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ISSUE 67

BEVERLEY

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BEVERLEY MOTOR WORKS **10 YEARS AND STILL MOTORING ON**

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

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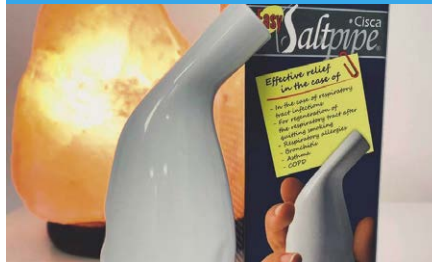
8 TEN YEARS AND STILL MOTORING ON



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WIN £170 JACKET AND SHIRT COMBO AT BROOK TAVERNER

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16 BCL



18 PETS' BEST FRIEND



Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Carfan, Jane Dale, Jack Dickerty, Rose Drew, Rich Hayes, Ed Hawkes, Lauren Middleton, Colin Raynor, Ian Richardson, Sam Walton, Clint Wastling and Nathan Wilson.

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

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LETTER FROM THE EDITORS

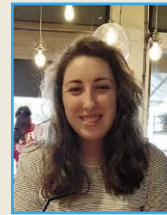


What is the new norm? As we move into August, the holiday season, schools closed for summer, everyone getting excited about the summer vacation or staycation, what is the new norm going to mean for you? Let us know.

This month we look at Beverley easing Lockdown, look at safety in shops and new initiatives to encourage people back to our beautiful market town. Businesses have started to open with new rules in place, the key is remembering to do everything safely and consider those around you. If you are on a staycation then look to support your local business, they need you, getting through this together will ensure a brighter future for everyone.

Send in your what's new stories, stay apart, stay safe, stay well and have a great August.

Julian.



Hello readers! Now I thought summertime was supposed to be all about the sunshine, so tell me for why we had miserable skies for the majority of the last month! For anyone who has a strong appetite for adventure, I think we can definitely look forward to an August full of the outdoors.

Time to catch up. Each month of lockdown I've tried something new, and this past month was no different. I tried to rekindle something that has become alien to me over the years. I started exercising. Proper HIIT fitness workouts and all that jazz. I actually found myself starting to enjoy it too, only for disaster to strike. After doing several days of workouts without a rest day, I became injured. Is it a sign? I mean, the one time I show an active enjoyment of exercising and what happens? I'm now being advised to "do nothing" and just rest. Maybe I'm not destined for life as a sports star, neither that as a couch potato, but somewhere in between and my focus is to concentrate on "Small Change BIG impact", and get the benefits over a period of time rather than instant success. Always look to try something new. The new norm and the new you. Enjoy the issue.

Olivia.



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EAST YORKSHIRE VENUES WELCOME BACK CUSTOMERS WITH HELP FROM HULL HYGIENE EXPERTS

Two of Beverley's most popular venues have successfully re-opened, with a little help from East Yorkshire's leading hygiene experts, Elliott's Hygiene.

Chamas, in Wednesday Market, and the Tiger Inn, in Lairgate, opened their doors to customers on July 16. Both outlets worked with Hull-based Elliott's Hygiene to put robust COVID-secure measures in place, designed to keep staff and customers safe.

John Naylor is Head Chef for both the Chamas Brazilian restaurant and its sister business, the Mirage cocktail bar and bistro. Mirage was able to re-open its doors as soon as the Government gave the green light, on 4 July, but with Chamas there were some additional hurdles to clear.

John said: "Chamas took more thought, because it's all about the theatre and atmosphere surrounding the food. The open, self-service buffet was one of the things our customers like best, and the service is all about different cuts of meat being presented to diners, table-by-table.

"Our challenge was to ensure we didn't lose any of that 'wow factor' and ambiance that our customers value so highly, while also keeping them safe. We've worked with Elliott's for a number of years now and given the COVID-19 pandemic, their support and advice has been not just helpful but absolutely essential".

For Allen Slinger, of The Tiger Inn, opening again was also all about retaining the confidence of a loyal customer base.

He's established an impressive reputation for the Tiger as a grassroots community pub since taking over as manager the Punch Taverns-owned venue four years ago.

Allen said: "Opening again after four months was a big milestone. We've erected a marquee outside in our beer garden area so that people can keep dry while queuing, and maintain a safe distance from each other.



"We've also made more of our outside space to accommodate more people, as we've lost a bit of space inside by spreading our tables out more".

He said Elliott's have been a fantastic help to them in getting this right. "We've worked with Elliott's for some years now and so we already had robust hygiene measures in place, but they've helped us to take those up a notch in order to comply with the extra-stringent COVID-secure requirements," added Allen.



A LITTLE BIT OF "SUN" SHINE FOR THE BEVERLEY WESTWOOD LIONS

The Sun newspaper launched a national promotion scheme in conjunction with Onestop convenience stores nationwide.

The Sun contacted all Onestop stores to encourage them to nominate a local charity that they felt made a difference in the local community. Manager, Aimee Kelly, and her

staff at the Coltman Avenue store, Daniel Harrison and Maria Sourianou, Customer Support, decided it would be a good idea to nominate local charity Beverley Westwood Lions. The entry was sent in pre Covid-19 pandemic, and they would receive a prize of a £250 cheque if the charities were chosen by the Sun newspaper.

Manger, Aimee, said "Working and living locally, I know the amount of work and effort the Beverley Westwood Lions put in to help the local community and help put a smile on peoples faces".

Recently, Aimee and her team received the news that they had been successful and the Sun newspaper would be delighted to present a cheque to their chosen charity. The Beverley Westwood Lions knew nothing of this until Aimee contacted them and



broke the good news. The prize cheque is being presented by Chris Broadhead (Sun newspaper), and Aimee Kelly, (Onestop Store Manager), to Judy Sagar (Beverley Westwood Lions), in attendance are L - R (Rear) Alison Porter, Alan Blenkhorn (B.W.L), Maria Sourianou, (Onestop), Ian Sagar, (B.W.L), Daniel Harrison (Onestop Customer Support), and Vicki Ford (B.W.L).

Judy Sagar was delighted to receive the £250 on behalf of the Beverley Westwood Lions, and mentioned that during these difficult times people have needed more help than ever and the money will be put to good use locally.



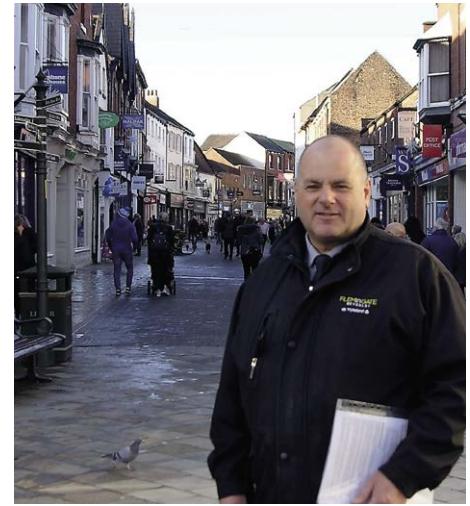
KEEPING BEVERLEY SAFE

During these troubling times of trying to prevent the spread of the Coronavirus, it could become more difficult to identify known shoplifters following the introduction of wearing of face coverings in retail shops from Friday 24th July.

Beverley Shopwatch was introduced to reduce retail crime and this has been very successful with numerous convictions of career shoplifters. Some shoplifters are easier to detect, however since shops have reopened there seem to be an increase of one-off shoplifting which in some cases are big in value, and these crimes can sometimes go unreported.

If I can ask anyone who sees a person putting items into their bags and leave without paying, please have a discreet word with a shop assistant and even contact the police yourself on 101 or report it on Humberside police website.

Members of Beverley Shopwatch would like to thank everyone for their understanding and assistance during this time. Adjusting to the "new normal" of wearing a face mask or covering in shops will perhaps be strange, however taking this precaution will protect yourself and others during these troubling times.



A BEVERLEY ACCOUNTANCY FIRM IS CELEBRATING 3 YEARS OF GROWTH IN BUSINESS

Tony Hall opened TaxAssist Accountants on Grovehill Road back in June 2017 as an accountancy and tax service for small businesses covering Beverley and the wider East Yorkshire area.

TaxAssist work with a significant number of local businesses and individuals, including sole traders, limited companies and landlords. Due to his success and continued growth in the business, Tony has just opened another office in Melton Court on Melton Industrial Estate to support existing clients in that area and attract even more business. Continuing to cater for the needs of micro and small businesses, Tony is

looking at the new office as a way to improve efficiencies and increase his client base in the West Hull area.

Tony said: "I am delighted that since opening TaxAssist in 2017 and celebrating our 3rd birthday in the business, especially during these difficult times, that we are still seeing lots of room for growth. At the moment I'm seeing lots of new businesses open and established businesses growing, and that's all testament to the attraction of Beverley. It's a historic market town full of opportunity, an area that continues to prosper and grow, and that's so exciting for businesses like mine to be a part of".



TRAVEL ADVICE - OPEN FOR BUSINESS



Having over 30 years experience in the travel industry it's safe to say that the pandemic has certainly presented the most challenging of times - for both travellers and for independent travel professionals alike.

Throughout this time I've remained focussed on the most important people of all - my customers.

From helping them to get home as borders closed across the globe, to cancellations and amendments to my client's holidays, I've kept my customers health, safety and wellbeing at the heart of everything I do.

After a concerning time for many people it's now wonderful to see positive signs of people travelling again, and many of my customers are looking to get away later this year and next.

Working from a home office means I can be there for my customers whenever they need me, both in the lead up to the trip, during and beyond.

No matter where they are in the world or whatever the time zone, my customers have the peace of mind that my business offers 24/7 support. With enhanced health and safety measures at airports, in-flight and at destinations across the globe, I'm providing the latest information and guidance on what travellers can expect at every stage of their journey.

It's so important that as travel restrictions ease across the globe, we keep people's wellbeing at the forefront. The holiday options are increasing day-by-day, and as your local Travel Counsellor based

in Beverley, I'm very much open for business and look forward to providing independent advice and the utmost levels of care for my customers, as the world opens up for travel once more.

For all travel enquiries contact Amanda McConnell, **01482 770540**, amanda.mcconnell@travelcounsellors.com, www.travelcounsellors.com/amanda.mcconnell.

COUCH 2 5K IS BACK!

The well established Couch 2 5k programme is back. Only now the time is right to launch it as a virtual programme to help those who are looking for support and motivation to exercise and get running during these socially distanced times.



This brilliant programme is designed to get you running 5k in 9 or 15 weeks, working with you to get you moving at a gentle pace and build up the body over a number of weeks, improving your physical and mental strength. If you would like to take part in the virtual C25K programme or keen to become a member of the club go to www.beverleyathleticclub.co.uk for more information.

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ARTISTS URGED TO JOIN CREATIVE COMMUNITY AS ART & SOUL PREPARES FOR FLEMINGATE OPENING

A new creative hub for artists and makers is preparing to open its doors at Beverley's Flemingate centre.

Art & Soul will be located in the unit which was formerly The Creative Lab and will open to the public on September 1. Carefully chosen art and gift ranges, including framed art, prints, jewellery, ceramics, woodwork, illustration, glassware, stationery and more will be available to buy, giving creatives their own individual space to display and sell their work.

The hub is being launched by Dr Jane Berriman, from Walkington who previously sold her handmade postage stamp art at craft fairs, online and at The Creative Lab. Artists and makers will rent space at Art & Soul while receiving support from Jane to meet their individual business objectives. Art & Soul has capacity for 185 rental spaces with prices ranging from £40 to £150 per month for wall or unit areas, and options can be discussed on an individual requirement basis.



At least 30 artists and makers have already registered their interest in renting space to sell their work.

Jane said "We're excited to welcome people from across Yorkshire and beyond to sell their unique, handmade, contemporary artworks or gifts. It's a great opportunity to bring everyone together in a lovely, supportive community."

Wykeland Property Director David Donkin said: "We believe having a creative community such as this adds a great deal to the mix of retail and leisure outlets at Flemingate and offers a fantastic opportunity for artists to showcase and sell their work in a high profile and high footfall location. "We're very supportive of the concept and wish Jane and her fellow artists every success."

Artists interested in taking space at Art Soul are asked to email artandsoulbeverley@outlook.com with their name, company name, contact details, a description of their products and price ranges, links to social media and websites which feature their products, and up to six high resolution images of their work.

STOP PRESS!



Good news! Sally Ann Rayner, who due to the pandemic, closed the doors at the Armstrongs Club, has opened a new cafe.

The Tiki Cafe is based at the Ings Lane, Garden Centre, Dunswell, Beverley. At the moment opening times are Thu - Sat 10am to 3pm, Sunday 11am to 3pm with a view to increasing opening times in September.

LIFE AT FLEMINGATE POST LOCKDOWN

The majority of Flemingate has now reopened and visitors are returning to enjoy the retail and leisure on offer. Essential stores remained open and busy throughout the lockdown but footfall has been steadily increasing and every week sees more places reopening, with only a couple now to follow.

Shoppers are making the most of the summer promotions with many retailers going straight into summer sales. We have had some great feedback regarding the safety measures that each store has put in place.

Flemingate's restaurants, pubs and cafes are now all open and are utilising their outdoor seating areas which have been extended to



enable them to accommodate the need for social distancing.

The Government's Eat Out to Help Out scheme starts on August 3rd with all restaurants and most cafes at Flemingate signing up. Customers will be able to save up to £10 per person when they eat out Monday to Wednesday.



Leisure activities have gradually been allowed to reopen. Parkway Cinema is offering a great Summer of Movies schedule showing many classic films on the big screen.

Anytime Fitness gym is open again and adapting brilliantly to the new measures that are in place.



The Premier Inn hotel is also open for business! Inflata Nation isn't able to open just yet.

The team at Flemingate have worked really hard to ensure that we are able to create a positive experience when visiting. No one knew what to expect when things reopened. It has been really nice to see people back, enjoying the British weather(!) whilst respecting the guidance in place.

Jo Bridgeman, Flemingate Marketing and Event Manager.

10 YEARS AND STILL MOTORING ON

After 10 years in business Beverley Motor Works has established itself as one of the leading independent garages in the area, winning numerous awards for their exceptional customer service.

Founded in August 2010, Alan Lewis and Richard Hayes set off on a journey that neither of them knew where it would take them. They started with just a 6500 sq ft unit on the Grovehill Industrial estate, had only themselves with no customers, and very little equipment, but a huge amount of enthusiasm to succeed in delivering the highest in quality workmanship and customer service within their industry in the local town.



After reading over 1400 genuine customer feedbacks, they seem to have succeeded in this quest.

Celebrating 10 years this month is a milestone in any business, starting in a recession enduring numerous challenges and recently navigating the Covid-19 pandemic, the business continues to go from strength to strength.

Speaking to both Alan and Richard, you get the sense of a very well run business with the number one priority of putting the customer first, a traditional approach in an ever changing world of the automotive industry.

All the team employed are all local to the area, and they have taken employees from apprentices right up to fully qualified and valued members of the team. Their engagement in the local community can be seen with numerous sponsorships with local sports teams and contributing raffle prizes to



local charities. They have also offered their services providing work experience with local schools, as well as mentoring sixth form business students.

From day one the aim of the entrepreneurial duo was to offer a competitive rate with a high level of service delivering main dealer experience with an independent price, and the investment into the equipment and the team has shown how they are at the very forefront of their industry.

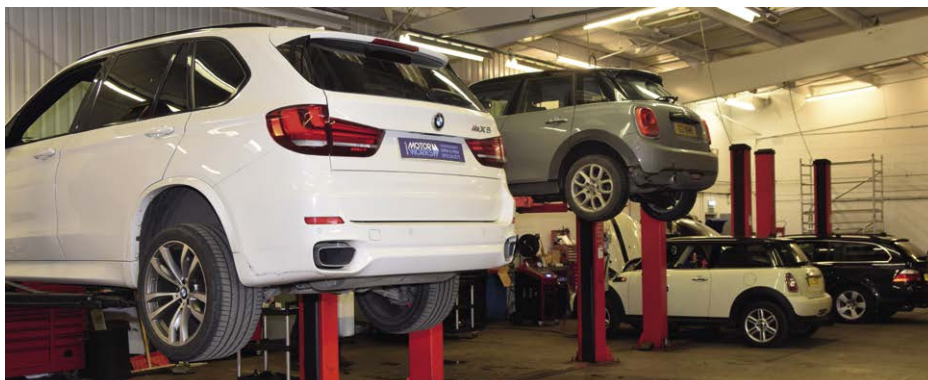
The next 10 years is heavily focused on Hybrid and Electric vehicles servicing and repairs, again demonstrating a strength from the business to keep ahead of the time. Investment has already been made in dealer level diagnostics, as well as accredited training

for the team as they prepare themselves as a business. The future of vehicle repair is changing dramatically.



Alan & Richard said, "We would like to thank all the many customers that have supported our business and continue to do so, without our customers we have nothing and we appreciate every single person that has taken the time to come and experience what we have to offer.

"Our thanks also go to our local suppliers that offer a fantastic service assisting us to deliver the highest standard. We look forward to the next 10 years and welcoming new and old customers."



WELL I NEVER - 20 QUESTIONS FOR 2020 WITH RICHARD HAYES AND ALAN LEWIS



First to answer is Richard Hayes

1. Do you consider yourself an introvert or an extrovert?
Extrovert.

2. What's the craziest thing you have ever done?
Moved to the Middle East.

3. When was your biggest adrenaline rush?
The birth of my children.

4. Is what you are doing now, what you always wanted to do when you were growing up?
No, I wanted to be a solicitor.

5. Who were you closest to when you were growing up?
My parents.

6. Who is the one person you can talk to about anything?
Either of my parents.

7. What are you most thankful for?
My children.

8. What's on your bucket list for this year?
Own a property in Majorca.

9. If a genie granted 3 wishes, what would you wish for?
Health, Wealth and Happiness.

10. What's your idea of a perfect vacation?
Sun, Sea, Family and alcohol!

11. What do you think about when you are by yourself?
Business and Family.

12. Do you judge a book by its cover?
Never.

13. What's your favourite all-time movie and why?
Goonies - An awesome classic.

14. What would you do differently if you had the opportunity again?
Listen at school.

15. What would you change in Beverley and why?
More Electric Cars.

16. What was your most memorable birthday?
My 17th Birthday when I learnt to drive.

17. What's your favourite drink, alcoholic or non-alcoholic?
A cold pint of quality lager.

18. What's your biggest achievement - sporting, hobby or past-time?
I've written a chapter in a book that has been published worldwide.

19. How would you describe yourself in one sentence?

Driven, Caring, and generous.

20. What have you learnt from the last 10 years?
Stick to what you know, and don't panic. Quick results do not exist.



Next up, we quizzed Alan

1. Do you consider yourself an introvert or an extrovert?
I don't really see me as an introvert or an extrovert

probably somewhere in between depending on situations can't really pigeonhole introversion or extroversion so I'll go with ambivert.

2. What's the craziest thing you have ever done?
Setting up a business in a recession in 2010 with one toolbox & 6500 Square feet unit in Beverley crazy eh haha. I'd rather keep the other crazy stuff between me & my friends haha!

3. When was your biggest adrenaline rush?
Bungee rocket Kavos... need I say anymore.

4. Is what you are doing now, what you always wanted to do when you were growing up?
When I was younger I always pretended to be a film director, then wanted to be a truck driver, then a mechanic, and then superstar DJ! Here we go. Make of that what you will.

5. Who were you closest to when you were growing up?
Always close to parents.

6. Who is the one person you can talk to about anything?
Business partner and family.

7. What are you most thankful for?
Goes without saying family and a good upbringing. They might have a different opinion tho haha!

8. What's on your bucket list for this year?
Currently learning the guitar, so to complete 3 songs by the end of the year and sing along with at least one of them (might even see me Busking down Toll Gavel!)

9. If a genie granted 3 wishes, what would you wish for?
1: Cure all suffering in the world

2: Cure for cancer

3: Meet Noel Gallagher for a chat. Think if I'd rich boxes on the first two most people would wanna chat with me. Wait a minute can I change number 3 for 3 more wishes???? (this could go on for some time...)

10. What's your idea of a perfect vacation?
An idyllic place with people I love and lots of physical activities, for example, yoga, running swimming, and cycling.

11. What do you think about when you are by

yourself?

How I can improve myself and good memories.

12. Do you judge a book by its cover?
50 / 50, always read the back first but always trust your intuition, it's usually correct and if not you made the right choice at that time.

13. What's your favourite all-time movie and why?
How about three???? These three resonate with me: The Wolf of Wall Street (Scorsese's funniest film and Leonardo DiCaprio's best performance for a long time).

Vanilla Sky (very strange movie and not everyone's cup of tea but the concept of living in virtual reality suspended in time, it really get you thinking this movie) Tom Cruise, Penelope Cruz, Cameron Diaz, need I say anymore.

Limitless: Bradley Cooper and Robert De Niro supply awesome roles in this movie, the concept of being able to bio-hack your mind to increase productivity and processing speed intrigues me. Also absorbing information and never forgetting anything that would be an amazing gift sign me up, please.

14. What would you do differently if you had the opportunity again?
Nothing... what's done is done, this is the path I was meant to take (sounds deep but I truly believe this).

15. What would you change in Beverley and why?
The magic roundabout between Grovehill and Swinemoor. I know this seems to work now but I've seen drivers who've never been to Beverley before (I'm assuming) actually travelling down the opposite direction. Somewhat confusing for first-timers.

16. What was your most memorable birthday?
40th birthday because it was a surprise and good to see old friends and family all in one place.

17. What's your favourite drink, alcoholic or non-alcoholic?
Hot: bulletproof coffee. Cold: filtered water (the odd glass of Châteauneuf-du-Pape).

18. What's your biggest achievement - sporting, hobby or past-time?
Apart from business never really been into physical activities until recently, running 10k and Bikram yoga (This is hardcore hot yoga). It's amazing how far you can push your self physically and mentally and it really helps your mindset.

19. How would you describe yourself in one sentence?
Creative, technical, spiritual, caring being, living a human existence.

20. What have you learnt from the last 10 years?
You could write a book on this one question alone! Let's just say it's been a massive growth journey and it still continues! Don't panic, don't judge, treat customers like your friends.

MAKING THE MOST OF THE OUTDOORS THIS SUMMER

If the Coronavirus has put a pause on any holiday you had booked earlier this year, fear not. There are still plenty of ways you can get outside and make the most of the outdoors this summer.

Whether you have children to entertain or it's just you and your friends, why not try something new like camping? Or glamping if you don't fancy roughing it.



If you prefer the nature scene on a day trip, the National Trust have opened more than 130 gardens and parks through advanced booking and are now encouraging people to explore their nature reserves again.

Currently the number of tickets available for each opened location is being limited to ensure that visitors and staff stay safe and prevent the spread of the Coronavirus, but

new tickets are released every Friday. You can take your family out to enjoy a summers walk through the countryside, coast, parkland and gardens which are full of trails of flowers, wildlife and stunning views.



There are hundreds of coastal and countryside car parks open without a need to book so you can be as flexible with your visit as you like.



Alternatively, you can explore locally. Adventuring around places closer to home and the historic market town of Beverley will lead you to some hidden gems where you can walk, cycle or hike.

Beverley is in a fortunate position to have the best of both worlds. You can go from exploring beauty in the town and then be at the coast within the hour and find something beautiful to explore there.

Coastal areas such as Bridlington have started to reopen venues so you can visit Bridlington Spa and then spend the rest of the day down the Yorkshire Coast, or go explore the old railways lines down the Hudson Way, or North Cave Wetlands, or head up to the Wolds and explore the public highways. Why not make the most of the summer and explore them all!

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BEVERLEY FLOWER COMPANY OPENS IN EXCITING NEW PREMISES

A popular florist which provides flowers for all occasions has opened in a new premises in the heart of Beverley.

The Beverley Flower Company, which specialises in romantic, elegant and natural wedding flowers, have opened in a new premises on Lord Roberts Road.

Business owners Sarah Cameron and Jade Crisp opened The Beverley Flower Company back in 2015 on Dyer Lane selling a multitude of fresh flowers and plants for all occasions.



After achieving success there, 12 months later in 2016 they relocated to a new premises on Well Lane. This gave them a larger area to increase their stock, while also allowing them to provide a more varied service and establish

themselves as key florists in Beverley and the surrounding district.

Following increased customer requests along with having to meet new requirements to keep up with the demand for the highest quality flowers, an opportunity arose earlier this year when a new shop was being built on Lord Roberts Road.



Now located on a main road between the East Riding Theatre and Wednesday Market, Cameron and Crisp are confident their floral designs and services will reach even more people looking for special bouquets and arrangements.

This opportunity in being the first to move into the new space has given the Beverley Flower Shop room for continued growth and a means of diversifying their business with an exciting



shop front window to match. While they continue to sell flowers for all occasions, they now have the capacity to sell candles, plant hangers, vases, and a wide range of Frenchic Paint.

The new shop is open Monday to Saturday from 9am to 5pm. If you are looking for flowers and gifts for all occasions, or if you are looking for something bespoke, contact the Beverley Flower Company on **01482 873313** or by visiting their website at www.thebeverleyflowercompany.com today. All deliveries are made within a 15 mile radius from Beverley.

YOUR OWN SLICE OF SALT THERAPY AT HOME!

Salt Revive on Mill Lane in Beverley are offering salt therapy in the comfort of your own home.



They now have salt pipes in store which can help provide a great boost of halotherapy when needed in between your salt therapy sessions.

Salt pipes are 100% natural and are recommended for anyone for suffering from asthma, hayfever, allergies and COPD.

The pipes contain crystals of rock salt and as you breathe in, the air is drawn through the filters and is purified.

It works by drawing excess fluid from the

sinuses and cell lining, cleansing the nasal passages and opening the airways to relieve the main cause of congestion, inflammation and irritation. The salt has a thinning effect on mucus, helping you to clear it naturally and breathe more easily.

A natural way to help alleviate feelings of breathlessness, chest tightness and nasal congestion.

BEVERLEY MOVING FORWARD

Following the easing of lockdown, many Beverley businesses across the High Street are encouraging people to come back into the town centre and get their confidence back by visiting the reopened cafes.



Businesses are keen to show the public how they are following the strict Government guidelines, routines and procedures that have been put in place to keep people safe.



Go explore the historic market town and see the diversity of shops that are back open.

From record stores to coffee shops, tailors to boutiques, florists to restaurants, come and experience the beauty of Beverley once more.

THE NEW NORMAL WITH BROOK TAVERNER

The new normal is no longer a distant futuristic idea, it has arrived quicker than many anticipated as it naturally seeped its way into our day to day lives.

Of course, looking back just a few short months and we are of course very grateful as to how far we have come... indeed, our menswear store at 35 Toll Gavel is welcoming customers and we are able to interact with this wonderful Beverley community, so there truly is very little complaining at our end!



Complimentary gloves, masks and hand gel are still available for all customers and we are overjoyed at the positive response we've received from both new and old customers alike at both how comfortable and safe they feel in store, as well as their love for our products. We welcomed our return to the high street with an exciting 25%

off sale which applies to ALL garments in store and as we enter August and a time of staycations, extended time with family, trips to pubs and even the odd social event, there is no better time to fill up that wardrobe - especially as initial forecasts expect a warm 6 weeks to come.

We had yet more positive news towards the end of July in that our brand new Stamford store was finally able to open after a relatively lengthy delay due to the ongoing pandemic, and a major thanks must be given to our Beverley community who have enhanced our views that, despite the doom and gloom read about the high street on a seemingly daily basis, there is ample opportunity to thrive if the location is correct. The store opened with the response far exceeding our expectations and we hope to continue supporting the high street through other ventures in years to come.

With our 25% off sale already piquing the interest of numerous customers, we're able to give a slight indication as to the trends and demands for the remaining summer months, as well as the 2021 season for which our buying team has now completed - believe it or not! The headline of this year's trends so far, is the emphatic return of striped clothing across all product categories. With a nautical heritage stretching back to the 1800s, stiped blazers reached the mainstream public through ship captains and, over 100 years later, found themselves as the epitome of style in the 1980s in the form of suits. After disappearing into the background at the start of the decade, we have seen a rise to the forefront over the past few years.

In fact, our classic Epsom Pinstripe Suit and Richmond Striped Blazer have always been a staple piece in the Brook Taverner collections, so much so that our jacket collection now features seasonal varieties of the all-time classics. Our Lawrence Boating Jacket was designed with

inspirations of nautical adventures combined with the British countryside with the button detail making this a seasonal best seller, and the 100% Cotton Brimham Jacket is a lightweight alternative with brighter colours... perfect for those days the sun beams brightly.

The demand for stripes isn't just visible in our jacket collections, over time there has been a prominent place for a host of striped shirts, famed for bringing out subtle colourways and contrasting shades. From Bengal to Pin, and Hairline to Dress Striped, they look set to feature more in our wardrobes in years to come, and luckily, all can be found in the Brook Taverner collection.

As always, remember that our Beverley store only has limited store space, meaning that often that exact garment size or style that you're after might sometimes be in our stock room or orderable from our head office. Please don't hesitate to ask Lee and the team as 9 times out of 10, there is an immediate solution! We look forward to seeing you in store soon and making use of our fantastically valued clothing.



New Summer
Collection
Now Available
In Store



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COMPETITION - WIN A JACKET AND SHIRT COMBO



In 1912, Frank Brook and Walter Taverner met and founded Brook Taverner, embarking on a relentless pursuit of the finest and most prestigious cloths, materials and tailoring worldwide and fast becoming a brand against which distinctive style and quality is benchmarked to this day.

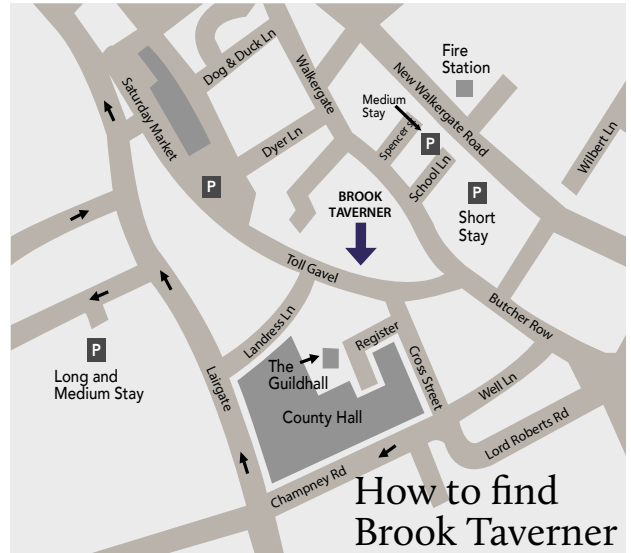
Under the guidance of Lee Wardell, Store Manager at Brook Taverner, they are celebrating a belated 1st Anniversary in Beverley and to thank everyone in Beverley and the surrounding area for welcoming Brook Taverner to the area and making the store so successful, its competition time.

To celebrate their first anniversary, Brook Taverner are offering one lucky reader the chance to win a Jacket and Shirt combo to the value of £170.00 to spend at the Beverley store. All that is required for you to be in with a chance to win this great prize is to answer the following question.

Who is the store manager of the Brook Taverner Store in Beverley?

Competition Closes Monday 31st August. Send your answer by email to competition@justbeverley.co.uk by 31st August and put **Brook Taverner** in the subject box with your answer, name, address and daytime telephone number in the body of the email. Or alternatively fill in a form at the store with your details and the correct answer.

The winner will be notified by 4th September. They must be available for publicity purposes for Brook Taverner and Just Beverley. There are no cash alternatives.



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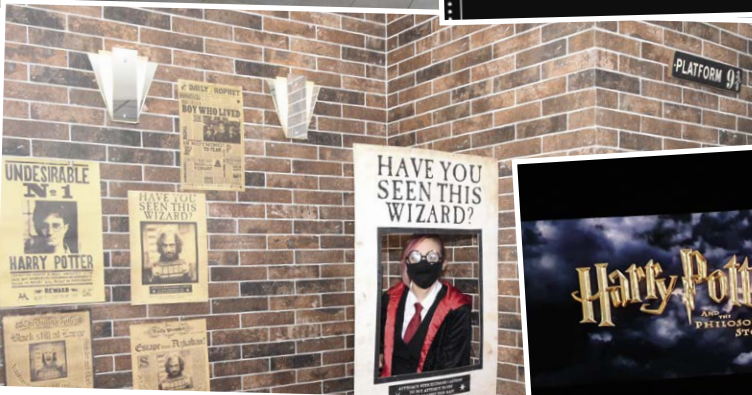
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Send your photographs of your celebrations around Beverley, to info@justbeverley.co.uk
Find us on Twitter and Facebook to spot yourself in more photos each month.

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DISCOVERING HIDDEN BEVERLEY ON FOOT



My wanderings around town during these last 4 troubled months have rarely failed to deliver some nice visual surprises, especially on fine days - which have been all too rare of late. For Beverley has layers of interest, from the obvious blockbuster appeal of the Minster and Westwood, to many what might be best described as hidden parts. These take some time to discover and can only be enjoyed by that perfect means of travel: feet. Of course, none of these are really hidden, just relatively unknown. I do suspect though that few Beverleyonians, or we lucky incomers (thirty years residence, does not qualify me for the first group) will have fully explored all the locations I cover here.

These could all be done in a couple hours, or savoured one at a time, I wish you warm summer days for your journeys. Most of you will probably not need a town map, but we will include one just in case and in anticipation of post-lockdown visitors returning in large numbers, to experience what we fortunate ones can enjoy each day.

1 Let us start in a lovely area of town, Wood Lane, leading off the north end of Lairgate, up to leafy Woodlands. As you pass out of Wood Lane, you traverse the line of the former town earthen wall and ditch, there are traces of it in adjacent gardens - no peeking! What a beautiful district this is - a veritable Hampstead in East Yorkshire - if not quite as expensive. I venture to suggest that most of you have never considered heading down the first turning on the right, Quaker Lane, a quiet, unassuming cul de sac.

This time do, soon you will see the Quaker Meeting House, quite a striking piece of early 1960's minimalist architecture, yet it is what lies behind that brought me here on a sunny Sunday morning in early July. The Quiet Garden is an absolute gem, a hidden oasis of calm. Lovely ornaments and seating, in a garden with a wild feel, make this an ideal spot to sit and think, which as I understand it lies at the heart of being



a Quaker. Many will know that Highgate also has an outstanding hidden garden, but this has been closed of late, the Quaker one seems invariably open and welcoming: a treat not to be missed.

2 You could now walk south down Lairgate and then down the lovely Minster Moorgate to reach Eastgate and the site of my next bit of hidden Beverley - Outer Trinities. There are many ways into this complex of beautiful residences, built with great style and care some 30 years ago. The much-admired architecture experts, John Grundy and Beverley's own David Neave, rightly see them as outstanding examples of modern development. They are built upon a deep past, layered over the cloister area of the Dominican Friary and the outer areas of a complex run by the mysterious Knights Hospitaller's in medieval times.

Of course, at the Youth Hostel, there is still much to see of the Dominican buildings, they blend beautifully with the modern homes. No Hospitaller remains still stand, but 15 years ago I found a carved stone in my garden nearby, which I am claiming as one of theirs! Wander around the squares, passages and pathways, of these lovely buildings. Find the sculpting in the central square, they are visually thrilling and show what good modern urban development can deliver in such a key location.

The homes are more individual than most modern ones, look especially for the one with a turret, reminiscent of a fairy-tale castle. Fortunate are the owners, I wonder if a Rapunzel has ever lived there. Best of all, seek out the wonderful sheltered housing the Cloisters, built around a garden. This seems to me like Barchester come to town - for those who know their Trollope - and fittingly so, as this much-admired Victorian novelist unsuccessfully stood for election as an MP here in 1868.



His bitter experiences are covered in his novel *Ralph the Heir*, in which the Beverley Arms is prominent. One final thing, can any reader suggest an explanation of the wording etched around the central piazza - 'Laughs at Locksmiths'?

3 Now head for what must be Beverley's most overlooked large public building: St Nicholas church on the bend of Holmechurch Lane. To get there from Outer Trinities, you could either go by the shopping centre, or down Flemingate itself. As regular readers will know, I adore churches, give me one that is open, and I can't keep out. At churches, history, architecture, community and spirituality meet - what is not to like? Yet I had never once been inside imposing St Nicholas Church - until one glorious day in late June, when much to my pleasure and surprise it was open for controlled visits for 2 hours over Wednesday lunchtime. It is to be hoped that this system is still in place when you visit - or that you can attend a Sunday service once they resume.

My updated version of the indispensable Pevsner guide to local architecture, is rather dismissive of this fine Victorian building - 'an interior of drab brick.' Well, David Neave is usually right, but not for me this time. It has an appeal not unlike Tuscany, but perhaps I was intoxicated by the fine weather. Marvellous too, to be greeted by the vicar, Mike Peatman. There is a nice mystery inside this surprising building. The font is clearly medieval, it has the 4-leaf clover design that is much in evidence at the Minster, but where does it come from? Some say from the original church that was sited across the lane, others say Long Riston, or perhaps even from the Dominican Friary. Wherever, it is a beautiful object in a lovely building.



4 As you head back to the town centre, another little surprise awaits. Find the signed public footpath at the rear of the church, it heads past the striking new buildings of the primary school onto Grovehill Road. Go left, on both terraces, you will see fine examples of fabulous tiling in the porches. Many seem to me to be original, a beautiful discovery, rarely seen by those who rush by in cars.

So, a dip into our lesser known districts - I know there are many others. As these are residential areas, please be considerate on your visits. The hills, however, are calling me and perhaps now it is safe to head for them in what remains of this never to be forgotten year.

Keep Safe, keep healthy, keep walking!
Ian Richardson.

LOCAL SUPPORT HELPS GIVE A SAFE RE-START TO BEVERLEY TRANSPORT CHARITY

Donations from three East Yorkshire organisations are providing a huge boost to relaunching the work of Beverley Community Lift (BCL).

A plastic screen made for Beverley Roundtable has been given to the BCL's shop, on Sow Hill Road in Beverley. It was donated to the Roundtable by Hull-based Greens Signmakers, whose managing director Lawrence Green fitted the screen onto the counter. The Roundtable invited Beverley-based causes to submit applications.

This measure and the benefit of a safety risk assessment through the HEY Smile Foundation means the shop is now scheduled to re-open on Tuesday 21st July, with limited opening hours initially of 10am-2pm. Lawrence says: "We wanted to help a couple of charity shops in the town with the screens to get them back up and running. Beverley Community Lift was first and loudest to shout, and here we are installing the screen."

Meanwhile, BCL has received £250 from the Beverlonian Masonic Lodge, with another £250 in matched funds from the Freemans Charity Yorkshire North and East

Riding, which will be used to buy essential personal protective equipment (PPE) for the transport charity's services. This includes 30 plastic face visors for shop and passenger assistants, 120 reusable face masks for drivers and passengers, as well as hand sanitiser, gloves and wipes.

BCL Manager Fiona Wales says: "We're delighted to receive such support at this

difficult time to help make our shop and vehicles safer. We have managed to keep some services going during the lockdown, such as shopping for some of our vulnerable clients, thanks to brilliant volunteers. We'd also like to thank the public for their donations for the charity shop. We have been inundated with stock, which will help fund our much-needed services."

More information on the charity is available at www.bclift.org.uk or on social media: **Facebook @BeverleyCommunityLift** and **Twitter @Bev_Com_Lift**.





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ELDERLY RELATIVES AND NEIGHBOURS STILL NEED OUR SUPPORT

As lockdown eases, many of us will be looking forward to getting out and about a bit more and seeing friends and family for the first time in weeks.

While you are out enjoying socially distant visits to the shops or the pub, I encourage you to take a moment to think about your elderly relatives and neighbours for whom the end of lockdown means very little to their daily routine.

Unfortunately, the social isolation all of us have been experiencing is just part of their daily life. The effects of loneliness on overall health have been the subject of significant

research recently. The Campaign to End Loneliness states that loneliness has a negative impact on your health equivalent to smoking 15 cigarettes per day, is worse for your health than obesity, and is likely to increase your risk of death by 29%.

This is difficult to imagine but demonstrates a clear link between social interaction and improved health. Encouraging this social interaction is one of the reasons why Home Instead focus on providing care that is relationship-based. Put simply, this means that the same CAREGivers see the same clients for a minimum visit of one hour. This ensures we are not just seeing to the



physical care and home help tasks that need to be done, but also taking the time to ensure that we are spending time focussed on the client's wellbeing.

So, while lockdown hopefully will soon be a distant memory for many of us, as we return to work and the social activities that we enjoy, let's not forget those in our community who still need our support.

To find out more about the services Home Instead offer, or to join our CAREGiver team, please get in touch on **01482 231145** or visit www.homeinstead.co.uk/beverley-hull



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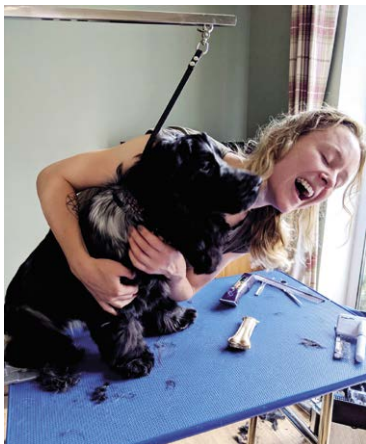
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HELLO FROM PETS' BEST FRIEND

This month has been up and down weather wise which has brought some pretty hot and muggy days. It's always worth assessing each day as it comes when deciding what time to walk your dog, but earlier or later in the day tends to be cooler which works well for our furry friends. It is also important to take into consideration the head shape and breed of your dog!



Brachycephalic - short nosed, such as Pug, Pekingese and Boston Terrier.

Mesocephalic - such as Dalmatian, Beagle and Springer Spaniel.

Dolichocephalic - such as Whippet, German Shepherd, Poodle.

Brachycephalic breeds are commonly known to suffer in the heat due to their short nose. They struggle to breathe

as easily as other breeds, so it is important to limit their walks on hot days to avoid overheating and putting your pet at a great risk.

It is equally important to avoid long walks with other breeds, allow them time to be in the shade and find other cool places to go where there is fresh water available.

You can purchase cooling mats which work well for some!

As always, grooming is a very important part of their routine to ensure dead hair removal and avoid matting which will cause your pet to get far too hot and lead to possible skin issues.

Bye for now and take care!



POEM BY ROSE DREW - BREAKING

*Hollowed out,
England emptied of its middle
leaving only twig-like arms and legs.
The head has gone.
We react in spasms of anger, fear, mad joy,
gleeful hate,
we bully, we bargain, we weep;
we break.*

*The same twigging of my own body
has begun,
imaged in frail, pale bone dust
scanned the same week we snapped off Europe,
prophesying fractures more personal.
We are all hollowing now,
intact and hearty in appearance:*

*secretly weakened,
flinching before the bully's fist -
so easily destroyed.*

Rose Drew, skeletons in her day job, and sometimes performs poems about them at night. She may cosplay as Rose Agin.
www.yorkspokenword.org.uk



SHORT STORY BY CLINT WASTLING - RALPHIE



You want a name? Let me introduce myself. I go by many but if Gargoyle isn't specific enough you can call me Ralphie. Some of us are carved in stone; others in wood. I am unique. I flew here through an open window during the reign of one of the Henry's. The nave offered somewhere dry and sheltered from the north wind and so I decided to stay. I live here camouflaged.

Of course, I have to keep still and quiet, particularly during services, despite a temptation to bite children who pull faces at me! I imitate one of the corbels supporting an arch, not one of the frequently photographed musicians, I'm one of the others.

Half dragon, half lion, half human - maths was never a strong point! I'm the reason you never see rats and mice inside the Minster.

At night I fly silently around the nave, to stretch out my wings. However, if someone leaves a door or window open I venture out frightening drunks leaving the local pub or chasing kids who should be home in bed!

Real life isn't like those films, so don't believe those stories! I don't hibernate for years on end instead rather freeze. I'm good at that, some people can't tell I'm not stone. Not many put their ear right here on my chest and listen for a heartbeat. You'd have to be a bit of a contortionist!

Most people just rub the scales on my back, or stroke my mane and content themselves that I feel like stone.



One of the real advantages of living here is the music. That's what lured me through the open window, all those years ago, when they were rebuilding the West End. I heard King Henry's choral music - the one who defeated the French at Agincourt - I won't mention it again, even a gargoyle needs to be PC in these strange times.

Strange times indeed, very few people have been around these past few months, certainly no tourists, just the workmen down the other end.

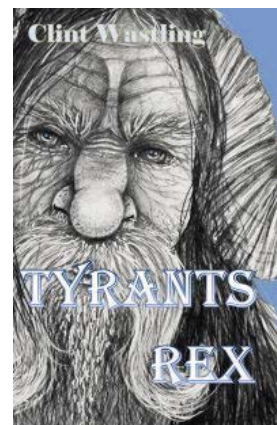
Come a little closer, I need your help. This is where you can get involved. I have to find a partner a mate or there'll be no little Ralphie's to decorate historic churches and castles.

If you ever see a creature who looks like me, come back to The Minster and let me know. Perhaps I might be able to return the favour for you?

Shh! I must stop our chat. Go and look at the musicians. I can see the verger is coming along with his feather duster. Of course it tickles but I've a scaly back and that helps. Let's hope I don't sneeze or there'll be far too many humans who will know that not every creature in Beverley Minster is stone.

Don't forget to come back. Until next time, happy hunting!

Clint's poetry collection Layers, is available at Beverley Tourist Information. His fantasy novel Tyrants Rex, is available from Stairwell Books.



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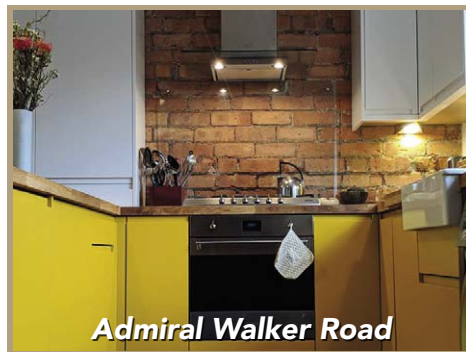
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CLASSIC CARS WITH CARFAN - TVR

The subject of this issue is a small British sport car company - TVR, with the letters being taken from the first name of the founder Trevor Wilkinson who started the company way back in 1947.

The company has had mixed fortunes since then and has produced some very distinctive models over the years, including the Tuscan, Tamora and Sagaris. There is currently a question mark over its survival, despite a new model designed by no less than Gordon Murray of McLaren F1 fame.



The featured car is a 1969 Vixen S2 purchased in 1988 as a restoration project that was originally estimated to take 20 months. It actually took somewhat longer, 20 years in fact, having had virtually a nut and bolt restoration which is just as well as only 426 were built. With a lot less than that number still around, many will

have been met their end at the hands of owners who couldn't handle them.

The current custodian didn't want a concours car due to a lack of interest in polishing, but what he has ended up with is a car that is possibly as good as the day it was manufactured due to suspension bushes, bearings, shock absorbers, sunroof and loom being replaced among other parts, as well as an alternator, braided brake hoses oil cooler and an electric radiator cooling fan being added to its original specification. Featuring a 1600c.c. Ford engine, parts are relatively easy to obtain and inexpensive to purchase. What it has in common with most classic cars is that it benefits from regular driving rather than just the occasional sunny Sunday jaunt.

If you are the shy, retiring type, a TVR certainly isn't for you as they are loud, low and "in your face". Should you spot one zooming around, don't forget that cheery Carfan wave!

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BEVERLEY LOOK-A-LIKE

Looks familiar? Who do you think this Beverley look-a-like could be?
 Answer on Page 22.



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2	?	?	?	22
10	17	24	22	10

Answers on Page 22.

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

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Whilst we all enjoy the sunshine, it is very easy to forget when we have the wind in our face how hot it is, so make sure you are prepared.



Sun tan cream, water or a suitable drink, snacks, UV protection cycle shirts and sunglasses, gloves and a cycle hat.

Be prepared and you will not suffer at the end of your cycle ride, so ensure that you cover all bases including good sunglasses to protect your eyes.

It's just as important as the suncream for UV protection.

Keeping your eyes safe when you are out for a long ride in the sun is crucial as you do not want to burn your skin or allow the UV rays to damage your retinas.

If you are going down to the shops or round to a friends house you will probably be okay, but just be mindful of the sun and to keep hydrated no matter where you go, so always carry a drink of water.

Keep healthy and safe this summer.



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3	2	8	6	19
4	1	3	5	13
2	9	7	4	22
10	17	24	22	10

I'VE BEEN THINKING... SAYS COLIN RAYNOR

As we move into August, the eight month of the year, it is not easy to think of moments in the year that do not bring with them anything but sadness.

There is one day however that will remain with me and that was May 8th. If you recall it became a Bank Holiday having been moved from the previous Monday to coincide with celebrations of the 75th year when the War in Europe ended. The country was in the midst of a heatwave and having already endured several weeks of lockdown, due to the Covid-19 virus, people were ready to celebrate in whatever way possible on VE day.

We are fortunate to live in a cul-de-sac of some 14 houses and due to the resourcefulness of two ladies every house was decorated in red, white and blue. We had all been asked to bring our table and chairs to our front gardens in the afternoon, and at a safe distance from each other, enjoy a time of togetherness.

So we remembered, with the rest of the country, all those who had died, at home and abroad, that we might enjoy that most English of events, tea on the lawn. During the whole of the lockdown period the phrase 'kindness of strangers' expresses what

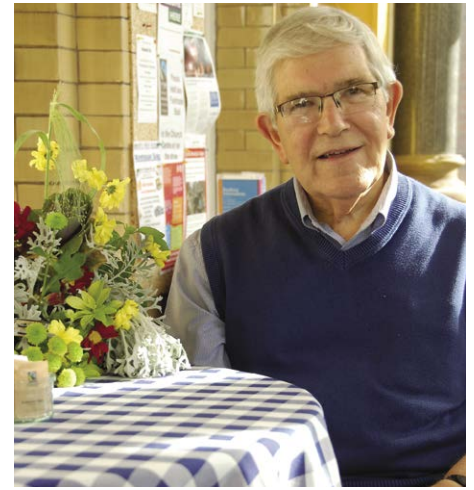
took place every day. Because of that day we now know all our neighbours names, and they are not just people who we see occasionally and wave to as they drive past. The kindness and creativity of two people who took time to ensure that the day would be one for all to remember, was brilliant.

During the month of August of course there is another day that we should also remember. I refer to VJ day. A friend of mine, who is ninety seven years of age, often reminds me that VE day was the day the war ended in Europe but it was not the end of the Second World War.

Along with many other men, from all over the world, he was still involved in the conflict in the Far East in Japan who were not party to the surrender of the German nation and continued to fight on. The Allies ordered Japan to cease all warfare at the end of July but they did not comply.

The result was the dropping of two nuclear bombs (atomic bombs as they became known) on Hiroshima on August 6th and Nagasaki on August 9th with the resultant loss of life of over two hundred thousand people, many of them civilians.

The Emperor Hirohito surrendered on August 15th



signing the agreement on September 2nd. So I hope the country will remember the sacrifices made by so many on VJ day Saturday August 15th. It would be good to be able to write that over the last 75 years there have been no further conflicts but that is not true of course.

People have spoken of the current coronavirus as a war we are all engaged in. Let us hope that the 'kindness of strangers' is the overriding memory of this current conflict.

COUNTRYSIDE MATTERS WITH SAM WALTON

In a normal year, by the time you read this we would be well on the way to harvest. But I am afraid that this year, because of too much rain in the Autumn and early Spring, so late drilling, and then no rain for almost eight weeks, things are looking as bad or worse than I have ever seen them before. At least for the last 47 years on this farm anyway.

Prior to that I have no recollection of anything like this impending disaster. However, having said that, the situation is not the same everywhere and you don't need to go far to see the change - a trip across the Wolds makes you green with envy! One or two of my neighbours actually have good crops, so I wonder why?

A lot depends on the cropping rotation and exactly where you are situated as it sometimes rained on my fields but not a mile away on others.

Does that mean the weather pattern is changing, not just here, but globally? We know the Arctic Ice Cap is melting, hopefully it will not flood all parts of



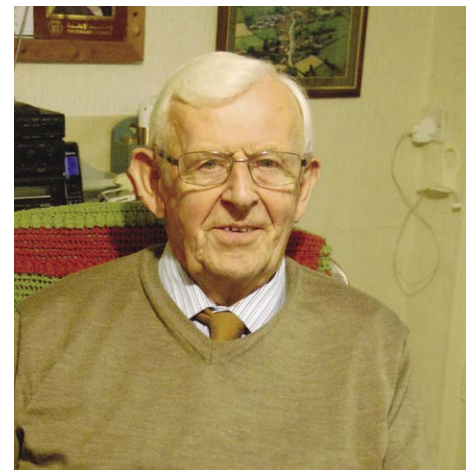
the globe, but will have a huge effect on our rivers and as has been seen in the last decade or so, that has a huge effect of flooding.

I am sure that most of you will have seen the pictures of the 1,000 acre farm flooded on our local TV programme, a place not too far from here, and it looks as if it will take another year for that to return to what it was before, if it ever gets back to that at all. So, is all this due to excessive carbon production?



We know the world population has increased enormously and will do so again unless something like Corona has a larger effect than we think in the coming years, or maybe if we keep on cutting down trees at a greater rate than re-planting that will certainly contribute.

I thought it was very interesting during the months of lockdown when aeroplanes ceased flying or there were less of them flying, how the carbon content was so reduced and even some of the places in the Far East, which usually have constant smog, were actually a lot clearer.



I don't know how many of you realise how much fuel aeroplanes actually use. The first time I had the opportunity to accompany a consignment of pig breeding stock to Korea they were on board a Jumbo freighter plane. I asked the pilot how much the plane weighed and how much fuel it used. The answer was: a Jumbo weighs 140 tons when empty, carries 170 tons of fuel and can get off the ground weighing 373 tons! They use 32 tons of fuel per hour equivalent for taking off and 10 tons per hour when cruising.

So will that mean there will be a drive for less travel, rather than blame beef and dairy cows for producing carbon? Whatever the outcome will be, we have to bear in mind that that it is farming which feeds the world, come what may, so I just hope that the powers that be don't come down too hard on the farming industry, or many will starve.

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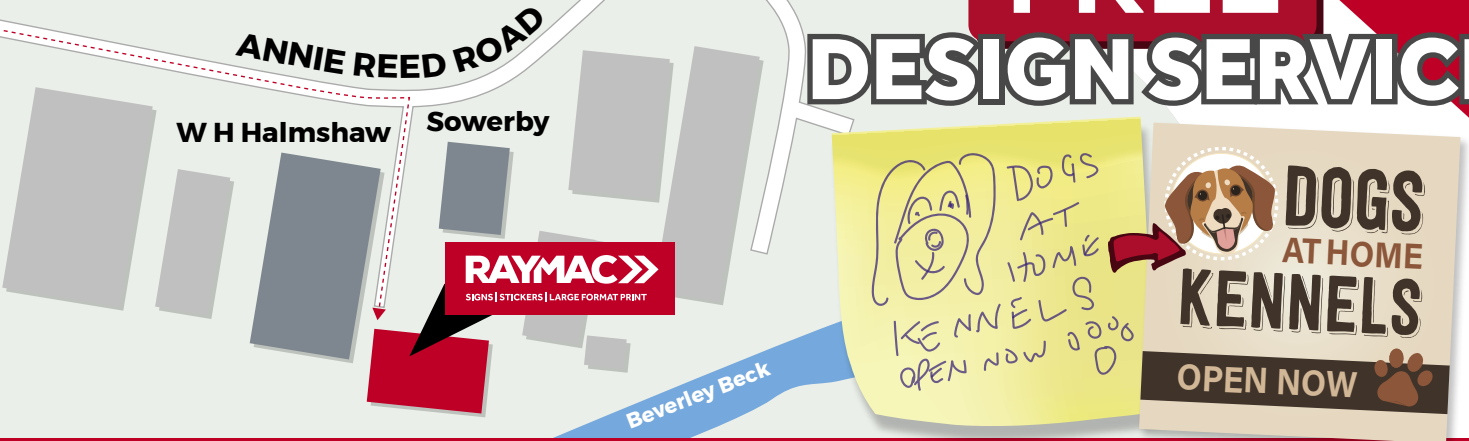
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HOW CAN I SUPPORT MY LOCAL BUSINESSES DURING THESE STRANGE TIMES?

Things are a bit strange at the moment, you can't help but notice. What many of us thought would amount to nothing, something that would surely only be a temporary blip, is starting to drag its feet. Whilst businesses have been reopening and loved ones have been reuniting again, the feeling of normality is seemingly still beyond our grasp.

Now with even newer guidance such as the face mask mandate and the 1-metre-plus rule, does anyone even remember who they are actually 'bubbled' up with? The global situation seems to be worsening, but in a small market town in Yorkshire most of us seem ready to dust off the insular routine of lockdown and start remembering how beautiful the historic streets of Beverley are, and how hard some of our local business leaders work to make this such an amazing place to live.

As a result of lockdown, it does seem like there has been a public reawakening as to how important our local economy is. Sure, many of us liked to 'shop local' even before lockdown, but in the face of true adversity it was suddenly painfully obvious who had a real stake in our community.



As certain giant pub chains laid off their staff despite the furlough scheme coming into effect, airlines forced leave without pay, and shops refused to close despite the imminent danger to their staff and customers out of fear of damaging their profits, the only question I heard from my shop-keeper and café-owning friends alike was how can I support my staff if my business is forced to close?

Of course we worried about our own income. We worried about how we could look after ourselves and families if the money stops coming in. We worried about how we could pay our friendly suppliers, our landlords, and our tax, but when you take up the endeavour of small business, all of these are constant worries that you learn to accept.

Fortunately, our local entrepreneurs are a hardy bunch that do not go down without a fight! We started selling online, or offering takeout only. We started developing apps or joining initiatives. We started sharing ideas and working together. And we reinvented ourselves again.

I would like to stress at this point, local business people are not public health officials, and yet we have been given a public health official's job. We have each received guidance from the government and been left to our own devices to make it work with an ever shrinking coffer of our own funds and Government support. There may not yet be a fundamental 'new normal' that we all must get used to, but many different, clever, creative and unique 'new normals' that we have independently developed around keeping our businesses afloat whilst mitigating the risk for our customers and staff.

So, how can you support local even now? All we ask is that you treat us with patience and respect too. Keep an open mind whilst donning your face mask and stepping out onto the street; maybe try a business you have not been too before but has made an effort to be here even during the pandemic. Add us to your weekly routine - take a walk down the High Street and look at who is still here and who is still making an effort to return.



Instead of standing in a socially distant queue at the supermarket why not pop over to your local greengrocer to get your essentials? Or instead of buying mass produced treats, which have been ruthlessly designed to minimise costs but maximise addictive sugars, why not try out a local artisan that has handmade their delicious morsel with only you and your enjoyment in mind?

Spend some time surfing the net and looking at the websites people have made, or the messages they are trying to tell you over social media as these are the mediums we have found effective at talking to our customers without being face-to-face. Talk to us - request those things you have been craving since society shuttered its windows, or ask us about the unique methods we have put in place to stop you catching COVID whilst you shop.

There is a world of friendly people working hard to make things work. Your support now will ensure that we, and all the places you remember, are still here when we come out of the other side.

Sadly, if we rely solely on the big businesses with big bank accounts, we leave our locals and those with the vested interest in making Beverley an amazing place to live by the wayside. If we allow that to happen there will be no 'new normal', but there will also be no old normal to return to.

STRUGGLING WITH THE NEW NORM? TRY MINDFULNESS / HYPNOTHERAPY

Many of us have found new and ingenious ways to amuse ourselves and keep in touch with relatives, friends and colleagues and Zoom, WhatsApp, Facetime and Microsoft Teams have become invaluable tools hosting fitness sessions, drinks evenings, business meetings and family quizzes - how did we ever do without them?!

As a therapist, I downed tools in mid-March as it became clear that face to face meetings were not safe but I have found that using technology can be just as effective to help people increase confidence, let go of habits and overcome fear and anxiety as face to face meetings.

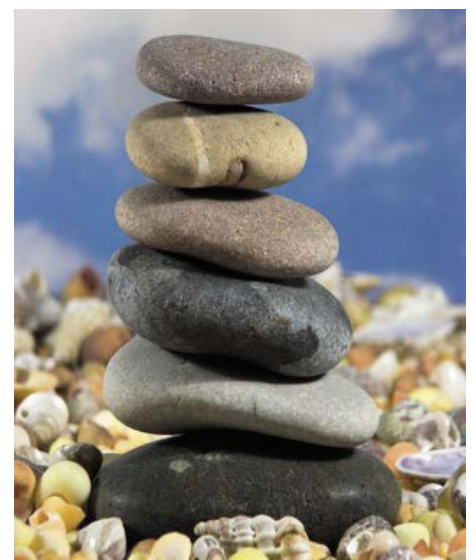
I've run mindfulness sessions with volunteers who have been reaching out to our local communities and senior leadership teams who were managing

the constantly changing crisis to provide them with a time of calm and reflection to "be" rather than constantly "do".

If you fancy giving mindfulness a go, I run a free drop-in session every Tuesday morning from 7.30am to 8am on Zoom. If you're interested in a hypnotherapy session, please visit my website at www.francesdunning.com or give me a call for a chat.

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IN THE GARDEN... AUGUST

In August we will continue to have similar weather to July, although there can be a noticeable chill in the evenings and towards the end of the month we will start to see the first signs of autumn, with flower colours becoming more muted and some leaves starting to turn brown.

August is also the month when next year's spring flowering bulbs start to appear in retail outlets - so for the best choice go shopping early and then plant them in September/October for a good show next spring. Now that life is starting to get back to some sort of normal, there is the likelihood that some of us will be going on holiday and therefore the tasks for August fall into two camps:

Tasks for August, if you are staying at home...

- Mow the lawn, but if we have a very dry spell don't cut it so often, raise the blades on the mower and leave the clippings on the lawn, all this will help retain moisture. I know we all like a lovely green lawn but watering your lawn is not necessary. When rain does fall, the grass will spring back and look lush again almost instantly. Also during a long dry spell spike the lawn with a garden fork, this will allow the water to enter the soil more easily when rain does fall.

- Water containers every day in hot weather - this is best done early in the morning or in the cool of the evening. Hanging baskets will need a good soak - don't be fooled by the fact we have had rain, often baskets are sheltered from the rain by the wall they are attached to. You can also reduce the frequency of watering by using larger planters. If you have Camellias, Azaleas or Rhododendrons water them well in dry weather otherwise the flower buds for next year may not develop properly. To boost growth feed them a liquid ericaceous feed.

- Water borders if necessary. Established trees and shrubs will survive quite long spells of dry, hot weather. But water any newly planted shrubs and trees - give them a good soaking, it's better to give a few a good soak in rotation than all of them a little water each day.

- Trim hedges and Lavender once the flowers have gone over, however if you want to attract birds to the garden this can wait until later, finches love the seeds on lavender.

- Prune raspberries and gooseberries when they have finished fruiting.

- Roses - stop feeding them as any lush new growth will not have time to ripen before the winter. Prune the long old stems of rambling roses when they have finished flowering, leave those that have not flowered this year to bloom next summer.

Tasks for August, if you are staying at home...

- Try and arrange for a friend or neighbour to come round and water your containers, if you have vegetables ask them to 'help themselves' to produce too! If they can't come every day, take steps to cut down on watering requirements by moving all containers and hanging baskets out of the sun as far as possible and huddle them together - also larger containers require watering less frequently so, if you know that you go away a lot invest in some larger containers. Clay pots can be stood on trays filled with wet gravel. If you have a very elaborate summer display with window-boxes and hanging baskets, it would be worth considering installing an automatic watering system controlled by a timer or self-watering systems

- Mow the lawn before going on holiday - don't give it 'a short back and sides', because if there is a dry spell while your away you'll return to a 'brown lawn'.

*Until September,
have a lovely
August, J.*

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