

just  
**BEVERLEY**



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**FREE**

**ISSUE 12**

**2016**



**PARKWAY  
CINEMA OPENS**

**NEW YEAR  
RESOLUTIONS**

**WIN!**

**CREED GOODIES  
CINEMA TICKETS  
SIGNED BOOKS  
GYM MEMBERSHIP**

**LIFESTYLE**

**FITNESS FOR 2016  
WINTER DRIVING  
FUN ON THE SLOPES**

**NEWS, WHAT'S ON, LIFESTYLE, FEATURES, PUZZLES, PHOTOS**



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### You can pick up the magazine from:

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

### Letter from the editors



A New Year begins, resolutions are made and 2016 is a year to be filled with optimism and cheer. Beverley has made its mark in recent years and is firmly establishing itself as a place to come to and stay, as the increasing population demonstrates. Many visitors, too, are now using Beverley as a hub from which to base themselves as they visit other parts of the region – into North

Lincolnshire over the beautiful Humber Bridge as well as into North, West and South Yorkshire.

I would like to thank everyone who supports and contributes to Just Beverley magazine, website and Facebook page – it's your magazine! We are delighted with such encouraging feedback and aim to ensure we continue to spread the good news which puts Beverley and its surrounding villages in such a positive light!

2016 promises to be a year to remember – let's make it a classic!

### Julian Minshall



Happy 2016 and Happy New Just Beverley.

As you can see, we are now bigger with a larger font, which makes our news, articles and adverts easier to read and our photographs clearer. Our New Year Resolution is to expand our readership through the magazine, website and Facebook page, to increase engagement of residents and businesses and improve the profile of Beverley through its creativity, events and organisations.

Talking about New Year Resolutions, have a look at our article on page 8 to see how best to go about ensuring you succeed with yours, so when you look back on 2016, you can feel a real sense of achievement.

By the time you are reading this, winter should be upon us, so the advice on Winter Driving (page 35) could be timely. I know many of you absolutely love snow so the article on Skiing on page 14 could be of interest.

We are also excited to introduce you to local singer/songwriter Jack Conman (page 28). An ex-pupil of Longcroft School, he's due to embark on his first tour and release an EP, so good luck, Jack!

This month we have 3 competitions, 2 of which are linked to the opening of our lovely new cinema. Our double page spread (pages 6-7) features all the exciting films and events which you can now watch in the comfort of this fabulous purpose-built facility. We are especially looking forward to 'The First Film' and meeting the maker of this documentary along with one of its participants on Independent Sunday. But there are also Mystery Movie Mondays, Shakespeare on Sunday, Senior Screen Thursdays and all the new releases! Wow! Our 3rd competition is courtesy of East Riding Leisure so we have no excuse not make 2016 our fittest year ever!

Until next month, have a good one!

Linda Johnson

### Get in touch with us:

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

## Beverley Building Society Award!

**Beverley's own Building Society has been awarded the nationally prestigious 'Best Local Building Society' award for 2016 by the Mortgage Finance Gazette publication.**

The award is assessed on a statistical analysis, with focus on mortgage and savings products being consistently competitive within the market, as well as a reflection on its service to meet consumer and market demands.

Beverley Building Society's Chief Executive Peter Myers said: "Receiving a national award demonstrates a great achievement by the team at the Society".

Whilst Beverley Building Society primarily serves the East Riding of Yorkshire, the Society's mortgage and savings products are available nationally. Celebrating its 150th Anniversary next year, the Society is immensely proud that its services have been recognised nationally as every effort is made to ensure that products reflect its founding core principles and future vision.



## Evie Molloy - Going for GOLD

**Guiding Overseas Linked with Development (GOLD) scheme enables young women within the Guiding movement the opportunity to travel overseas, improve their skills and experience an amazing new culture by taking part in sustainable community-based development projects.**

Evie Molloy, who is a newly-qualified leader at 4th Beverley St Mary's Guides has been selected through a GOLD-selection camp to take part in a GOLD project in the Maldives in July.

Evie said "This is a project aimed specifically at developing leaders for Guiding in the Maldives.

A team of 5 will be helping train the local leaders in ensuring their girls get the best possible experience. As they develop their leadership skills, so I will be enhancing mine! We are also going to help them with their PR as they are doing some great work there!"

This won't be Evie's first taste of international Guiding.

In 2009 she went to Belgium with Rangers to represent East Yorkshire, but this trip will cost £2,300, which requires some serious fund-raising.

Over Christmas, Evie sold personalised Candy Canes, coming up to Valentine's

Day there will be some enticing treats plus a raffle and hopefully a bag-pack.

Her own Guides are keen to get behind her fund-raising, too, as they aspire to fulfilling similar life-changing dreams.

Evie would be most grateful for any support any individual or business can give her.

She can be contacted on [evie\\_hkr@hotmail.co.uk](mailto:evie_hkr@hotmail.co.uk)



## More Acts for Beverley Folk Festival

**Beverley Folk Festival has announced more acts who will be joining Kate Rusby, Steeleye Span and Maia over the weekend of June 17-19 at Beverley Racecourse.**

They include rising stars, The Young'uns, former winner of the BBC Folk Awards Musician of the Year Tim Edey and the Acoustic Strawbs. There will be a performance of 'The Lindisfarne Story' starring Lindisfarne members Billy Mitchell and Ray Laidlaw.

There are special plans for a 'Tyne Treasures' night with Lindisfarne's seminal 1971 album 'Fog on the Tyne' being performed in its entirety, blues legends The Animals and Friends (with original members John Steele and Mick Gallagher) and acclaimed singer-songwriter (and BBC Folk Awards nominee) Jez Lowe.

Tickets and camping for the festival can be booked via the website [www.beverleyfestival.com](http://www.beverleyfestival.com) where various deals are on offer, or phone the Festival office on **01377 219112** for more details.



## Beverley Musical Theatre to stage 9 to 5: The Musical

**Following a sell-out run of Jack and the Beanstalk (over 1400 children and adults booed the baddy and cheered as Jack killed the Giant and won the hand of his true love, Jill), BMT are all set to start rehearsals for Dolly Parton's 9-5: The Musical.**

Anyone over the age of 16 is welcome to the initial meeting on January 13th at the Masonic Hall, Trinity Lane.

Rehearsals will start on January 13th at the Masonic Hall, Trinity Lane.

You can find out more by visiting [www.beverlemusicaltheatre.co.uk](http://www.beverlemusicaltheatre.co.uk) or call Alison on **07792 263522**.

# Calling all Husky owners!



## **Do you own a Siberian Husky, Alaskan Malamute or other sled or snow dog?**

The Yorkshire Husky Meet Group organises weekly walks around the region primarily for owners of such dogs and would love for you and your dog to join them!

With 1700 members across Yorkshire, the regional group's meetings are well-attended, but as socialising benefits dogs as well as owners, there is always a warm welcome for more!

And as the walks cover a variety of terrain, the exercise is an additional bonus.

David Elvidge from the Yorkshire Husky Meets - East Yorkshire group said, "We enjoy the walks and meeting like-minded people; the meets ensure our fur covered family members get to socialise and play with other huskies and above all get the exercise they need to keep healthy. There were 153 dogs at a meeting in Filey – it was great to see them all playing together on the beach"

For further information please contact: David Elvidge on **07859191573**.

Check out their website [www.yorkshirehuskymeets.co.uk](http://www.yorkshirehuskymeets.co.uk) and Facebook pages too.

## Toll Gavel United Church Tuesday Lunch Club



**Toll Gavel's Tuesday Lunch Club is changing! People of any age can now ring the organiser, Hilary Simpson, by Thursday of the previous week to book their place for the following Tuesday.**

Although there is a core group of over 50 people who attend the lunches, sometimes there are vacancies; as Hilary says, it is a shame to waste the delicious food prepared in Toll Gavel's own kitchens.

The lunch club is run by volunteers who provide a main course, pudding and cup of tea or coffee for £5.

There are two teams of volunteers who work alternate weeks, reducing the commitment to preparing and serving food weekly. New volunteers are always welcome!

But it is more than just a meal which diners can enjoy – fellowship is also important and

## Beverley to benefit from rail investment

**New rail franchisees First TransPennine Express and Arriva Rail North are investing £1.2bn in increasing services and capacity, replacing trains and carriages, rolling out free Wi-Fi on trains and at stations and introducing automatic delay compensation for season and advance purchase ticket-holders.**

Beverley can especially look forward to a new direct Northern service which will link Bridlington, Beverley and Hull with Leeds and extra Northern trains from Bridlington to Scarborough and Hull. Planned station improvements include extra car park spaces at Beverley station.

Beverley's MP, Graham Stuart said, "The vision of the Northern Powerhouse comes a step closer to reality as we learn how our vital transport connections will develop over the next decade. I know rail passengers across the East Riding will be delighted to hear our area will be better linked to cities across the North and this can only help local businesses continue the strong growth we have enjoyed in recent years. For too long, people in East Yorkshire have been the poor relations when it comes to transport investment. These new franchises show this is changing - and why it is so important that we can attract massive private investment in our railways."

## STOP PRESS!

**January 31st is deadline day for self-assessment tax returns – miss the deadline and it will cost you £100, possibly more!**

Gareth Botterill of Botterill & Co Chartered Certified Accountants said 'January is always a busy month for accountants, but it really shouldn't be! It's human nature, though, to leave things until the last minute. But if you get your accounts in well in time, you get to know exactly what your tax bill is going to be, which is great for budgeting and producing business plans.'

Gareth can be contacted on **01482 862240** or [gareth@botterillco.co.uk](mailto:gareth@botterillco.co.uk)

everyone is welcome! Transport can be arranged, too.

Our photo shows some of the 67 people enjoying a Christmas lunch, prepared by both teams.

For more information, please call **01482 870169**.

## SENIOR SCREEN

EVERY THURSDAY AT 10.30am (doors open 9.45am)

Starts Thursday 7th January.  
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!

**7th January** **The Walk (PG)**  
**Suffragette (12a)**  
**14th January** **Suffragette (12a)**  
**45 Years (15)**  
**21st January** **45 Years (15)**  
**Brooklyn (12a)**  
**28th January** **Brooklyn (12a)**  
**Spectre (12a)**

### THE WALK (PG) 2h 3m

Cast: Joseph Gordon-Levitt Director: Robert Zemeckis  
As a boy, Philippe Petit dreams of performing daring feats for dazzled crowds. As an adult, his life's ambition comes true when he becomes a high-wire artist who stares death in the face with every step. Under the guidance of mentor Papa Rudy, the French daredevil devises a plan to walk on a tightrope attached to the north and south towers of the World Trade Center. With help from his team and against all odds, Petit attempts the seemingly impossible stunt on Aug. 7, 1974.

### SUFFRAGETTE (12a) 1h 46m

Cast: Helena Bonham Carter, Meryl Streep, Carey Mulligan  
Director: Sarah Gavron  
This stirring story centers on Maud, a working wife and mother whose life is forever changed when she is secretly recruited to join the U.K.'s growing suffragette movement. Galvanized by the outlaw fugitive Emmeline Pankhurst, Maud becomes an activist for the cause alongside women from all walks of life. When increasingly aggressive police action forces Maud and her dedicated fellow suffragettes underground, they engage in a dangerous game of cat-and-mouse with the authorities, who are shocked as the women's civil disobedience escalates and sparks debate across the nation.

### 45 YEARS (15) 1h 35m

Cast: Charlotte Rampling, Tom Courtenay, Geraldine James  
Director: Andrew Haigh  
In the week leading up to their 45th wedding anniversary, a couple receive an unexpected letter which contains potentially life changing news.

### BROOKLYN (12a) 1h 52m

Cast: Saoirse Ronan, Emory Cohen, Domhnall Gleeson  
Director: John Crowley  
An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a new romance. However, when her past catches up with her, she must choose between two countries and the lives that exist within.

### SPECTRE (12a) 2h 30m

Cast: Daniel Craig, Ralph Fiennes, Christoph Waltz Director: Sam Mendes  
Bond is back in Beverley! A cryptic message from Bond's past sends him on a trail to uncover a sinister organization. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind SPECTRE.

## MYSTERY MOVIE MONDAY

MONDAYS @ 8.15pm

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

Fancy a film but not sure what you want to see? Try our Mystery Movie Monday! You won't know what it is until it starts! 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 screening will be 15 and over only. However, and this is a big clue, some will be over 18 only due to content.

The main NEW films released in January are:

**Joy (1st January)** starring Jennifer Lawrence, Bradley Cooper, Robert de Niro  
**The Danish Girl (1st January)** starring Eddie Redmayne, Alicia Vikander  
**The Hateful Eight (8th January)** starring Jennifer Jason Leigh, Samuel L. Jackson, Kurt Russell  
**The Revenant (15th January)** starring Leonardo DiCaprio, Tom Hardy, Domhnall Gleeson,  
**Creed (15th January)** starring Michael B. Jordan, Sylvester Stallone  
**Room (15th January)** starring Brie Larson, Joan Allen, Jacob Tremblay  
**The 5th Wave (22nd January)** starring Chloë Grace Moretz, Liev Schreiber  
**Dirty Grandpa (25th January)** starring Zac Efron, Robert De Niro

### Creed (12A)

The latest 'round' in the Rocky franchise - the 7th - will introduce Sylvester Stallone's boxing saga to a younger audience, in much the same way as Star Wars - *The Force Awakens* has brought in a new legion of fans. The story now sees retired champion boxer, Rocky Balboa, being persuaded to train Apollo Creed's son, Adonis, to fight Liverpoolian boxing champion, Pretty Ricky Conlan.



Rocky didn't know Apollo had a son - Apollo didn't know he was going to have a son when he died in the ring in Rocky IV - and the thought of the same thing happening to Adonis (known as Donnie) as happened to his Dad is just unthinkable at first to Rocky, especially as Donnie has a white collar job. But Rocky backs down, despite jealousy from another trainer at Mickey's old gym. There are lots of references to the original Rocky films, keeping those of us who saw the first Oscar-nominated film especially happy, because Sylvester Stallone knows his character inside out and the Director, Ryan Coogler, knows how to play on the emotional trauma that Rocky has suffered throughout his life. There are other strands to the film which give hints that there may be a Rocky VIII in the planning, which would be no bad thing. Donnie Creed is a new hero for our times, with the challenges of being accepted within society today whilst learning from past and present influences.

## Competition

To celebrate the release of Creed on January 15th, Parkway Cinema Beverley have a fantastic prize package for one lucky winner, donated by Warner Brothers, plus runner-up prizes of 4 pairs of free tickets to any film at Parkway Cinema.

The first prize Creed package comprises:

**Boxing gloves**

**Hand wraps**

**A heavyweight hooded sweat shirt**

**A T-shirt from Delphi boxing academy**

**Q black bouncing ball**

**A Fedora**

**A Fleece beanie hat**

**PLUS a pair of FREE tickets for any film at Parkway Cinema**

To win this prize or a runner-up prize, all you have to do is answer the following question?

**Creed sees the return of which famous sporting character?**

Answers to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) putting 'Creed Competition' in the subject box, by January 20th.

Usual Just Beverley Terms and Conditions apply. The Editor's decision is final; no cash alternative is offered; details may be used by Just Beverley, Parkway Cinema Beverley and Warner Brothers for marketing and promotion purposes, data collection and website analytics. The winner will be notified as soon as possible after the closing date and must be prepared to take part in publicity for Just Beverley, Parkway Cinema, Beverley and Warner Brothers.

## The First Film - from Paris to Leeds to New York and Beverley!

The First Film (PG) is a documentary which explores the mystery surrounding the disappearance of the man who started the world-wide film industry here in Yorkshire – and the fact that this major innovation has not been recognised or celebrated to the extent it could have been!

The documentary has been made by Yorkshire-born and bred David Nicholas Wilkinson, founder and current owner of Guerilla Films, who is probably unique in the world of stage, screen and television in that he has worked as an actor (an award-winning actor at that!), producer, director and distributor. He has been involved in over 100 feature films, worked with many famous actors and directors and his knowledge of the industry is extensive so he is always in demand for comment.

However, being from Yorkshire didn't help David with his quest to make the documentary film about Louis le Prince, the man made the first ever movie film, here in Yorkshire. David said 'When people asked me where I was from, I would tell them I was from where film was invented. They viewed me as a chippy Northerner! It took me 33 years to get this documentary film to finality. The British Film Industry turned me down as they said the story was too educational. Even the BBC and BSKyB refused to work with me as they said no-one was interested!'

David is convinced that if Louis le Prince had done what he did in London or New York, everyone would have known about it and Lyons would not be internationally considered the place where movies were invented – a fact which David's documentary shows is a lie!

Fortunately, the media, including Calendar and Look North, got behind the story, showing the moving pictures Louis Le Prince took using the single-lens camera he invented. The pictures are of a garden in a house in Roundhay and of people on Leeds Bridge on October 14th 1888, which is well before Thomas Edison's first work in 1893 and the Lumière Brothers moving pictures of 1895.

Unfortunately, as he was applying for patents, Louis le Prince disappeared and his body has never been found. In 1890, Prince needed to visit his brother who lived in Dijon, France. After the visit, he was seen boarding the train to Paris where he was being met by friends, but he never arrived.

So David's documentary has been able to not only investigate the story of the first film but also look at Louis' disappearance. To help with this, he engaged the help of ex-Divisional Commander for Beverley and East Yorkshire Police, Quentin Dowse. David wanted someone with an investigative background to look at the story and come up with possible suggestions as to Louis' fate. Quentin knew nothing of the story and admits that the 125-year gap between Louis' vanishing and today has not made his task very easy, but there are several possibilities, ranging from accidental death to suicide to Louis' wish to disappear to start a new life, due to debt.



Fortunately, both of Louis Le Prince's cameras survive, which adds credence to the claims. Both cameras are now housed in the National Media Museum, which is in Bradford, the city Yorkshire which is the most popular with film-makers.

'The First Film' (cert PG) is to be shown at Parkway Cinema at 5.30pm on Sunday 17th January as an Independents Sunday presentation when both David Wilkinson and Quentin Dowse will be present to answer questions about Louis and film-making. This is exclusive to Beverley!

Film-goers will also have the opportunity to win one of three, signed copies of David's book 'Made in Yorkshire', which will be presented at the screening by the man himself. See below for details of how to win one of these special books.

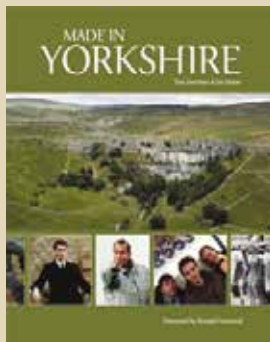
## Competition

To win one of three signed copies of Made in Yorkshire published by Guerilla Books, presented personally on January 17th after the showing of 'The First Film', just answer the following question:

**Which city in Yorkshire is the favourite of film-makers?**

Answers should be sent to [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk) by Wednesday January 13th. Prize-winners should be available (if at all possible) to pick up their prize after the screening of 'The First Film' on January 17th 2016 at approximately 8.00pm. Please note, this prize does not include ticket entry to 'The First Film'.

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## INDEPENDENT SUNDAY

SUNDAYS @ 5:30pm

Starts Sunday 10th January

Films with an independent spirit from around the world.

Sunday 10th January

**TANGERINE (15) 1h28m**

Cast: Kitana Kiki Rodriguez, Mya Taylor, Karren Karagulian  
Director: Sean Baker

A working girl tears through Tinseltown on Christmas Eve searching for the pimp who broke her heart.

"Tangerine takes you by the scruff of your neck into a parallel world where tattered reality is shot through with neon flashes of colour, clarity and pure emotional honesty." - Lisa Mullen, Sight & Sound

"It radiates a candour, immediacy and tongue-scalding sex appeal that a bigger budget would have only smothered" - Robbie Collin, Daily Telegraph

Sunday 17th January

**THE FIRST FILM (PG)**

followed by Q & A with director David Wilkinson & film contributor Quentin Dowse 2h30m approx.

Intriguing documentary about Leeds born filmmaker David Nicholas Wilkinson's thirty three year quest to prove that the world's film industry started in Yorkshire in 1888 and investigate the mysterious disappearance of this pioneer. Exclusive to Parkway Beverley, David & Quentin (a Beverley resident) will be in attendance after the screening to answer your questions. "A flickering story that blends intrigue, industrial espionage, and possibly even murder." Mark Kermode

"Despite a crippling lack of solid information and a fair amount of speculation, the documentary mounts a solid case for Le Prince, an inventor and artist, to be recognised as the true father of film." - Wendy Ide The Times

Sunday 24th January

**SUNSET SONG (15) 2h 15m**

Cast: Agyness Deyn, Peter Mullan, Kevin Guthrie Director: Terence Davies

From the director of Distant Voices, Still Lives and The House of Mirth tells the story of an Aberdeenshire farm girl Chris Guthrie as she searches for her independence against the odds, in an epic rites of passage story set just before the First World War.

"..... superbly acted by Deyn, Mullan and Guthrie, and it is beautifully crafted by writer/director Terence Davies" - Stephen Carty, Radio Times

"A lusty ballad of love and heartbreak sung with passion and power." - Tom Huddlestone, Time Out

Sunday 31st January

**WILLIAM SHAKESPEARE'S ROMEO + JULIET (12a)**

with special introduction by Margaret Pinder (chapters-and-verse.com) 3hr approx.

Cast: Leonardo DiCaprio, Claire Danes, Brian Dennehy, John Leguizamo, Pete Postlethwaite Director: Baz Luhrmann

The start of our occasional Shakespeare on Sunday season, to mark the 400th centenary of Shakespeare's death, begins with Baz Luhrmann's visionary adaptation which although it is set in modern times, it is still the same timeless story of the "star crossed lovers". Margaret Pinder's introductory lecture will enhance the enjoyment of the Bard's text on the big screen.

## EVENT CINEMA

JANUARY 2016

Saturday 16th January at 6pm

**Met Opera - Les Pecheurs De Perles Live 2016**

Cast: Diana Damrau, Matthew Polenzani

Sunday 24th January at 3pm

**Bolshoi Ballet Live - The Taming of the Shrew**

Tuesday 26th January at 7:15pm

**The Royal Ballet: Rhapsody/The Two Pigeons Live 2016**

Thursday 28th January at 7pm

**NT Live: Les Liaisons Dangereuses**

Cast: Janet McTeer, Dominic West, Michelle Dockery

Saturday 30th January at 6pm

**Turandot - Met Opera 2016**

# How to make those resolutions a success!

**First of all, Happy New Year! I hope you had a great Christmas and that 2016 will bring you happiness and contentment.**

Did you set yourself any New Year resolutions? Are they resolutions which will help you to achieve happiness or contentment? Or are they so challenging that you will be stressed from the moment you open your eyes in a morning?

Unrealistic objectives and expectations stress us out – we put too much pressure on ourselves, become disenchanted, start making excuses and ultimately fail.

Why is this? It's because the objectives we set don't fit into our current lifestyle – the amount of effort needed to change is too great. For example, making a resolution to go to the gym 3x a week when we work 8 hours a day 6 days a week, have a family and a house to look after, is unrealistic!

Resolutions only work if we accept the need to change fundamentally to achieve the outcome we have set ourselves. However, this can take time – we humans are creatures of habit! So if we make a succession of small, easy changes over time, integrating that change into our lifestyles as we go, then that becomes the norm.

Brain scans have demonstrated that our brain's neural pathways, which govern our habits, remain the same unless we make positive interventions like changing our thinking and behaving in different ways. But those changes have to be done slowly and incrementally. It's like learning to walk – take baby steps rather than long strides.

Success can only come about if we have convinced ourselves of the need for change; if we can't see a positive outcome, then our subconscious will ensure we continue doing what we have always done. If we have not convinced ourselves that NOT doing something is having an impact then why bother? We need to look on change as an opportunity which goes beyond the change itself!

So, for example, we set a resolution of going to the gym three times a week. Going to the gym costs money, takes time and effort and creates extra washing of smelly clothes but it is a fact that gym memberships increase enormously after January 1st! So how do we ensure that we get the benefit of that investment?

First, we have to change the way we set objectives, goals and intentions. Why are we joining a gym?

Things aren't really going to change THAT much if we are fitter or slimmer – the bills will still need paying, for example – but the incremental changes in ourselves will help towards improving our mental and physical health.

Second, we can be mentally aware – mindful – of the physical and emotional factors which are happening in the here and now and how we are reacting to them. Changing how we feel about something can be the difference between success and failure. Accepting that getting fit is going to take effort and that sometimes you won't want to go to the gym is reality, but it will be worth it, even if you only go for half-an-hour. Think about all those feel-good endorphins which are released after a gym session!

Third, we have to accept that taking time out to go to the gym will take the place of something which we used to do in the past so the gym option has to be more attractive than the alternative or else we will feel as if we are depriving ourselves. Not being fully locked-in to the resolution can cause stress which can undo the benefits of making it in the first place!

Fourth, we need to give ourselves a pat on the back for our achievements to date and be kind to ourselves if things don't go quite the way we had intended. Non-judgmental acceptance of a situation (mindfulness) is much less stressful than beating ourselves up, telling ourselves we are a failure and giving up. We could pick up an injury which interrupts our training schedule, perhaps, but that's not the end of the world! Much better to pick ourselves up, dust ourselves down and adjust our plans. After all, tomorrow is another day and who knows what that might bring? Happiness and contentment? You bet!

Linda  
Release Your Potential  
Tel: 07585 802035



 **Release Your Potential**  
Helping you transform your life

## Do you want to change your life for the better?

### Lifestyle Coaching and Clinical Hypnotherapy which will help you...

- ✓ Lose Weight
- ✓ Reduce pain
- ✓ Curb anger
- ✓ Control bad habits
- ✓ Over-rule addictions
- ✓ Stop Smoking
- ✓ Ease stress and anxiety
- ✓ Become fitter and healthier
- ✓ Conquer fears and phobias
- ✓ Sleep better

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## New Year message from the Mayor of Beverley, Cllr Peter Astell

**As Mayor of Beverley, I have never been more proud to represent the residents of Beverley for a second term of office.**

Last year my Consort, Thomas Astell and I, visited many community groups, churches, residential homes and schools and it has never ceased to amaze us as to how community spirited and caring people of the town are. We have been so well received, no matter where we have visited.

I was invited to the Beverley Cherry Tree Stroke Club Christmas party, where its members were celebrating the festive season. It was nice to see them all enjoying themselves and see how well they are looking following the personal trauma they have gone through following a stroke.

In fact, Beverley Cherry Tree Stroke Club is one of my Mayor's Charities for the year; the other is Beverley Community Lift.

With our fantastic Christmas lights, and



wonderful events like the Food Festival, Christmas Festival of Food and Drink, Festival of Christmas and NGS Open Garden Day we are able to share our little gem of a town with others. It gave me great pleasure to be involved in the Christmas Lighting Up Ceremony and to accompany local star,

Ben Shires, from CBBC. A special thank you to all concerned with the Christmas Lights Committee for making our Town special and brighter over the festive period. I know that at Christmas time, I am usually upstaged by another man in a red coat but it is wonderful to see such happy smiling faces of people enjoying what Beverley has to offer.

As we move into 2016, I look forward to meeting many more people in the remainder of my Mayoral year.

It just leaves me to wish you all a Happy and Prosperous New Year.



## Message from Councillor Stephen Parnaby OBE



When I look back on 2015 what really strikes me is the amazing amount of investment East Riding of Yorkshire Council has continued to make in local services and infrastructure and the top-class services we have delivered for residents, making facilities and services better. This has been acknowledged in numerous ways – from positive feedback from many of our residents and businesses to the council winning awards at a national level.

We started a massive £14million scheme this year to replace street lighting in the East Riding. About 9,000 brand new street lamp columns will be installed and 16,000 new energy-efficient lights fitted by 7 March 2019. We've spent money on our roads network, repairing highways and improving routes and town centres. We have flood protection projects, dredging of the River Hull and supporting the Environment Agency's coastal work. We invested in a new Tone

Zone and other facilities at East Riding Leisure Beverley and usage figures there are on the up and up, boosting well-being. And we've supported businesses and the local economy, distributing tens of thousands of pounds to a variety of projects to boost our town centre's prosperity.

Looking ahead to this year, it's already shaping up to be an exciting time for the East Riding.

We've got the return of the Tour de Yorkshire to look forward to, with Beverley hosting the start of the race and as a principal partner for the 2017 City of Culture, we will be busy with preparations and gearing up for that.

So although there is continued austerity and central government budget cuts with their challenges, there are also exciting times ahead and I wish everyone a healthy and happy New Year.

# Daniella Draper Opens New Store At 1, Toll Gavel

**Just Beverley is delighted to welcome jewellery-designer-to-the-stars Daniella Draper as she opens her newest store in the heart of the town.**

Her recognisable, unique pieces with an unfinished, rustic effect have been spotted gracing the arms and fingers of Natasha Khan, Kate Moss, Chloe Moretz and Ed Sheeran and can now be accessed by Beverlonians, too.

Described as affordable luxury, Daniella's store will stock a full range of her hand-crafted silver and gold jewellery as well as Cinderella one-of-a-kind pieces, all of which can be personalised with custom engraving at no extra charge.

Daniella's pieces are inspired by land as well as sea, reflecting her Lincolnshire roots.

The design of the shop will also harness this, contrasting the all-white interior with restored antique cabinets and counters and giant crystal centrepieces, enormous shells and jumbo starfish.

Daniella says "We've always loved Beverly for its charm - it's a wonderful destination with a vibrant bustling market. The local people are so friendly and there's such a great mix of independent shops. I have such pride being from The North; branching out into Yorkshire is a very exciting new area to extend my Northern roots."



## Havershams in Well Lane

**There is a new craft bakery in Well Lane which is very likely to gain the high regard for its scones and hand-made cakes which customers have enjoyed in Louth, Lincolnshire for many years.**

Sue and Cyril Westerman have moved their business to Beverley because they love the vibrant yet traditional feel to the town, along with the warmth of its people. They are keen to add their bespoke offering to the other small, independent shops along the high street.

Customers will soon recognise their traditional methods of baking, using high quality ingredients with no artificial flavours, enhancers or chemical additives, just as Grandma would have done. Havershams bakes fresh every morning to ensure their cakes and scones have superior taste and texture. They have a small café area serving tea and coffee to accompany their delicious bakes if you can't wait to try them before getting your purchases home!



## Society of Norwood

**Located in the house and grounds of Norwood House, Society offers bar, restaurant, snug, VIP booths, a private dining room with fine dining, conferencing facilities and a marquee to provide Beverley with many of the facilities which have sometimes been difficult to find.**

Owner Dave Molloy immediately saw the potential for the property and the opportunity to fill some of the gaps in the market. The large garden and grounds provide ample parking, the kitchen and food preparation facilities provide the potential for outside catering and the flexibility of the spaces and temporary marquee will ensure Society can cater for a variety of needs, including weddings, funerals, Sunday lunch, training and networking events as well as private dinners.

There are now 3 chefs, Executive Chef, Lee Holland (pictured) and two Head Chefs, who have put their own special touches to the menu. Steaks are a speciality – the roast beef for Sunday Lunch is sirloin – and all deserts are hand-made. All allergies and intolerances are catered for – as are any special requests, with notice. Afternoon teas, served on a picnic bench and comprising savoury as well as sweet treats are destined to become legendary! Just Beverley is delighted to announce that Lee will be writing a column for the magazine starting next month – our mouths are watering already!

Society is open Weds to Sunday from 12noon. The restaurant closes 9.30pm Wednesday to Saturday, 6.00pm on Sundays. The bar is open until 1am on Fridays and Saturdays. **Norwood House, Norwood, Beverley HU17 9ET. Tel: 07921 379617.**



## Luxe by Hugh Rice

The first Luxe by Hugh Rice has opened in Saturday Market, dedicated to fashion brands such as Thomas Sabo, Pandora, Daisy, Michael Kors and Swarovski whilst providing the high quality service Hugh Rice is renowned for.

There are plans to open further stores in 2016 after the culmination of a landmark year for the retailer when they won the Independent Retailer of the Year Award at UK Jewellery Awards 2015.



## Kütchenhaus, The German Kitchen

Opening in the UK in 2004 in retail parks, Kütchenhaus are now looking to increase visibility on the high street, so their new premises on Toll Gavel are just perfect for their range of quality, value-for-money products.

Managing Director Peter Haw, along with his team, Tom Wellings (Manager) and designer Alex Lee are looking to establish themselves to grow brand awareness of Kütchenhaus, which provides bespoke kitchens direct from the factory.

Kütchenhaus can be contacted on **01482 862172**, by e-mail [bv.sales@kutschenhaus.co.uk](mailto:bv.sales@kutschenhaus.co.uk) and followed on Twitter @[kutschenhausBev](https://twitter.com/kutschenhausBev) and Facebook [KutchenhausBeverley](https://www.facebook.com/KutchenhausBeverley)



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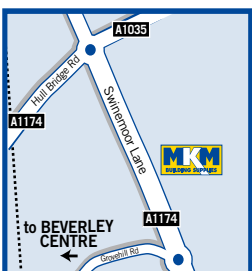
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# New Year, New You

## East Riding Leisure Beverley, more than just a gym!

After the excess of Christmas and New Year why not make a positive change by kick starting your health and fitness regime in 2016!



East Riding Leisure operate ten sport and leisure centres across the East Riding (including Beverley) providing quality health, sports and well-being facilities supported by a highly trained team of dedicated staff, passionate about making a difference to customers' lives.

The award winning East Riding Leisure Beverley benefits from a new 90 station Tone Zone (opened in April 2015) and provides over 100 classes a week through its new dedicated spin studio and group X exercise studio.

Supported by our fitness professionals, our unique HealthPlus programme will help you achieve your goals and make a long term positive change to your life – all included as part of your membership.

We are a key partner with Public Health delivering nationally recognised health improvement programmes including Exercise Referral, Cardiac Rehabilitation and Live Well. We also offer free NHS Health Checks for 40-74 year olds.

One membership unlocks access to all ten East Riding Leisure sites with prices starting from £23 per month. Casual users are also welcome so you can simply pay as you go.

East Riding Leisure aims to provide the best facilities and services for its customers competing with exclusive brands at an affordable price.

Our sports halls are the home of a wide range of activities, clubs and groups from Archery to Zumba, Badminton to Squash, for adults or children, there is something for everyone.

We are the premier provider of swimming lessons in the area, teaching over 5,500 children a week to swim with many moving on to join their local competitive swimming club.

And after your workout why not relax and unwind in our Café Vibe serving fresh bean coffee, snacks and light meals?

So much more than just a gym - so why not find out more by contacting us today on (01482) 395230 or take a virtual tour at [eastridingleisure.co.uk/beverley](http://eastridingleisure.co.uk/beverley)



For your chance to win one month's Premier Membership simply answer the following question:

*When did East Riding Leisure Beverley open their new Tone Zone gym?*

Send your answers with your name and contact details with the subject line 'Just Beverley competition' by Friday, 29 January to [leisure@eastriding.gov.uk](mailto:leisure@eastriding.gov.uk) winners will be announced by Tuesday, 2 February\*

\*Terms and conditions apply

# Graham Stuart's New Year Message

*As 2016 arrives, there's much to look forward to. After a number of difficult years, our economy is recovering – and with the North of England now growing more quickly than the South, I hope it will be a happy and successful year for people across the East Riding.*

At this time, it's always right to think of those less fortunate than ourselves, and I want to pay particular tribute to the many local charities that I have had the opportunity to work with this year. Just some of these are the brilliant Go Kids Go, which promotes wheelchair sport for children, Catzero, which helps young people into employment, education or training and BBC Barker's Breakfast Club, which assists ex-Forces personnel. These are fantastic causes and I would encourage everybody who can to offer their time, money and support.

I wish everybody in Beverley and Holderness a very Happy New Year.



***Some clients can find it quite daunting when first appointing contractors for their event, whether it be for a large music festival or small intimate wedding or even corporate conferences and exhibitions, there seems to be thousands out there.***

#### ***How do you select the right one?***

UK Event Associates Ltd offers a service second to none, we want to become part of your team, to add to the customer experience in a positive way and ensure the event runs smoothly and safely in a quiet and professional manner.

**WE are not the stars of YOUR show!**

UK Event Associates are a leader in operations in areas of health and safety, crowd management, stewarding and security, event planning and management drawn upon our extensive wealth of police, military, retail, hospitality and educational experience.

We deliver courses on behalf of the Emergency Planning College. We are able to deliver realistic, practical and more importantly, achievable solutions to meet both the clients and customers safety and security requirements regardless of the size of your event.

#### ***What we do?***

UK Event Associates Ltd can be tailor-



made to the specific requirements of your needs to ensure a safe and successful event.

UK Event Associates Ltd offers leading consultants in event health and safety, security and crowd management. UK Event Associates Ltd management team have been an integral part of events such as Royal Cornwall Show, Farnborough Air Show, Tour De France, Tour De Yorkshire, Glastonbury, Leeds Festival and London Sport.

UK Event Associates consultants have become leaders in delivering health and safety advice, site management, event planning and excellent crowd management and security staffing solutions at large scale events from shopping centres and retail parks such as the Fan Fest at Meadowhall Shopping, to assisting with traffic and car parking for pedestrian safety, static guards for the security of worksites

and SIA licensed security staff for any occasion big or small.

UK Event Associates Ltd offers event security, health and safety and event planning services we understand these elements are an integral part of our clients' business activity.

The management team will always adopt the ethos of listening to your needs and providing consultancy and advice to establish a positive and long lasting customer relationship.

All security and health and safety solutions are planned, implemented, monitored and controlled by our experienced & professional management team ensuring we are always available from the initial consultation and planning stage through to the debrief meeting post event.

# Winter sun on the slopes – accessible for all?

**Skiing holidays are associated with the better off. Not only do you have to take into account the cost of flights and accommodation, you have the added cost of hiring or buying ski suits, helmets, boots and the equipment itself, not to mention tuition for beginners or those needing a recap before they hit the slopes. So are skiing holidays still as popular as they seemed to be a few years ago?**

Like many things, new trends show a cost-cutting exercise being applied to winter sport holidays. Anyone with a clever eye for online deals and the availability to travel out of peak season may be in with the chance of partaking in such a holiday. Otherwise, they can be prohibitively expensive.

As is the case with all holidays, if you can avoid travelling during school breaks you're sure to save some money. Later in the season can also be more attractive, although the snow might not be quite as good quality as earlier in the season due to warmer day-time temperatures.

Travel agents also recommend keeping a close eye on flight prices. As these can vary each day, it's a good idea to monitor them for a while before booking. The ideal time to book is said to be approximately five weeks

before departure, when prices are generally lowest.

If you're headed for France, or another relatively close European country like Italy, you might want to look at the option of staying on the ground.



Avoiding flying can bring the cost of a trip down considerably once you take out the cost of packing ski equipment, and European rail fare is notoriously cheaper than it is here in the UK. Alternatively, taking the ferry to France and driving to your destination could save costs too – just make sure the car is big enough for all of your equipment!

Choosing a skiing destination can be a little like choosing a new smartphone – just because some brands have more adverts

out there it doesn't mean that they're the best choice. Did you know that a holiday at one of the prestigious slopes can cost almost £4000 a week more than similar destinations in other countries? Instead of heading straight to the brochures for the popular spots of Switzerland and the US this season, consider opting for a lesser known winter sports destination. Bulgaria, Slovenia and Romania all have great skiing spots, plus the Eastern European culture is a fantastic one to explore while you're away, combining new foods and experiences with your skiing lessons.

Other money saving tips to see you enjoy a winter getaway this season include the type of accommodation you choose – opting for self-catering could save you a fortune if your resort has a handy supermarket nearby. Don't forget your equipment either. Plenty of places make skis, boots and suits available to hire, not only meaning you can save a great expense but you don't have to worry about storage at home either. But if you do go down the buying route, look out for online deals and cash back offers from popular brands – the January sales could be a boon! Little things like thermal socks soon add up when buying for the whole family, so take a look at what you already have at home before splashing out.






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# On Your Bike - getting fit for 2016

**Cycling is second-only to swimming as the best form of low-impact exercise. Cycling provides aerobic as well as anaerobic exercise, is great for your legs, core and heart, gets you out into the fresh air – and can transport you from A to B, unless your bike is mounted on a trainer or you are using a static cycle in the gym.**

Beverley is well-served with cycle routes. From Beverley there are cycle paths to Leven, Woodmansey, Leconfield, Market Weighton (along the Hudson Way which is a permissive bridleway), Newbald and Willerby. It is possible to get to Hull and the Humber Bridge without using main roads, giving access into Northern Lincolnshire. Once into the Yorkshire Wolds, though, there are some of the best cycling roads found anywhere in the country. There, many of the roads have wide, grass verges which are perfect for that picnic and

flask of tea you have in your pannier!

If you have never cycled, 2016 could be the year to treat yourself to a cycle. Many beginners opt for a 'hybrid' or 'multi-use' cycle – Specialized and Cannondale have several options starting from £350.00 upwards.

Hybrid cycles have a more upright riding position than the bent-over sport bikes, tend to be more stable as they have wider tyres and can be ridden on a variety of terrains.

As well as a cycle, you do need various bits of kit. A lock to keep your new investment in your future health secure when you leave it is a must; a well-fitted helmet, reflective clothing or hi-vis jacket, lights and a bag with a pump and cycle repair kit are also need-to-have rather than nice-to-have.

Welcome additions include gloves, shoes and overshoes and padded shorts or underwear, all of which make cycling so much more comfortable! If intending to cycle in all weathers, waterproofs are also a great investment.

Peter Goldthorpe and his team at Minster Cycles in Beverley are well-placed to advise the novice or the expert on their cycling needs. As Peter says, they all started cycling once-upon-a-time and although they now have caught the cycling bug, they are able to offer a supportive, friendly ear to both the casual or advanced cyclist.

**Minster Cycles, 5-7 Norwood, Beverley HU17 9ET. Telephone: 867950**

[www.minstercycles.co.uk](http://www.minstercycles.co.uk)



## The 2016 Tour de Yorkshire Starts in Beverley

**There is great excitement amongst the business community that Beverley will see the start of the Tour de Yorkshire on Friday April 29th. The Tour will amass in Saturday Market and begin with a parade of riders around the town before the official start at the Racecourse.**

Several Teams have already indicated that they will be racing, many of whom have Yorkshire residents as members. The Great Britain Cycling Team includes Oliver Wood, Gabriel Cullaigh and Josh Edmondson; JLT Condor has Graham Briggs, Thomas Moses and Ed Clancy; Madison Genesis includes Liam Holohan and Tom Stewart; Cult Energy Pro Cycling have Russell Downing and Ben Swift will be riding for Team Sky. Olympic hero, Sir Bradley Wiggins has indicated he will be riding with his Team Wiggins, too. There are 18 Teams signed up to date – this TdY is going to be a fabulous spectacle!



For the local economy, this is a huge event. Teams and their entourages will need accommodation and restaurant services before the race begins; spectators, likewise, will need a place to stay and refreshment. It's envisaged that even with an increased number of hotel rooms in Beverley and its surrounding villages, there will not be sufficient capacity and demand will extend well beyond the locality. Rooms in Beverley for the start are already being snapped up.

York, which last year hosted a finish, saw £1m pumped into the local economy as thousands watched from the roadside and viewers in 150 countries were treated to Yorkshire's wonderful scenery. This year, even more people are expected and Beverley will be showcased in those countries as the TV cameras film and transmit the start. So bring out the yellow and blue bunting, dust down those bikes, and get ready for TdY fever to hit Beverley again!

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# Chocolate Heaven at White Rabbit

**Beverley's Golden Age was during the 18th Century when the Market Cross was completed, some of the most beautiful buildings in the town were erected and George 1st was on the throne.**

There are around 800 businesses in It was also a time when the luxury of chocolate as a sweet and as a drink was popularised – by none other than George 1st himself.

Sally Hawkes of White Rabbit Chocolatiers is well-versed in the history of chocolate, the chocoholic King and his chocolate habits, so much so that she delivers talks on the subject.

She spoke at The Georgian Festival last year, highlighting the connection between Beverley and George 1st, when Beverley was the only Georgian town in England celebrating George 1st's accession. It is therefore very apt that Beverlonians continue to indulge their sweet tooth by eating and drinking chocolate!



White Rabbit is fortunate to be able to sell chocolate as sweets and as a drink. Traditionally, hot chocolate was made in a special pot – Sally has a couple of examples – which had a hole for a small whisk to stir the chocolate up, but modern methods ensure the chocolate is perfect when delivered in a cup to your table by Sally's son, Ed, who works front-of-house.

The chocolate which White Rabbit uses to make its artisan hot chocolate is sourced from South America and Mexico with recipes inspired by history. There is a chocolate menu from which to select the ideal drink for your taste-buds.

Should you prefer coffee instead, White Rabbit's coffee contains lots of mocha notes so it is the perfect accompaniment to indulging in one of their beautiful chocolates, most of which are made and decorated by Sally herself. There is also an option of several types of tea.

George 1st had his own chocolatier and his own chocolate kitchen at Hampton Court. Fortunately for us, White Rabbit provides that special service which makes you feel as if you have your own chocolatier! White Rabbit is the perfect place to stop whilst in Beverley to experience that luxury which is fit for a King.





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# Festive Season

## Christmas In Beverley



## New Year's Day Fun Run



# Farewell to G Jack and Son

**From 2016, the name G. Jack and Son will disappear from Beverley forever as the business closes down and the current owners, Duncan and Joy Jack, take to retirement.**

Although G (for George) Jack and Son has been trading for 55 years, the family have been involved in the grocery business in Beverley for 130 years. Duncan's great grandfather, Richard Care, ran a large grocery shop and wholesalers in Saturday Market on the site which is now occupied by M&Co. Richard's daughter, Elsie May, married George Jack, who ran a business, Eastgate Market, near the Minster, which was known as the southern branch of Care's.

When the Saturday and Eastgate Markets were closed down, the business was moved to Wednesday Market and the name changed to George Jack and Son. By this time, George was 70 and his son, David, was heavily involved in the business. It was David who developed the core values that Jack's exhibit to this day.

During the 1960's it became the norm for everyone to buy their groceries on account and have them delivered – there are ledgers of accounts in the office detailing this interesting facet of social history with some names of famous families who used Jack's

services. One of the errand boys, putting orders together and taking them out was Duncan, who has grown up with the business. Although this bespoke delivery service ceased about 15 years ago, due to competition from the larger supermarkets and the internet, Duncan considers Jack's deliveries to be the fore-runner of Ocado or Tesco Direct!



It was natural that Duncan took over when David retired. With his wife, Joy, he has evolved with the times, moving the business forwards into more specialist foods, deli and small bakery via home brew and health foods. He has extended the premises three times to accommodate the demands of the customers, many who have become personal friends and who, although they may only spend a couple of minutes in the shop buying a sandwich, will be sorely missed when he and Joy finally hang up their aprons. His ethos of quality food at a reasonable price with free banter thrown in will be missed by his customers, too!



So what will retirement mean for the Jack's? Duncan and Joy are both involved with Beverley organisations and are keen to get involved in more community projects. Duncan has been a town councillor for 16 years whilst Joy is on the Beverley Christmas Lights Committee and is a Westwood Lion.

They have two children, who have careers outside of the family business, who they will be able to spend more time with and they will have the freedom to indulge themselves in leisure and travel activities which, to date, have been restricted by that 5 o'clock alarm.

But what of the business? G. Jack and Son may be consigned to the history books but in its place will be Adeli of Beverley.

Opening Friday January 8th at 10am, Nicky Kelly takes this wonderful, Beverley food emporium into 2016 and beyond. Watch this space for more details!



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# Beverley and District Chamber of Trade - Building a Better Business Community

**The Chamber has a membership of around 50 businesses, but the current Chair, Julian Minshall, is keen to increase knowledge of the group, its aims and outcomes and be more attractive to more businesses.**

There are around 800 businesses in Beverley and the surrounding area who could benefit financially from contributing to and getting involved with the Chamber. Membership is only £50/year/business.

Formal meetings are held on the last Wednesday of every month (excepting December and August) between 6pm and 7.30pm including time for networking at East Riding College.

Refreshments are served from 5.45pm.

Meetings allow members to introduce themselves to each other; provide a platform to raise business concerns and include visits from such bodies as the local and East Riding Council, planners and developers with the intention of increasing collaboration to work together for a common goal.

Any business of any size has a voice and a single vote. Current members include tradesmen, retailers, therapists, solicitors, accountants, travel agents, cafés and hotels/pubs.

Moving forward, 2016 will see the start of informal networking meetings to increase B2B interaction, which will be held in member's own premises (pubs, clubs, hotels, conference rooms, maybe even a salon,

therapy room or a workshop) to further showcase their products and services. There will be a cost to these meetings depending on venue and refreshments provided.

Additionally, there will be educational, social evenings which will further showcase member's own business expertise. Ideas so far include car maintenance, tea-blending, stress management for busy businessmen, photography skills and SEO techniques.

2016 will require the voting-in of a new committee with Chair, Vice-chair, Treasurer and Secretary and at least 5 specialist port-folio-holders. Interested current or prospective Chamber members who wish to be considered should send their details to [julian.minshall@indicoll.com](mailto:julian.minshall@indicoll.com)



## BEVERLEY AND DISTRICT CHAMBER OF TRADE

## Jenny Fothergill - Your Will

**The start of the New Year is a great time to get organised and get around to things you have been putting off.**

So if you have been putting off planning your will, Jenny Fothergill of APS Legal and Associates Ltd could be the person to help you.

Jenny, who lives in Beverley with husband James, has a degree in law and worked at a solicitor's practice before setting up as a specialist Will-writer who can also arrange lasting powers of attorney and give help with probate.

She is able to visit clients in their own homes at a time to suit them, giving the personal touch and expertise.

Jenny is very keen in ensuring her clients understand that their actions will achieve the outcome they want.

As Jenny says, 'Sometimes what can seem to be straight forward is more complicated than you think it is going to be, which is where I can come in; I can take the hassle out of the legal minefield. Frequent questions include the law on inheritance tax, what happens to a business after death, remarriage, the 7-year rule, long term care, lasting power of attorney and probate.'

Backed-up by the biggest estate-planning and will-writing company in the UK, Jenny is a fully-insured associate member of the Institute of Professional Will-writers and follows a Code of Conduct approved by Trading Standards.

Jenny is more than happy to meet clients for a 'no obligation' appointment when you can explore various issues with her. She can be contacted on **01482 968001** or **07796 858289**.



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## New year, New you. There's never been a better time to sign up to an adult learning course

East Riding of Yorkshire Council's adult learning new year guide is out now.

Aimed at people aged 19 years and over, the course guide has plenty to offer people living in the East Riding. Whether you are looking to improve your skills, gain new qualifications, or learn something completely new, there really is something for everyone.

New for 2016 is a 25% early bird discount offer for some accredited courses booked in January and GCSE headstart courses starting in January too.

Other courses on offer range from counselling, computer and digital skills courses to pottery, ceramics and craft classes.

You can pick up a copy of our new course guide at any East Riding library, leisure centre, adult learning centre or customer service centre.

Alternatively, download a copy online at [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn). To book a place on a course you can book online, call (01482) 842329. For details of a centre near to you visit [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn)

## Hemingway Bailey recognises unsung volunteers!

**Alan Hemingway of Hemingway Bailey is no slouch himself when it comes to volunteering – he's involved with The Children's University, on the Board of the Hull City Supporter's Trust and has just got involved as Finance Director with Beverley Folk Festival.**

As such, he appreciates how valuable volunteer's time and expertise is to the running of so many organisations and how little recognition they get. So Hemingway Bailey decided to present a small gift to some of the area's unsung heroes. Amongst the nominations invited from Hemingway Bailey Twitter and Facebook followers, an overall winner was selected.

The following people were short-listed: -

- Shirley Bolt for her work running 1st Minster (Beverley) Rainbows, Brownies and Guides
- Vicky Grady for her work with Hoggle Doggle Toy Bank, RSPCA and HERIB
- Leanne Marshall for her continual fundraising for St Mary's Church, Beverley, including organising a York to Beverley sponsored cycle ride ahead of the Tour de Yorkshire
- Julian Minshall for his fundraising for Beverley Community Lift and Beverley Westwood Lions and work with Beverley and District Chamber of Trade
- Jo Pierce for setting up Kickstart Teenage and Young Adult Cancer Support Charity

• John Turner for his work as Beverley's Fair Trade co-ordinator which gives the town its Fair Trade status, work with Toll Gavel United Church (including Food Bank, community lunches, rough sleepers and worship) and continual fund-raising as local organiser for Christian Aid.



John was selected as the overall winner (pictured here receiving his prize of Prosecco and Chocolates). As Alan said 'All nominees received a 'Thankyou' in the form of a bar of chocolate as it was difficult to pick a winner. But John does so much to help so many different people both here in Beverley, nationally and internationally so we think the Prosecco and Chocolates have gone to a very deserving home!'



## MR CARPETS celebrates 28 years in business this year!

**MR CARPETS owner Sandra Redfearn, is proud to announce that her long-established business is going from strength to strength, based on the key values of good, honest, prompt service and caring for her customers.**

When MR CARPETS first opened, the Beckside area of Beverley was much in need of regeneration. The old mills still stood, many empty, along with rundown warehouses and the Beck itself was polluted and in need of dredging. A multi-million pound development programme now sees Beckside buzzing, boasting a whole range of desirable, sympathetically-designed housing, a clean canal with leisure craft and fish, cycle-ways and footpaths and more businesses. Sandra has been there through this progress, providing a comprehensive, personal, expert service to home-makers and businesses alike and is excited with the new opportunities the Flemingate development is already bringing.

What makes MR CARPETS different from other carpet shops is its range of floor-coverings at affordable prices, with extra discount offered for complete house orders.



Estimates are free and carpets, laminates, vinyls and Karndean flooring samples can be taken away to ensure they provide the perfect fit the customer needs. Sandra is more than happy to take whole books of samples to customer's homes. No job is too small, too large or too much trouble! Sandra and her colleague, Kim, and other staff, always ensure 100% satisfaction and will go the extra mile to provide exactly what her customers aspire to. The values which MR CARPETS holds means loyal customers return time and time again and now their children are purchasing floor coverings for their homes and businesses, playing with the box of toys which their parents played with whilst choosing floor-coverings!

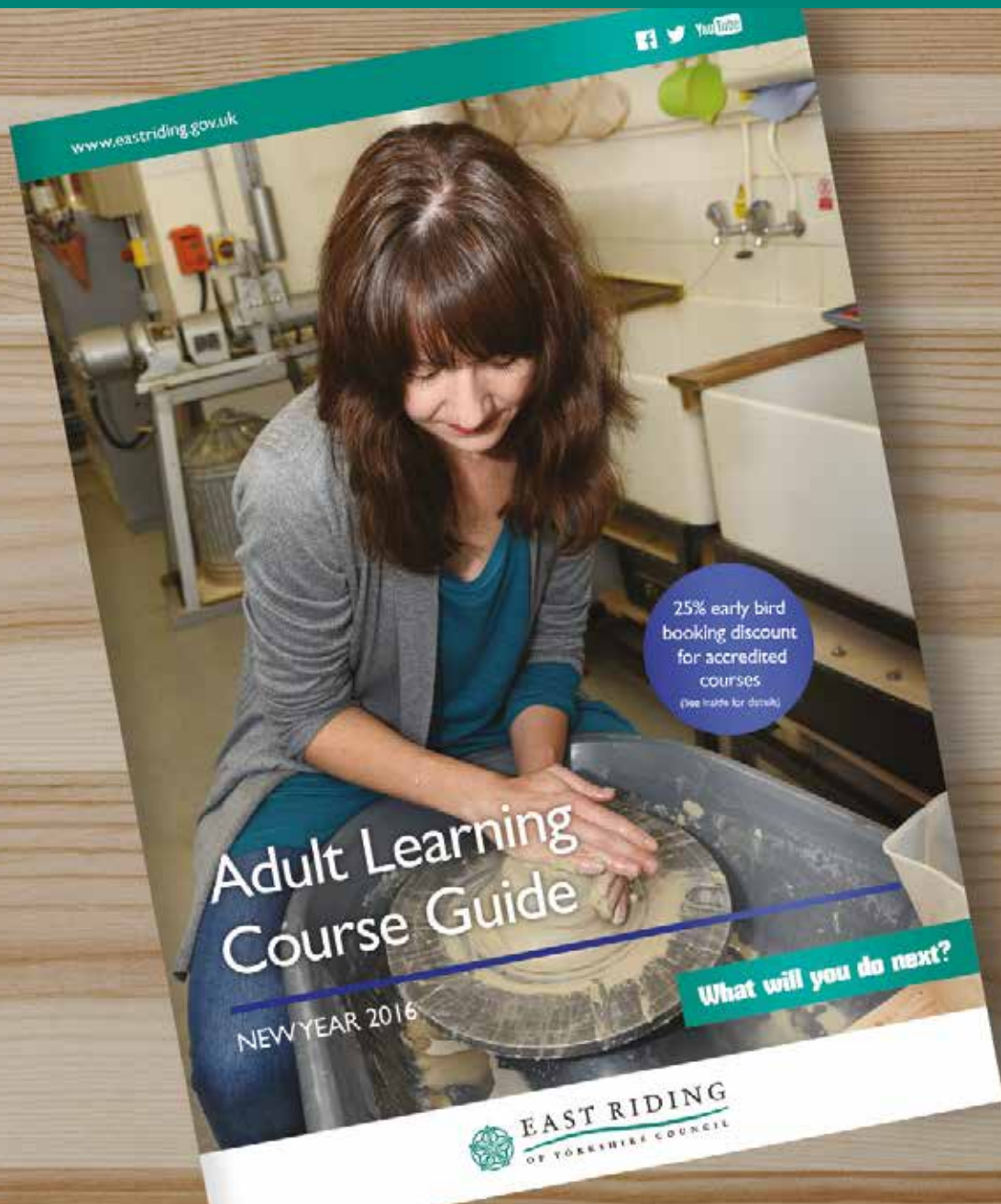
MR CARPETS invites you to visit them for your flooring needs - you will be made most welcome!

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# FITTED WARDROBES - SLIDING DOORS by John Fewings

Biscuit carpet, flecked so lightly  
Beige walls apologise politely  
Tasteful picture - autumn scene  
Tidy, antiseptic-clean

Pin-pleat curtains, even-spaced  
Stand attentive - straight-laced  
Neatly turned, the chocolate covers  
Not rumped by children or pets or lovers

Plumped up pillows in position  
Cushions "scattered" with precision  
Library books in neatened stack  
Bookmark-dated when due back

This is the perfect camera shot  
This is the public face  
A life of straightened order  
With everything in place

But cast aside the sliding doors with easy,  
graceful glide  
Discover there the clutter - the reality  
inside.

Dishevelled suit, disgruntled coats  
A worn-out ancient jacket  
A two-man tent, a dead umbrella  
And a stringless tennis racket

A bustling crowd of shirts and tops  
All clamouring for attention  
Cacophony of threadbare socks  
Protesting their dissension

A frisby and a rugby shirt  
Still caked in orange mud  
A crumpled heap of hankies  
Smearred with snot and streaks of blood

Slacks and jeans and trousers in crumpled  
disarray  
Tumultuous heap of tracksuits never see the  
light of day  
Wellingtons all caked with mud that once I  
meant to clean  
Amidst a footwear riot with boot-boys on the  
scene  
They jostle and they bustle - they're ready to  
go lootin'  
And if you try to stop them then they'll surely  
put the boot in



A waterfall of jigsaw pieces springing from  
the box  
And flattened beyond usefulness, a tube of  
shuttlecocks.

A sleeping bag (unravelling) joins the wild  
affray  
Six Christmas packs (unopened) of  
deodorising spray  
A pile of childhood comics, all suited to a  
boy  
A CD-cases pyramid and a dog-eared  
cuddly toy

The doorbell chimes – I hasten the  
wardrobe doors to close  
Descend to greet my guests, adopting  
welcome pose

"So, how are you?" they greet me.  
"I'm good," I say, "I'm fine."  
They step across the WELCOME mat  
But they never cross the line.  
We maintain social nicety that carefully  
ignores  
The lives that we keep hidden inside smiling,  
sliding doors.

More poems by John can be seen on his  
website [www.johnfewings.zone](http://www.johnfewings.zone)

John can be heard on Beverley FM on  
Sundays at 7pm

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Keep off the grass

**Q.** I live in a small detached house with an open plan garden to the front. The small lawn is shown on the deeds as belonging to me. Can you tell me if I am allowed to put up a three-foot picket fence around it to keep animals and children out?

**A.** The fact that you describe your garden as open plan suggests you live on an estate. In that case there may be a covenant in your title deeds put there by the developer to preserve the appearance of the estate. It may state that no walls or fences are to be erected. If you go ahead it's possible the developer or the council will ask you to remove the fence. If in doubt ask a solicitor to look at your title deeds.

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# Jack Conman - set to put Beverley on the indie-music map

**18-year-old Jack is on the move - he is due to be playing between 2 and 4 gigs every day at Universities all around the country starting January 18th and ending January 29th.**

He is also releasing an EP on January 22nd, through Hull-based Warren Records, which contains both the singles he has released as a solo artist to date, plus four other tracks.

Locally, Jack is becoming well-known on the Hull music scene, with his second single, 'Misty Central' enjoying air-play on Radio Humberside.

But much more exciting than that, he has been played on Radio 6Music (picked up by Tom Robinson) and a single he recorded with The Broken Orchestra, 'Shallow Humour' has been played on Radio 1 by Huw Stephens. Hence the tour, which will raise his profile even higher!

Jack began his musical journey as a drummer but learnt 4 or 5 chords on the guitar (with the help of Westwood Sessions' Nikky Airy) as he wanted to write his own songs. He wrote his first song when he was 11 and is now able to record demos using a 2-channel desk which he has installed at home in Woodmansey. He studied Music Technology at Wyke College which has enhanced his creativity. Music videos now accompany his work as today people are much more likely to watch and listen to music rather than just listen.

He plays his guitar on his lap, using it as a melodic as well as a percussive instrument after seeing Jon Gomm play his guitar that way; Jack has even been fortunate to support Jon at a gig in Norwich. Other inspirations include R'n'B, rap, Ben Howard, City and Colour and Wolf Alice although he first got into Foo Fighters! Jack says 'You take little bits, what you want, from everything you hear. I went through a stage of listening to heavy stuff.

But then I appreciate what George Ezra does, both before and since he became a pop icon.' Jack's music can be found on iTunes, Spotify, YouTube, Bandcamp and SoundCloud with physical CDs purchased from [www.jackconman.co.uk](http://www.jackconman.co.uk)

Jack will be playing at Quiet Riot at Hodgson's on March 25th.



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# In The Garden - January

## Welcome to the 'New Year'...

**January is the coolest month of the year and you might think that it is a dead month in the garden.**

Well think again, the days are getting longer and spring flowering bulbs will start to show shoots - things are slowly on the move.

Our winters have got warmer so expect to see snowdrops and winter aconites flowering, and maybe early flowering narcissi and crocuses.

Flowers are not in abundance in January, but the few that are brave enough to appear are to be admired. Viburnum bodnantense, hamamelis (witch hazel) and winter honeysuckle not only delight with flowers but are highly scented too. The Christmas rose (Helleborus niger) and Christmas box are two other plants that in spite of their festive common names will delight throughout January, the latter also has a stunning fragrance.

January is a good month to take a look at what is in your garden – if the view from the window is dull and drab, now is the time to decide what you might plant to brighten things up. Choose flowering plants from those above or look for more long term colour in the form of evergreens and coloured bark, one of my all-time favourites is the dogwood (Cornus) family with winter

stems in shades of red, green, yellow and even black. If you are stuck for ideas visit public gardens.

Many of the gardening tasks are a continuation of those for the month of December, and I suspect there will be a few that didn't get done as 'gardening days' were few and far between in December.

If you're unable to get out in the garden - indulge in a little 'armchair gardening' and start planning for the season ahead.



- Make a list of the plants and crops that did well last season, and would you like to try something new or different this year?

- Nurseries and garden centres will be starting to stock up for the coming season (when they have recycled the Christmas trees and had a sale of the Christmas

baubles!!) - so pop along and buy your seeds, seed potatoes, compost and plant food. Many have 'early bird' offers and you'll have a better choice too.

That's all for this month, February will be upon us before we know it and things in the garden will start to gather pace.

## Happy 'New Year' J

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



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## Competition Winner



Sue O'Leary from Hull has won the King's Head competition featured in Issue 11 of Just Beverley to win a one-night deluxe bed and breakfast stay at The King's Head.

Sue was delighted to learn of her good luck!

She said 'I enter quite a lot of competitions and never seem to win. My partner, Graham and I are really looking forward to our stay at The King's Head and seeing the refurbishments!'

## Food for Thought...

Christmas is definitely the one time of year that most of us over indulge a little. I've seen statistics which suggest on average we consume 6000 calories on Christmas day and add around 4lbs in weight over the course of the Christmas week! but I wouldn't worry too much about this, when you return to your normal routines and habits any gained weight will be lost within 3 to 4 weeks.

In January many people will begin some form of diet, with the hope of losing weight which has generally built up over many years and not just over Christmas... unfortunately by the time we get to Spring most will have stopped and gone back to their old eating habits and gained the weight they had previously lost.

So why does this happen? In my view it is not the individuals who fail their diet plans, but the plans which fail them... it's almost as if they are set up for failure.

I'm a huge advocate of asking my clients to view their caloric intake over the course of a week and not daily. I ask them to work to an 80-10-10 diet plan, with 80% of food being from healthy natural food sources (meats, dairy, fruits & vegetables), 10% of foods you would class as "ok" and the remaining 10% being unhealthy foods.

This type of plan allows you to still have the occasional treat meal, unhealthy snack or even heaven forbid fast food or takeaway once in a while! without you feeling like you have "failed" your diet plan. More importantly though it gives you the opportunity to form new "healthy" eating habits which will remain with you for the remainder of your life.

Here's to your health in 2016.

Mark

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Can't wait until next month for the answers? Go to [justbeverley.co.uk](http://justbeverley.co.uk) and find them there!

# PUZZLE PAGE

LAST MONTH'S ANSWERS ON  
[justbeverley.co.uk](http://justbeverley.co.uk)

## 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.

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

## Wordsearch

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

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# What's On IN BEVERLEY

## JANUARY & FEBRUARY

**Friday 11th December - Saturday 13th February**

- **Open Art Exhibition**  
Beverley Art Gallery. Free.

**Monday 4th January**

- **Puppet Trail Prize Presentation**  
Sugar 'n' Spice. 3.30pm

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

Beverley Conservative Club. 8.30pm £2. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Tuesday 5th January**

- **Mary's Eve Carol Service**

Toll Gavel 7pm. Carol's for Twelfth Night, the last day of Christmas

- **Walkington Methodist 'First Tuesday' Book Group**

Dog and Duck, Walkington. 8pm. Discussing 'Go Set a Watchman' by Harper Lee.

**Friday 8th January**

- **Creating Space for God: Distant Light**

Norwood Methodist Church. 6.30pm for 7.00pm. Offering creative and varied worship and space 'to be' on the first Friday of every month.

- **Beverley Film Society presents 'Ida' (Cert 12A)**

Masonic Hall, Trinity Lane. Membership available or £4.50. An Oscar-winning Polish film about a novice Nun who discovers she is Jewish.

**Saturday 9th January**

- **No Angel - Charlie Bicknell and Louise Innes**

East Riding Theatre. 7.30pm. £15/£14/£13.50. With her trademark dark sense of humour and rebellious joie de vivre, Charlie is joined by the inimitable opera diva Louise Innes to bring you a hell of a night out.

- **Epiphany Concert and Reception**

Beverley Minster. 6pm. Messiaen's 'La Nativité' played by Robert Poyser with nine meditations on the birth of Christ. Reception hosted by The Friends of Beverley Minster. Free.

- **Worker's Christmas Party Night with Elite Entertainments**

Armstrong Social Club. 8pm-1am. Free party night for anyone who has been working over Christmas. Tickets MUST be booked in advance from 01482 882999, [sallyann75@hotmail.com](mailto:sallyann75@hotmail.com) or through Armstrong Social Club Facebook page. Over 18s only.

**Monday 11th January**

- **Norwood Nights screen 'The Imitation Game'**

Norwood Church Schoolroom. 7pm. Refreshments and raffle. Contact Beverley Community Lift on 868082 if you require transport. Free.

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

Beverley Conservative Club. 8.30pm £2. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Friday 15th January - Sunday 31st January**

- **Sparrow** by Joe Bennett

East Riding Theatre present this brand-new comedy directed by Mike Friend. You are invited to a dinner party where the guests are, under their veneer of civility, selfish,



shallow, vain, boastful, competitive, cruel, greedy and lecherous. It's like nothing you have seen before – but it's instantly recognisable! Adult content. £15/£14/£13.50.

- **Tickton Youth Kaf**

Tickton Methodist Church. Years 5-6 from 6.30 - 8.00pm; Years 7 and upwards 7.30-9.00pm.

**Sunday 17th January**

- **Exclusive to Beverley - David Nicholas Wilkinson and Quentin Dowse attend screening of 'The First Film' (PG) with after-show Q&A.**

Parkway Cinema, Beverley. 5.30pm. Usual admission prices apply.



**Monday 18th January**

- **The White Horse Folk Club presents Vikki Swan and Jonny Dyer**

Beverley Conservative Club. 8.30pm £7. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Saturday 23rd January**

- **Gruffalo Family day - Superworm**

Beverley Minster 10am-12.30pm. Craft activities, DVDs, stories with Emily, games and refreshments.

**Monday 25th January**

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

Beverley Conservative Club. 8.30pm £2. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Tuesday 26th January**

- **Short Story Creative Writing Course with Sue Wilsea**  
East Riding Theatre. 10.30am-12.30pm. 6-week course, £54.

**Wednesday 27th January**

- **Introductory Writing Course**

East Riding Theatre. 10.30am-12.30pm. 6-week course,

£54.

**Thursday 28th January**

- **Beverley Ghost Walk**

7.30pm. Details and tickets from Beverley Tourist Information 01482 391672. Booking essential. £3.50

**Saturday 30th January**

- **Me and my Dad Breakfast**

Beverley Minster Parish Hall. 9.30-11am. Bacon butties, games, toys and crafts. For dads, grandads and their youngsters.

- **Cameo Opera present 'Showstoppers'**

Toll Gavel United Church. 7.30pm. An evening of opera, operetta and music from the West End and Broadway. £14.50/£12.50/Under 14s free with full paying adult, additional children £5. Refreshments available. Tickets from Beverley Tourist Information 391672 or [www.events.eastriding.gov.uk](http://www.events.eastriding.gov.uk)

**Sunday 31st January**

- **Margaret Pinder of Chapters and Verse introduces 'Romeo + Juliet' (12a)**

Parkway Cinema, Beverley. 5.30pm. Usual admission price. The start of an occasional Shakespeare on Sunday Season to mark the 400th anniversary of Shakespeare's death.

**Monday 1st February**

- **The White Horse Folk Club present John O'Hagan and Paul Tebbutt**

Beverley Conservative Club. 8.30pm £7. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Tuesday 2nd February**

- **FSB 'First Tuesday' Business Networking**

Society, Norwood House, Beverley. 6.00pm. £5. For business people whether members of the FSB or not. Guest speaker. Refreshments. Free car-parking. For more information contact Adam Gutteridge 07733 888147.

**Friday 5th February**

- **Creating Space for God - In solidarity with the Dalit people.**

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.

- **Beverley Folk (and Roots) presents A Masterclass in Blues, Jazz and Folk with Tom Doughty**

Ferguson Fawsitt Arms, Walkington. 8pm. £10

**Monday 8th February**

- **Norwood Nights screen 'Brief Encounter'**

Norwood Church Schoolroom. 7pm. Refreshments and raffle. Contact Beverley Community Lift on 868082 if you require transport. Free.

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

Beverley Conservative Club. 8.30pm £2. See [www.whfolk.co.uk/home](http://www.whfolk.co.uk/home)

**Friday 12th February**

- **Beverley Film Society presents 'What we did on our holidays' (Cert 12A) Comedy/Drama**

Masonic Hall, Trinity Lane. Membership available or £4.50. An up-lifting film starring David Tennant and Billy Connolly, directed by Andy Hamilton.

For more information visit  
[justbeverley.co.uk/events](http://justbeverley.co.uk/events)

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# Rumi's Restaurant

Rumi's is actively looking for way to change perceptions of Indian cuisine.

For too long, Indian restaurants and curry houses in the UK have been selling the same old dishes, tapering them to the western pallet.

Yet anyone who has travelled to India or Bangladesh will know the difference between authentic Asian cuisine and what you tend to get served here. Not that there was anything wrong with that – curry wouldn't be the nation's favourite food without this approach!

Sham Alom, Rumi's owner, is keen to showcase what can be achieved with Asian cooking – that it's not just Korma, Madras and Tikka Masala. Fish is a key ingredient of Indian and Bangladeshi cuisine, but it's not just chopped up and thrown into a sauce!

Venison, quail and, especially at Christmas, turkey, are also popular – meats which Sham has grown up with.

He's also on a mission to remove food colourants, to be more authentic and truer to the dishes his fore-fathers served. For example, Sham has recently taken the red colourant out of his Tikka Masala dishes, only to find customers thinking they have been given the wrong dish!

So he needs to re-educate customers of the authenticity of his dishes. This also means a menu change, with more traditional and also innovative dishes being brought to the table, such as Chili Beef with Curry Leaves (recipe below). These are exciting times!

## Chili Beef with Curry leaves

### Ingredients:

Serves 4-6

- 2tbsp Vegetable Oil
- 1 large Onion Finely sliced
- 5cm/2in piece fresh root ginger, grated
- 4 garlic cloves, crushed
- 12 curry leaves
- 3tbsp extra hot curry paste, or
- 4tbsp hot curry powder
- 1 tbsp chilli powder
- 1 tsp five-spice powder
- 1 tsp ground turmeric
- 900g/2lb lamb or beef, cubed
- 175ml/6fl oz thick coconut milk
- Salt
- Red onion, finely sliced to garnish.
- Indian bread and fruit raita, to serve.

1) Heat the oil in a Karahi, wok or large pan and fry the onion, ginger, garlic and curry leaves until the onion is soft. Add the curry paste or powder, chilli and five-spice powder, turmeric and salt. Stir well.

2) Add the meat and stir well over a medium heat to seal and evenly brown the meat pieces. Keep stirring until the oil separates. Cover the pan and cook for about 20 minutes.

3) Stir in the coconut milk and simmer, covered, until the meat is cooked. Towards the end of cooking, uncover the pan to reduce the excess liquid. Garnish with onions and serve with any Indian bread and with fruit raita, for a cooling effect.

Special tip: Keep back half the curry leaves and add in step 3 along with the coconut milk, this gives the curry extra flavour!



**Rumi's Indian Restaurant**

New Walkergate, Beverley, HU17 9EP  
 Telephone 01482 428642  
 www.rumisrestaurant.co.uk

Mon - Thurs: 5.30pm - 11.30pm  
 Fri - Sat: 5.30pm - 12am  
 Sun: 5.30pm - 11pm

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# Winter Driving

**With winter fast approaching the cold mornings and snow will soon be with us.**

At Beverley Motor Works we offer all of our customers old and new the opportunity for us to check their vehicles over with our free winter check.

This check is carried out to give the owner of the vehicle peace of mind that when the weather changes the vehicle is up to the conditions.

Having now been offering this service for the last 4 years plenty of people are taking them up the FREE offer, it is essential to ensure that you prepare both yourself and vehicle for changes in the weather we recommend that you carry with you in your vehicle an emergency kit to ensure if the worse happens you give yourself the best chance of being prepared.

Your emergency kit should include:

- Ice scraper and de-icer
- Torch and spare batteries
- Warm clothes and a blanket
- Boots
- First aid kit
- Mobile-phone charger
- Food and a warm drink in a vacuum flask
- A shovel
- Road atlas
- Sunglasses (for the glare off the snow)

**A few tips on driving techniques should also be considered, listed below are some key tips:**

- Get up at least 10 minutes early to give you time to prepare the car.
- Plan routes to favour major roads which are more likely to have been cleared and gritted.
- Put safety before punctuality when the bad weather closes in. Allow extra time for winter journeys but be prepared for being late for work due to unexpected delay, be there in one piece late is better than not getting there at all.

**When driving in snow and ice the following should also be used:**

- Wear comfortable, dry shoes for driving. snow-covered boots will slip on the pedals and may cause accidents.
- Pull away in second gear, easing your foot off the clutch gently to avoid wheel-spin.
- If you have to use brakes then apply them gently.
- Only drive if it's absolutely necessary and don't be afraid to turn back if you think the conditions are too dangerous.



- If you do encounter a skid, steer gently into it - for example, if the rear of the car is sliding to the right, steer to the right.
- Do not take your hands off the steering wheel or stamp your foot on the brakes.

If you would like to book your vehicle in for a **FREE** winter check then call Leanne on **01482 881128**.



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# January - the perfect time for warming stews!



## Method

Heat the coconut oil and a large stockpot to brown the meat. Add the onions and garlic and fry until softened. Add the Worcestershire sauce, bay leaf, thyme, salt, 750ml water and stock cube. Simmer or slow-cook until meat is tender – a minimum of 2 hours. Add in potatoes, celery, carrots and parsnips and cook until tender.

Combine the flour and the 4 tbs water and stir into the stew to thicken slightly.

Remember to remove the bay leaf and season to taste. Serve with wedges of chunky farmhouse bread to soak up that delicious gravy!

*As the chill of winter hold fast, this rich Venison Stew is bound to help thaw you out. This recipe is ideal for a larger slow-cooker or stew-pan on a very low heat.*

### Ingredients:

- 1 tbs taste and aroma-free coconut oil
- 1kg lean venison, cubed
- 3 onions, chopped
- 2 cloves garlic, chopped
- 1 tbs Worcestershire sauce
- 1 bay leaf
- 1 tsp dried thyme
- 750ml water
- 1 vegetable stock cube
- 600g baby new potatoes
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 2 sticks celery
- 4 tbs water
- Salt and freshly-ground pepper to taste



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E - [gamebird@bateman.co.uk](mailto:gamebird@bateman.co.uk)

W - [www.gamebirdbeverley.co.uk](http://www.gamebirdbeverley.co.uk)

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# Just Beverley Celebrates its First Anniversary with a BIGGER magazine!

**We hope you have enjoyed this edition of Just Beverley in its BIGGER format!**

With MORE good news, MORE advertising, MORE support from our readers, MORE events, MORE hits on our website, MORE 'likes' on our Facebook page and MORE copies being printed, Just Beverley is now being printed with BIGGER pages.

Getting bigger will also mean that we can print in a larger font size to make our inspiring, interesting and informative articles even easier to read and ensure our advertisers get full value for money as our readers will be able to see every word more clearly. We have been really pleased with the response to the magazine. Why is Just Beverley so popular?

- Just Beverley is not just a magazine - it's a website [www.justbeverley.co.uk](http://www.justbeverley.co.uk), which is updated frequently with the latest news and events.
- Just Beverley is a Facebook page which allows you to interact with what's going on right here, right now! Go to [www.facebook.com/justbeverley](http://www.facebook.com/justbeverley) and give us a 'like'!



- Just Beverley is the ONLY magazine which has contributions ONLY from people who live in Beverley or the surrounding villages or are connected with the area.
  - Just Beverley maximises its content by ONLY accepting advertising from the local area and publishing articles all about Beverley, its villages, people, businesses and events.
  - Just Beverley supports the local community with time and expertise as well as featuring them in the publication, on the website and the Facebook page to raise the profile of Beverley.
- For example, the Tour de Yorkshire; Beverley Christmas Lights Switch On; Beverley Twelve Days of Christmas Puppet Trail; Beverley Churches Christmas Services Listings; new businesses; business anniversaries; events and more! Just Beverley gets involved!
- Just Beverley promotes new businesses free of charge.
  - Just Beverley gives its advertisers real value for money by offering hard copy and web and promotion beyond the cost of the advert.
  - Just Beverley promotes events free of charge.
  - Just Beverley runs competitions in its magazine, website and Facebook page - sometimes two or more at the same time!

**This is YOUR magazine so please get involved!**

## Here's to 2016

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