diagnosed with cancer every week in Yorkshire?

Did you know that people in Yorkshire are more likely to get cancer and are more likely to die from it than most other counties in England? Those are scary facts which Just Beverley was unaware of! But before we all put our houses on the market and desert out beautiful county, there is an organisation which is set to help.

Yorkshire Cancer Research (YCR) want to change those awful statistics. The high incidence of cancer in Yorkshire is not just due to our industrial heritage and lifestyle choices, but also due to disparities in the availability of healthcare services and inequalities in accessing early diagnostics, clinical trials and the latest treatments. So YCR is committed to investing £100m over the next 10 years to tackle those issues and reduce the deaths from cancer by 2,000 people per year.



That is clearly a tall order! But the lady set to help facilitate those changes in this area is up for the challenge. Adrienne Hodgson has a family history of breast cancer and knows how devastating it can be. Her own mother died of breast cancer at the age of 55 when she was only 20. Her father was unable to cope with his loss so Adrienne had to organise her mother's funeral, which did not give her time to grieve, leading in turn to her own health issues.

Before working for YCR, Adrienne worked for St Andrew's Children's Hospice in Grimsby which provides palliative care services for children in East Yorkshire which provided her with more evidence of the practical difficulties people of all ages have dealing with a diagnosis of cancer. Adrienne is passionate about the way YCR is changing its objectives to concentrate on patient-centred research.

As she said "There are other organisations which concentrate on clinical research, trying to find a cure for cancer, but we can help Yorkshire people more directly with our own Yorkshire funds by working within the community to improve understanding of cancer, increasing the number of people who go for screening and supporting them by researching and campaigning for the best healthcare services."

So Adrienne, who is Beverley born and bred, is keen to develop her new Regional Fundraiser role in three ways. First is to give the local volunteer fundraising committees as much support as she possibly can as their work is vital to the organisation; she wants to be seen positively helping with their efforts by taking part in fund-raising challenges and being seen as a leader, not just a manager. Second, Adrienne wants to link up with businesses and other organisations in partnership so they work together to the benefit of patients. Third, she wants to talk to as many people as she possibly can about cancer, cancer screening, adopting a healthy lifestyle and accepting that there is nothing to be embarrassed about if we think there is something wrong with us, as we all have a body which sometimes doesn't work as it should!

Adrienne told Just Beverley "One of our studies is being conducted at the Hull York Medical School to find out why people with suspected cancers fail to turn up to urgent screening appointments. Early diagnosis and treatment significantly impacts on the outcome so we need to find out why almost 1 in 5 people, who have had an urgent referral by their GP, do not keep the appointment. If everyone was treated in a timely manner the figures for Yorkshire could be significantly improved."

Adrienne has always enjoyed testing her own resolve. She has already done a fire-walk and abseiled down the Humber Bridge, so her next fund-raising feat had to be more dramatic. So she has put herself forward to do a wing walk on a bi-plane! Adrienne would be delighted if you would sponsor her or even go and watch her details will be announced soon.

More details about Yorkshire Cancer Research can be found at www.yorkshirecancerresearch.co.uk. Adrienne can be contacted at adrienne@ycr.org.uk or on **07464 925594**.



In The Garden - March

MARCH is the month when we realise spring has finally arrived – in February we will have seen the beginnings with aconites, snowdrops and a few adventurous daffodils giving us colour. In March we see many more spring flowers bursting into colour and fragrance, bringing a welcome vibrancy to the garden.

Personal 'spring time' favourites of mine are the soft downy catkins of the pussy willow and the 'lamb's tail' catkins of the Corkscrew Hazel.

Trees and shrubs to enjoy in March are Camellias, Forsythia, Chaenomeles, Ribes and flowering cherries. In this area Camellias will require an 'Ericaceous' feed and compost as they cannot tolerate our (generally) limey soil. Forsythia, Chaenomeles and Ribes all flower on last seasons' growth so prune them just after flowering if they need a 'tidy up'.

Weather in March can still be very variable; however, the days become longer varying between 11 hours at the beginning and 13 hours at the end of the month giving us a greater chance of more bright sunshine

which will help to warm up and dry out the soil. At the end of the month, on Easter Sunday this year the clocks will go forward enabling us to get out in the garden in the evenings (weather permitting!!).

At this point I might offer a word of caution – gardening is a good form of exercise and if you've not done much during the winter months build up to heavy tasks slowly i.e. don't dig the vegetable plot over in one session, break it up into shorter sessions. I have to say that I have been guilty of this in the past and regretted it next morning when I have a very stiff and sore back!!

Tasks in the garden for this month.....

- Apply plant foods to established borders
- Mulch bare soil
- Continue to prune overgrown and late-flowering shrubs
- Prune roses
- Cut back perennials and grasses that were left over winter
- Divide overgrown clumps of perennials
- Dead-head daffodils and apply plant feed – to improve next years flowers
- Plant summer-flowering bulbs
- Sow hardy annuals out of doors
- Protect fruit blossom from late frosts



- Mow the lawn on a more regular basis (start with the blades set high)

March will be your last chance to plant bare root trees and shrubs, and if you want to get ahead put stakes and plant supports in to support new growth before it is really needed. Next month the pace in the garden really starts to pick up, so until then...

Happy gardening, J.

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So why golf?

• *It's outdoors.*

Golf is an outdoor sport, studies have shown that constant exposure to green areas relaxes the body and reduces stress. Furthermore, exposure to sunlight allows the body to soak up vitamin D from the sun, promoting bone growth in youth and reducing the risk of depression, heart disease and certain cancers.

• *It's good for socialising.*

Golf is a very socially enjoyable sport. It can be a great way to keep in touch with friends, provide opportunities to meet new people and help connect a community. Studies have even shown that a great number of business deals are closed on the golf course!

• *It burns calories.*

A typical round of golf can be around 5 miles. With all the walking, carrying and swinging involved, golfers can burn up to 1000 calories in a single game.

• *It's good for heart health.*

Playing golf can lead to quite a bit of exercise for your heart. As is the case with burning calories, the walking, carrying and swinging will increase your heart rate, keeping it pumping and increasing blood flow. Naturally, this will lower your risks for heart diseases and decrease levels of "bad" cholesterol.

• *It's good for the brain.*

As your heart rate increase, so will blood flow to the brain, which can stimulate and



improve nerve cell connections. This can delay mental illnesses such as dementia. remembering scores, using strategy and hand eye co-ordination also helps the brain stay active.

• *There's a low risk of injury.*

Golf is a leisurely sport and, compared to other sports, when done correctly the overall risk of injury is low because it is not a contact sport. Even so Golf provides just enough of a physical challenge to keep the muscles engaged.

• *It can help you to sleep better.*

Since you are getting quite a bit of exercise,

your tired body will thank you at night when it's time for some long deserved rest. Golfers are able to remain in a deep sleep for longer periods of time due to the amount of energy expended. Deeper sleep is necessary for your body to regenerate cell and repair any muscles and tissues.

Stewart Fraser is the PGA Golf Professional and Director of Golf at Beverley and East Riding Golf Club, Westwood, Beverley, HU17 8RG.

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£50 per 4 ball for 18 holes



Please note the Snainton Golf Store has now relocated to Beverley & East Riding Golf Club

Beverley Clay Target Centre

Megan Selway, secretary at Beverley CTC has a busy year ahead of her!

For here, on the outskirts of Cherry Burton, near to Leconfield, is a world-class facility which trains shooters of all disciplines – in fact it is the only ground in England where you can shoot all the Olympic disciplines which are Trap, Skeet and Sporting or Double Trap. So that means that you could be a beginner and rubbing shoulders with Olympic, Commonwealth or World Champions such as Steve Scott (current Double Trap Commonwealth Games Champion with Stevan Walton); Ian Peel (Olympics Silver Medallist, Trap); Peter Wilson MBE (current Olympic Gold Medallist, Double Trap) and Amber Hill (World Cup Gold Medallist and Olympic Skeet shooter)! You could certainly learn a lot from them as they all very approachable when they attend training and selection days or just turn up to practice!

Alan Poskitt, a champion in the 50's and 60's also frequents the Club and has a cup named after him.

At Easter, shooters from all over the country will be coming to take part in one of the most popular disciplines, known as Down the Line (DTL), for the Beverley CTC DTL Easter Cup. Every entrant shoots 200 identical clays over 2 days – but the position from which the

competitor shoots alters and the trap moves, too, so the challenge is working out where the clay might go! This takes a lot of concentration!

Beverley CTC also hosts the regional development programme which is run by British Shooting for young people to develop their skills and be selected for the England team.



The Club is open all year as shooting is an all-year event – you can shoot in rain, snow, wind and even thick fog! It's suitable for anyone who can hold a gun, so from the age of about seven upwards. Children and women usually use a double-barrelled .410 bore shotgun which is lightweight, fires the smallest cartridges so has little recoil, and is better suited to their build.

The Club is open Wednesday to Saturday from dawn till dusk with Sundays reserved for competitions.

There is a café which is currently being refurbished has a new veranda. It is open on Saturdays and Sundays for food and tea/coffee otherwise.

When the clocks go back, the café will also be open later on Thursday evenings – which will be ideal for people taking an evening stroll, going on a bike ride or walking their dog; the café is very dog-friendly! There is also ample car-parking.

So if you fancied having a go at shooting clays, what would be your first step? Megan suggests giving the club a call to book a lesson with their professional, Hamish Patterson.

Then, if you get the bug, you will then be coached to reach the competency level required to apply for a shotgun certificate, which you must have before you can buy a gun and ammunition.

The Club now has a Gun Shop and Country Clothing shop which is opened by request, so shooters have their every need catered for on-site!

Why not give Megan a call on 01964 551134 or call in at Beverley CTC, Bygott Wood, Cherry Burton, HU17 7RB

Holderness Hunt Point-to-Point – a Great Day Out!

If you have never been to a Point-to-Point, then you could be in for a treat! Don't know what one is? – then read on!

A Point-to-Point is a horse race for amateurs. It's a steeple-chase, which means the horses have to negotiate various jumps and other obstacles in their path, which can make it very exciting! It's called a 'steeple-chase' because the first ever races of this kind were held in 1836 between huntsmen who raced from church steeple to church steeple.



This year the Holderness Hunt is holding a Point to Point at Dalton Park on Sunday March 13th by kind permission of Lord Hotham, with the first race at 1.30pm. There will be seven races, the last one at 5pm, which will make this a great afternoon's entertainment, especially as the second and third races will finish at the same place as they start!

Along with the racing will be trade stands, tax-free betting, refreshment facilities and a licensed bar. It makes a great family day out, especially as under 16s are free! Why not take a picnic, though!

Entry is £10 which includes parking. There are also a few track-side pegs where you can watch the race from the comfort of your own vehicle – do ring **01482 866010** to check availability.

For more information, go to www.holdernesspoint2point.co.uk/contact

BEVERLEY CTC
Yorkshire's Premier Shooting Ground



Clay Pigeon Shooting Experience for everyone to enjoy -
A perfect activity for all ages.

25 target lessons for £35

Includes: 25 clays and cartridges, gun, safety equipment and briefing and full instruction. All ages welcome.

www.beverleyctc.co.uk
Tel: 01964 551134



Event Associates UK are an experienced and professional event management team which can take the stress out of organising your event, no matter how large or small.

We have worked on a lot of small festivals and events in the past few years and really enjoyed the community aspect and relationship-building along the way. It's great to see the enthusiasm and passion that people put into arranging such occasions, but no matter how small scale, a small event can be a disaster waiting to happen in the same way as a large occasion can be. With the news of several events being planned for Beverley and beyond in the coming year, below you will find a check-list for areas to consider.

• What are your objectives? What do you aim to achieve with your event?

Is it to raise your profile, to bring people together, to raise money or just to have fun! Who is your target audience? How are you going to market it?

• Have you started the planning process in plenty of time?

6 months to a year preparation is ideal.

• Do you have a detailed budget?

Ideally write a business plan with important Key Performance Indicators (KPIs) highlighted. If you get your costings correct, there shouldn't be any nasty surprises down the line.

• Who is handling your Health and Safety?

The Health and Safety at Work Act and numerous other regulations and Codes of Practice could close your event before it has opened and apply to small as well as larger events. All entertainment events are now categorised as work activities so organisers, promoters, licensees, contractors, and venue owners have a statutory duty to protect the health and safety of their workers and anyone who may be affected by their work activity during preparation and the event itself. Special control measures might be needed to prevent the public accessing build-up sites and protect their and employee safety.

• Who is responsible for First Aid?

First aid organisations can assess what is needed for your event and provide medical cover on the day at a sign-posted First Aid point. The route to the nearest Accident and Emergency Hospital must be known and access to the site clear for emergency vehicles.

• Are your traffic management, stewarding and security staff all trained and/or licensed?

These are often the first and last people your attendees will see – the right people can be great ambassadors. But smiling, welcoming faces is not enough when people's safety is at stake! Such staff need to be trained to manage moving vehicles, guard against unauthorised access, protect property against destruction and danger and individuals against assault. All designated security staff must be Security Industry Authority trained with a valid an appropriate SIA license.

• Are you providing children's activities?

Do you need appropriate licenses or Ofsted registration? Do the people working with your children need Disclosure and Barring Service (DBS) checks? You will need to be clear in your marketing material whether children need to bring an adult to look after them.

• Do you have the necessary bookings, permissions and licenses, including written contracts with your suppliers?

You need to ensure exactly what your booking covers and the length of time you have access to your event site. If you are building up a festival site, you will need to discuss with your contractors as to how long they will need to put up and take down marquees, exhibition stands, stages screens, seating etc. It can take months for licenses to be granted for venues where your event is outside of the norm or where you wish to use public land. You may need to consider road closures, too! Street parties don't just happen!

• Is your Public Liability insurance adequate?

This covers volunteers, members, guests, ticket-buyers - anyone who is not an employee. If something untoward happened to any of the above during your event, build-up or take-down which they considered was due to negligence, they could sue you. Public liability covers you.

• Have you completed a risk assessment?

This vital piece of work ensures you have thought about everything which could possibly go wrong so that you can reduce the chance of problems occurring. It does not guarantee that nothing will go wrong! For example, a fire risk assessment ensures you have fire extinguishers and blankets in place, fire exits highlighted and your stewards briefed on how to deal with a fire and get the public to safety. Emergency services will charge you should you require them to be present at your event but will always assist in planning and advice should you need it.

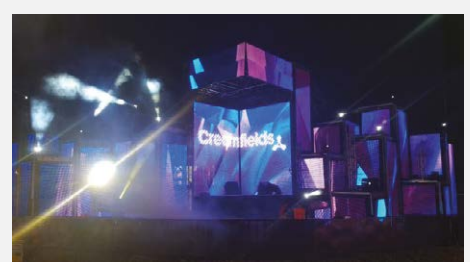
• Does everyone involved have the name and contact details of your designated Site Manager?

An experienced Site Manager takes responsibility for the smooth running of the event which gives you more time to interact with your guests and enjoy yourself knowing that everything is in safe hands! You can pass all the stress and the strain over to them! Site Managers are calm, level-headed people who are able to assess situations quickly and then provide a level-headed solution to resolve the issue. Things go wrong all of the time because events involve people but if issues are dealt with appropriately then your guests' perception will be all good and the feed-back positive.

UK Event Associates have become leaders in delivering tailor-made solutions to meet all of the above requirements for a safe and successful event. From conception to completion we aim to exceed our client's expectations. No event is too large or too small – we have managed everything from unique weddings in bell top tents to large music festivals such as Glastonbury.

From planning to implementation, our team monitors and controls your event on your behalf so that you can relax – and, of course, meet with you for a full debrief afterwards.

Contact UK Event Associates on 03333 441033 or e-mail info@ukeventassociates.co.uk
Beckside Court, Annie Reed Road, Beverley, HU17 0LF www.ukeventassociates.co.uk



Loose Covers – personality and musicianship makes for fun gigs!

If your cup-of-tea is a live band playing well-known pop songs which you can dance and sing along to, then Loose Covers could be just what you are looking for!

Paul Bonnell (lead guitar and vocals), Bob Sexton (rhythm guitar), Tom Roantree (base) and David Sweet (drums and backing vocals) have been around the music scene for more years than they care to remember, which makes Loose Covers a very professional outfit but so relaxed when on stage. In the 18 months they have been together, Loose Covers has supported Harpeth Rising and Union Jill and played at many charity events, weddings and birthday parties.

They see themselves as entertainers rather than musicians with off-the-cuff banter – but that is not to decry their musicianship! Bob is classically-trained and plays with ceilidh band Pandemonium; Tom is mentioned in the book 'Nearly Famous' which is about the Hull and East Riding music scene in the 60's; David used to play with The River Beats (unfortunately, the



Merseybeats became more famous!) and Paul learnt to play classical guitar to entertain his patients when he worked as an Activity Nurse. Paul now also plays with Toll Gavel Church's Ignite Band. Loose Covers' sets last about 40 minutes and include an eclectic mix of covers

from such well-known bands as The Beatles, Killers, Squeeze, Fleetwood Mac, Bowie, Elvis, Everly Brothers, Eagles, Verve and The Rolling Stones. If you are looking for a band for your event, do give Paul a ring on **07864 316452**.

Phil Entwistle – Beverley artist with a British reputation

Phil Entwistle first came to Beverley when he got a job here at the old Humberside County Council (HCC) after university.

He thought it would only be for a year or two, but when the HCC was dissolved and he transferred to North Lincs County Council, Beverley was where he stayed!

He had always been an amateur artist and when early retirement was offered, this was the opportunity to progress his technique and become a professional painter.

He enrolled at Hull College to learn the traditional techniques associated with painting in oils, translating what is seen with the naked eye into beautiful pictures. He paints mainly close-up landscapes of rocks or cliff-faces which echo his fascination with geological formations and the underlying processes which have formed the land.

He now works from Hull College as part of a professional practice scheme where he has space to work on large canvasses and has access to tutors, a print room and colleagues; painting can be a lonely occupation!



Phil's work has recently been selected to appear at The Royal Society of British Artists Annual Exhibition at The Mall Galleries from 17 March to 2 April 2016, which is very exciting. Although not as prominent as the Royal Academy, Phil is one of 125 artists featured

from the 1500 who applied.

He has already exhibited work at Brantwood House in Cumbria, Middleton Hall in Hull, The University of Aberdeen and Beverley's Treasure House and was involved with the Arts Council project 'A Return to the Coast' which included a touring exhibition and railway posters on the Hull-Scarborough line in conjunction with Northern Rail and First Transpennine Express.

You can find out more about the exhibition, opening times and entry prices on the Mall Galleries website. www.mallgalleries.org.uk/whats-on/exhibitions/royal-society-british-artists-annual-exhibition-2016

Phil's work can be seen on his website www.philentwistle.co.uk. He can be contacted for further information, commissions and sales at phil@entwistle.karoo.co.uk

Dawn Walters – A Multi-talented Manager

There are not many village shops which can boast an internationally-acclaimed singer-songwriter as their manager, especially one who writes songs based on Shakespeare's songs and sonnets and who is also renown for singing classical and jazz as a soloist and performing with various choirs and choral groups.

Dawn records her Shakespearian songs and sonnets onto CDs which she sells in the shop and on-line. There are currently 6 collections, mainly for piano and voice, but also occasionally for other instruments; her next 2 albums of sonnets, which she is currently working on, will even include a bluesy piece!

Allegoria is a vocal quartet set up specially to perform Dawn's Shakespearian settings. Singing along with Dawn are Elaine Dave, Saul Phillipson and Edward Lock with Robert Poyser

as accompanist. They have concerts scheduled for Pocklington Arts Society on April 22nd at Pocklington School and at Sledmere House (TBA).

Dawn's talents don't end with Shakespeare, though! She has composed an anthem for the Festival of St John of Beverley which was performed by The Minster Choir and has been commissioned by The Chancel Singers in Kent to write an anthem for St Augustine which was performed in York Minster. At the moment, she is arranging a song called 'Sweet Rose' for a wind quintet in Scarborough has one of her choral pieces in rehearsal by The National Children's Choir. Her most popular choral piece is a Christmas Carol which has been performed in Kent, York, Beverley, Somerset and St Mary's Cathedral, San Francisco.

As well as composing and singing with Allegoria,

Dawn is a member of The Minster Choir and sings for weddings and funerals. She has a husband and four children, who attend Leconfield and Longcroft schools, which, along with her managerial role, keep her pretty busy!

Dawn's music can be heard on You Tube and at <https://dawnwalters.wordpress.com>, where her music can also be ordered, or contact her at dawnwalters@outlook.com



What's On IN BEVERLEY

FEBRUARY/ MARCH/ APRIL

Saturday 20th February – Saturday 23rd April

• **Beverley Art Gallery presents 'Finding the Future of Figurative Art'**

• **Treasure House, Beverley presents 'Aerofilms: Britain from Above'**

A photographic exhibition in partnership with Historic England.

Saturday 27th February

• **New Paths Music 'come and sing' Fauré's Requiem**

Beverley Minster. 10.30am. Performance at 5pm.

Suggested donation £10/singer.

Registration and information info@newpathsmusic.com

Monday 29th February

• **Armstrong Social Club Bingo**

1pm – 3pm.

• **The White Horse Folk Club Singers and Musicians Night**

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home

Tuesday 1st March

• **Psychic Supper in aid of Cystic Fibrosis**

Rose and Crown, 7.30pm, £5. Refreshments and raffle.

Guest mediums. Private readings if time. Tickets from

Rose and Crown 01482 862532.

Tuesday 1st March – Sunday 6th March

• **John Godber Company presents 'Shafted'**

East Riding Theatre. £15/£13.50. Tuesday to Saturday at 7.30pm, Sunday at 2pm.

www.eastridingtheatre.co.uk

Wednesday 2nd March

• **Foresters Arms, Beckside**

Auction of brand new household items and electrical goods. 7.30pm

Thursday 3rd March

• **London Mozart Players present 'Musical Living Passion – Tragedy, Tangoes & Teenage Talent'**

Toll Gavel United Church. 7.30pm. £14.50/£12.50/

Children under 14 free with full paying adult,

additional children £5. Haydn, Mozart, Grieg and Piazzolla pieces.

Friday 4th March

• **Creating Space for God**

Norwood Methodist Church. 6.30pm for refreshments in the Schoolroom at the back of the Chapel followed by an hour of worship with a difference at 7pm. Free.

• **The Beverley Folk (and Roots) Club present Simon Kempston (Scottish singer-songwriter)**

Ferguson Fawsitt Arms, Walkington, HU17 8RX. £8.

Contact 01482 864979.

• **Race and Dine Night in aid of Frederick Holmes School**

The Game Bird, Holme Church Lane, Beverley. Contact 01482 886173.

Saturday 5th March

• **Wedding Fair**

Beverley Minster. 11am-3pm. Fashion shows at 12.30pm and 2pm. Free. Refreshments available.

• **ArtERY Live presents The Hut People**

Catwick Village Hall HU17 5PR. 7.30pm. £8.00 Tel 01964/544947.

Sunday 6th March

• **ArtERY Live presents The Hut People**

Bishop Burton Village Hall HU17 8QJ. £8.00 Tel 01964 552364/01964 552303

Monday 7th March

• **Armstrong Social Club Tea Dance in aid of The Alzheimer Society**

1.30pm-4.00pm.

• **The White Horse Folk Club Singers and Musicians Night**

Beverley Conservative Club. 8.30pm £2. See www.whfolk.co.uk/home

Tuesday 8th March

• **Beverley & District Civic Society present Arthur Credland FSA talking on 'Marine Painting'**

The Beverley Arms Hotel. 7.30pm. Everyone welcome – non-members £3.

Friday 11th March

• **Beverley Film Society present 'Leviathan' (Cert 15)**

The Masonic Hall, Trinity Lane, Beverley. 7.30pm

Membership available or £4.50 for guests.



Sunday 13th March

• **Locust Honey – American Folk Roots Duo and Double Bass**

The Rose and Crown, Beverley. 7.30pm. £8. Tickets from Beverley Tourist Information or Rose and Crown.

Monday 14th March

• **Norwood Nites Community Cinema presents 'The Book Thief'**

Norwood Church Schoolroom. 7pm. Free. Refreshments and Raffle. Transport available through Beverley Community Lift 01482 868082.

• **The White Horse Folk Club presents Ewan McLennan**

Beverley Conservative Club. 8.30pm £7. See www.whfolk.co.uk/home

whfolk.co.uk/home

Thursday 17th March

• **Remarkable East Yorkshire Tourism Awards (REYTA)**

Bridlington Spa. Award ceremony celebrating the best in Hull and East Yorkshire's tourism industry and recognising businesses and individuals and the contribution they make to the economy. 7.30pm. £50/ ticket includes welcome drink and 3-course meal (free for finalists). Black Tie.

Saturday 19th March

• **Me and My Dad Breakfast**

Beverley Minster Parish Hall. 9.30am- 11.00am

• **Licensed to Thrill James Bond-themed Dinner in aid of Beverley Community Lift**

Lazaats. 7.30pm. £40/head includes 3-course meal. Black Tie. Details from manager@bclift.org.uk

Sunday 20th March

• **The Minster Choir sing Stainer's Crucifixion**

Beverley Minster. 5.30pm. Free. Retiring collection.

Monday 21st March

• **The White Horse Folk Club Singers and Musicians Night**

Beverley Conservative Club. 8.30pm £2.

See www.whfolk.co.uk/home

Friday 25th March (Good Friday)

• **The Beverley Passion**

Begins at Beverley Minster North Door at 10.45am. Tableaux of the Easter Story in various places in Beverley Town Centre. Concludes with the Crucifixion in Saturday Market, 11.30am. Information from 01482 868124.

• **Beverley Chamber Choir and Orchestra : Fauré: Requiem and Durufé: Requiem**

St Mary's Church, Beverley. 7.30pm. Tickets £16/£12/£5(students) from Tourist Information 01482 391672 or www.beverleychamberchoir.org or on the door.

Monday 28th March (Easter Monday)

• **Organ Recital**

Beverley Minster. 6pm. £6/free. Tickets on the door.

Thursday 31st March

• **Beverley Ghost Walk**

Meet outside Royal Standard Pub, North bar Within. 7.30pm. £3.50pp. Booking essential at Beverley Tourist Information 01482 391672.

Saturday 2nd April – Thursday 28th April

• **Art Exhibition – 'New Paintings' by Esther Cawley and Jane Beharell**

Beverley Minster.

Thursday 7th April – Sunday 10th April

• **New Paths Music Festival.**

Various Venues. See www.newpathsmusic.com for details.

For more events visit
justbeverley.co.uk/events

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Tell us about your event!
E-mail info@justbeverley.co.uk
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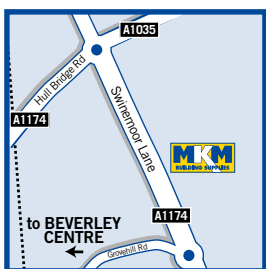
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