

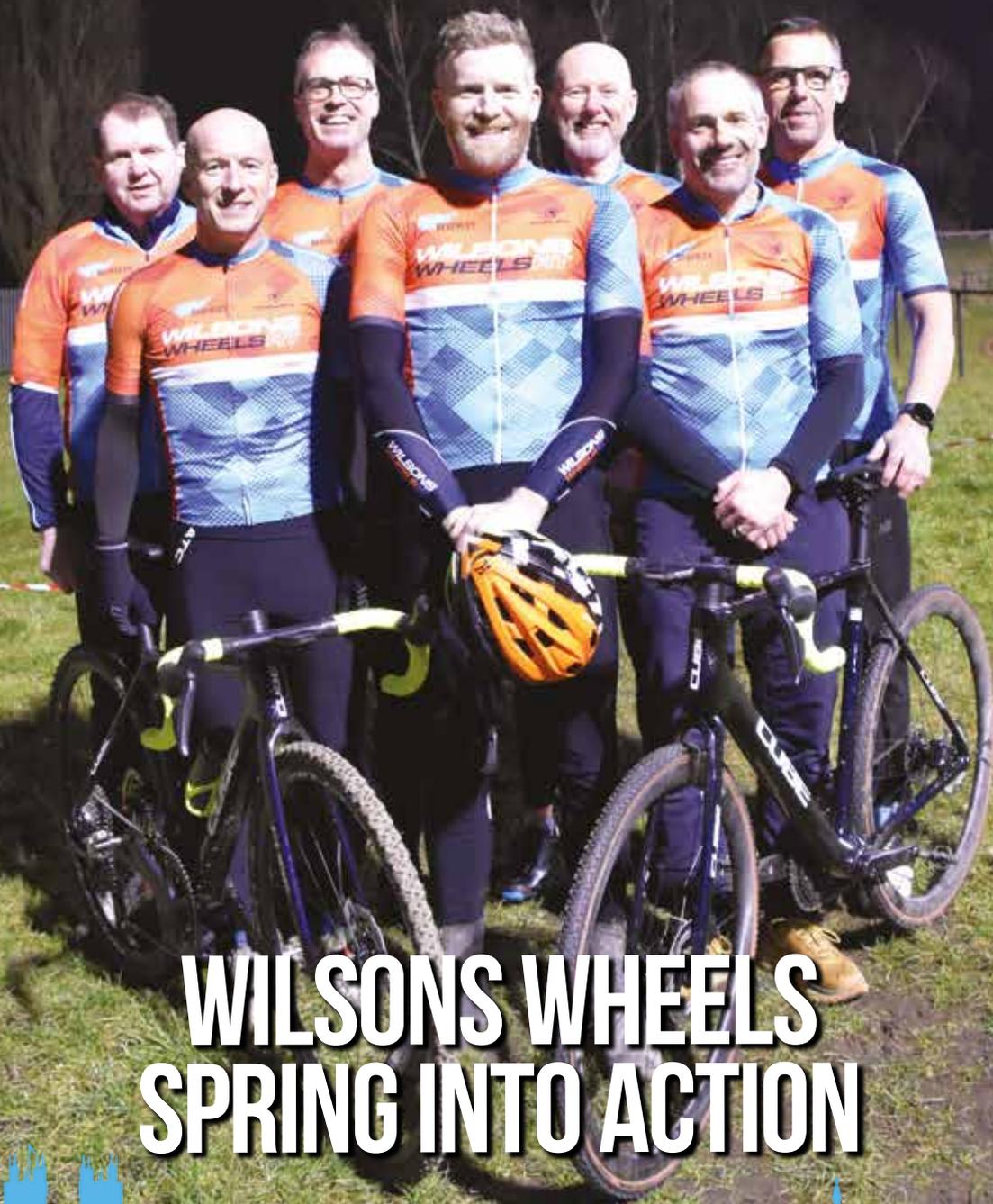
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ISSUE 122

BEVERLEY

IT'S YOUR MAGAZINE



WILSONS WHEELS SPRING INTO ACTION

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

New Minimum Wage Rates take effect from 1st April 2025 **Are you prepared?**



L-R: Donna Walker, Darya Larina, Lynne Auton (Director), Emily Manley, Bianca Nastase.

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Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Louise Barrett, Andrew Cooper, Sally Cooper, Shane Cooper, Julie Dowding, Sam Drinkall, Fran Dunning, ert, Jackie Hardman, Josh Harrison, Amanda McConnell, Navigation Wealth Management, Jayne Morgan, Colin Raynor, Ian Richardson, Chris Wade, 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. The magazine is available from outlets in Beverley and surrounding areas.

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MARCH LETTER FROM THE EDITORS



March is here, and we look forward to a good month ahead.

Pancake Races, Shrove Tuesday - 4th March, Ash Wednesday - 5th March, International Women's Day - 8th March, Mother's Day and the clocks going forward on 30th March.

With the clocks going forward on 30th March this signifies the start of Spring. "Spring forward" at 1am which means 1 hour less in bed. So get up and out and make Mother's Day extra special.

Remember - send in your stories, photos, good news and have a good time.

Julian.



Happy March readers. March is a great month, we get off to a flying start with Pancake Day, how do you have your pancakes?

What will you be giving up for lent - 15th March to 17th April, have a read of Fran's column for ideas!!

Will you celebrate International Women's Day on 8th March, and show love for the ladies in your life - make it an extra special day.

Sunday 30th is our opportunity in honouring the mothers of our family. As always, stay safe and enjoy the issue. **Olivia.**



GET IN TOUCH WITH US:

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SALLY'S STORY - HOW YOGA CHANGED HER LIFE

Sally's yoga journey started with a free grief yoga session two years ago following the sudden death of her father.

Sally commented, "Following those sessions, I needed to know more, as it was really helping me to focus on something positive whilst feeling (and seeing) the benefits of the physical practice. It also helped me to be more mindful whilst also helping me to regulate my breath during times of anxiety and stress".

Sally continued, "This mind, body, breath experience left me wanting more!"

Sally decided to take action - "use it or lose it" philosophy - and made the positive step to start training in yoga. In 2023 Sally started her journey and completed and achieved the basics, a toolbox for teaching beginners yoga to family and friends.

Having benefited from the teachings of yoga, Sally continued in learning and practising yoga, gaining further knowledge and understanding of yoga. Fast forward to 2025, Sally has now recently started teaching at a local studio.

Sally recently took further training in yin yoga.

Sally quoted, "I now know my calling - community based yoga with a deep compassion for empowering people to be confident with their bodies and minds and to enjoy the benefits of yoga".

Sally said, "Yoga really isn't about touching your toes or clearing your mind, it's about acceptance of where you are at and not the teacher or someone else in a class. Yoga isn't about fancy clothes or mat either. Comfortable clothing and a nice carpet or rug will do. And if it's too costly, there are many YouTube channels offering beginner yoga that people can follow at home".

Small changes have a BIG impact, and Sally now looks forward to the next phase of her yoga journey (currently building a studio in her garden) with intentions to reach out to different groups in the local community (people who need a chair for yoga, yoga for seniors, people in recovery from addiction / homelessness etc) but at an affordable price (low cost / pay what you can and free sessions too).

Sally commented, "Yoga is not a big career move for me, although I totally understand those who are fully committed and need to earn a living. For



me it's more about giving back what I've got out of it myself - a practice that might just make a big difference, help people in their time of need". Sally started her new yin yang fusion sessions on 28th February, they will be running weekly on Fridays 11.30am - 12.30pm.

If you wish to know more contact Sally:
Telephone: 07964 514802 or on Instagram: @yogawithsallyann

REAFFIRMING THE FRIENDSHIP BETWEEN FUTABA AND BEVERLEY

On Wednesday 19th February, Beverley Town Council welcomed a group of visitors from Futaba, Japan following a tour, finishing the day at The Tiger Inn for drinks, food and to reaffirm the friendship.

The Deputy Mayor of Beverley Alison Healy, welcomed the Mayor of Futaba, Shiro Izawa and his distinguished guests along with friends, and citizens of Beverley and Futaba.

The Deputy Mayor of Beverley said, "It is an absolute honour and privilege to stand before you today to reaffirm the strong bond of friendship between our two communities.

"We both know how cooperation, understanding and mutual respect can unite us in ways that transcend borders and cultures.

"Today, as we gather here in the spirit of friendship, we celebrate not only the enduring ties between Beverley and Futaba but also the shared values that unite us as global citizens.

"Our cities may be far apart geographically, but the connections we continue to build are deep and lasting. The values we hold dear - respect, solidarity and a desire to improve the lives of our citizens - bind us together".

The Deputy Mayor handed a gift to The Mayor of Futaba, a map illustrating how Beverley looked in 1908. The Deputy Mayor commented, "We can see the medieval streets that were prominent and many of our historic sites. You will see that Beverley has changed over time, and will continue to do so. In the same way, Futaba is being regenerated and will continue to change over time".

In closing The Deputy Mayor said, "Thank you for your friendship and may our two communities continue to grow closer in the years ahead".

The reaffirmation document was signed by both The Deputy Mayor of Beverley, Alison Healy and The Mayor of Futaba Shiro Izawa.



IT'S TIME TO SPRING FORWARD INTO MOTHER'S DAY

In March the clocks go forward, on Sunday 30th March at 1am, we welcome longer, lighter evenings and the arrival of Spring.

Though we lose an hour of sleep, the extra daylight boosts energy, mood, and productivity. It's the perfect time to enjoy outdoor activities, reset routines, and embrace the brighter, warmer months ahead prepare us for the day ahead, "Mothers Day".

Mother's Day, "Mothering Sunday", is a special occasion to celebrate the love and sacrifices of mothers. Traditionally, it's a time to show gratitude for everything mothers do, from raising children to providing care and support for their families. The day encourages reflection on the unique bond between mothers and their children, appreciation and love.

The origins of Mothering Sunday in the UK date back to the 16th century when it was initially a religious observance. People would return to their "mother church" for a special service, and children, especially those working away from home, would reunite with their mothers.

Over time, the focus shifted from church attendance to celebrating mothers with gifts, flowers, and meals. Today, Mother's Day in the UK is celebrated on the fourth Sunday of Lent, offering an opportunity to show appreciation

for mothers and all they do, whether with small gestures or grand expressions of love.

Mother's Day is a special occasion dedicated to celebrating the love, sacrifices, and hard work of mothers. It's a day to express gratitude for everything they do, from raising children to providing emotional support and nurturing families. The day serves as a reminder of the unconditional love mothers give and the unique bond shared between mothers and their children.



The origins of Mother's Day date back to ancient civilizations, but the modern version was largely influenced by Anna Jarvis in the early 20th century in the United States. Anna campaigned to create a day to honor mothers after her own mother's death, and in 1914, President Woodrow Wilson officially declared it a national holiday. Since then, the day has spread worldwide, celebrated on different dates depending on the country.

Mother's Day is a time to show appreciation through gifts, flowers, or simply spending quality time with the women who shape our lives.

LYNNE IS THE BRITISH CHAMPION 2025

On Saturday 22nd February 2025, Lynne Auton became British Masters Weightlifting Champion (W50 55kg) at the 42nd British Masters Weightlifting Championships.

Held at Bangor University, 21st - 23rd February, there was a comprehensive line up across all divisions. Lynne was scheduled for Session 6 with an early start at 9am. She took to the occasion and excelled with a 100kg total.

Lynne commented, "I love an early start, I weighed in at 7am for a 9am start in Bangor, the pre competition routine went well, which gave me a huge amount of confidence".

Lynne continued, "Olympic weightlifting involves 2 lifts, The Snatch and The Clean and Jerk. You

cannot progress unless you have been successful with the snatch. You have 3 chances at snatch and you have to complete at least one successfully to move to Clean and Jerk. Then you have 3 chances at Clean and Jerk and have to get at least one to get a total, adding the best of each for the final total."

With years of training behind her, the experience came to the fore and the title, "British Masters Weightlifting Champion W50 - 55kg", was Lynne's.

Lynne, delighted with her achievement said, "It is a great feeling, it makes all the training and dedication worthwhile, British Champion, wow".



BEVERLEY PHOTOGRAPHIC CLUB - MARCH PROGRAM

Please note - we are the Beverley Photography Club, not the Beverley Photographic Society.

Tuesday 4th March - 7pm at the Rose and Crown for a presentation on photographing solar eclipses.

Tuesday 11th March - 7pm at the Rose and Crown for a club competition. Best of 2024/25.

Thursday 13th March - 7pm. We travel to Pocklington for the Millenium interclub competition.

Tuesday 18th March - 7pm at the Rose and Crown choose entry for an interclub competition.

Tuesday 25th March - 7pm at the Rose and Crown for the clubs AGM.

Tuesday 1st April - Meet 5pm at Top-Hill-Low nature reserve.

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

We encourage our member's interests in all aspects of photography by means of various events and exhibitions. Because of our popularity, we are full. If you are interested in joining the club, please contact us and we will put you on the waiting list.

We are members of the Yorkshire Coastal Photographic Group, the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain.
<https://ypu.org.uk/>

More information and contact details can be found on the following sites.
<https://beverleyphotographic.wixsite.com/club>

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

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

NEW NATIONAL MINIMUM WAGE RATES

Are you prepared? The Government has announced new National Minimum Wage rates for 2025, including the National Living Wage.

The new rates which will come into force from 1 April 2025 are as follows:

	NMW Rate	Increase (£)
National Living Wage (21 and over)	£12.21	£0.77
18-20 Year Old Rate	£10.00	£1.40
16-17 Year Old Rate	£7.55	£1.15
Apprentice Rate	£7.55	£1.15
Accommodation Offset	£10.66	£0.67

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WILSONS WHEELS SPRING INTO ACTION

As Spring arrives, it's the perfect time to prepare your bike for the cycling season. After months of Winter storage, your bike may need maintenance to ensure a safe and smooth ride.

The team at Wilsons Wheels, whilst keeping active over the Winter period, enjoy the start of the warmer weather. The 3 series Cyclocross event at Costello Stadium gives them the opportunity to compete, check fitness levels and improve their cycling technique in the 40 minute off road Cyclocross Series.

Nathan commented, "I ride throughout the year, and keeping on top of the bike maintenance over Winter is important. If bikes have been stored for Winter, checking key components like tyres, brakes, gears, and the chain is essential before hitting the road".



Nathan continued, "Tyres may have lost pressure or developed cracks, so inflating or replacing them is necessary. Brakes should be tested to ensure they engage properly, and gears should shift smoothly without skipping. A thorough cleaning and lubrication of the chain and drivetrain will help prevent wear and improve performance, so you can get off to the perfect start for the year ahead".



While some maintenance can be done at home, visiting a local cycle shop such as Wilsons Wheels, allows their professional mechanics to spot potential issues that might go unnoticed, preventing breakdowns and costly repairs later.



Wilsons Wheels offer a personalised service, advice on upgrades, and recommendations for accessories suited to your riding style. As competitive cyclists, you can benefit from great advice while supporting a local business. Remember regular servicing extends your bike's lifespan and enhances safety, making every Spring ride more enjoyable and worry-free.



Nathan commented, "We were delighted to be able to help out with 20 sets of lights for Beverley AC to donate to The Cherry Tree Centre, we are happy to help when we can".

Lucy, on behalf of Beverley AC, mentioned, "It was great to work with Nathan on this, working together to increase safety for the kids in Beverley using bikes to get around. Jo at the Cherry Tree Centre had told us the problem, we contacted Nathan who sourced the lights for us to then pass to the Cherry Tree Youth Club".



The Wilsons Wheels Team compete in a variety of events throughout the year: Mountain Bike, Cyclocross, Road and on the increase, Gravel, concluding with the National Gravel Championships at Dalby Forest in September.

Dave commented, "The team thrives on these multi disciplinary events, supporting each other recognising the skill sets of the individual riders,



with resilience, strategy, and teamwork".

In cyclocross, riders must embrace muddy, technical courses with determination, adapting quickly to ever-changing terrain. Mental toughness is key, as races demand bursts of power, skillful bike handling, and endurance. Teamwork plays a vital role, with riders supporting each other throughout.

Rich commented, "These events help with numerous health benefits. It strengthens the heart, lungs, and muscles while improving stamina and coordination. The sport enhances mental well-being by reducing stress and boosting endorphins providing the perfect conditioning for the season ahead".



Nathan mentioned, "We have 3 team members who have moved up an age category (10 year jump between each age group) and are planning big assaults with the aim of trying to podium or win in the national title events. I will look for another podium or win in my last year as a senior in the national Mountain Bike Championships, whilst other team members look to the road or gravel championships for success".

With the weather picking up its time to get out on your bikes, get them ready and Spring into action. Remember to stay bright, alert and enjoy your rides. Get behind Wilsons Wheels and the team.

Support your local business, for all your cycling needs with the excellence that is Wilsons Wheels, you know when you buy your bike or accessories you are in safe hands.

Wilsons Wheels, Grovehill Road, Beverley, HU17 OEL. Tel: 01482 882881.

BEVERLEY AC - GOING GREEN FOR THE BLUE AND YELLOWS!

Last year Beverley AC announced its involvement in the Greener Clubs Project, a new initiative to encourage and improve our "green" credentials.

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

During the year, the Club has undertaken many initiatives as we aim to become a greener club, which will be further developed during the coming year. We embedded our green policy at our 10k and fun race events by opting for a t-shirt memento made from recyclable material, sought more sustainable materials and suppliers from the UK and targeted better waste recycling at our events. This will continue to be reviewed throughout the coming year which should reduce t-shirt waste to virtually zero and includes plans to use local suppliers of goods and services!

We continue to work closely in the local community with one of our nominated charities - the Cherry Tree Centre - doing fun sessions about athletics at their kids holiday club, collecting for their food bank and collecting 57 Christmas trainer boxes for young people in our community.

The coffee morning at St Mary's Church in October raised over £2000 for charity. We held a litter pick/plogging event in September in conjunction with the Beverley Wombles, which will be repeated in March. We held 2 kit swaps where club members were able to bring in unwanted items and other club members could put them to work!

Our juniors also do regular kit swaps. Pre-Loved Sports will attend both of our 10k events to take in and sell second hand kits to runners. The car sharing WhatsApp group which encourages more car sharing to races and events, has proved very popular and has significantly increased car sharing.

The spate of cold and wintery weather towards the end of 2024 saw many events cancelled or postponed, with races scheduled in February we now look forward to the last race of the series taking place in March at Sewerby where Beverley will line up on the final start line with the men's team in 2nd place and the ladies in 5th place.

A huge congratulations and well done to Toby Wright on completing the Arc of Attrition UTMB, a 104 miles race around the Cornish coast with 3500



metres of ascent in 34:16:00. Completing half of the race on an injured and swollen ankle, this mentally and physically challenging ultra saw only 50% of participants complete. Through this challenge, Toby has helped raise awareness of progressive MS and raised much needed funds for the MS Society.

Some important 2025 dates for your diaries.

The iconic Pittaway Beverley 10k race and Westwood Mortgage Advisors short race take place on Sunday 11th May 2025. The Viking Pest Control Walkington 10k race and Westwood Mortgage Advisors fun run will take place on Friday 11th July 2025. Further details can be found on the Club's website.

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

www.beverleyathleticclub.co.uk



Sportsability Yoga & Pilates Studio

We are a welcoming, unique, private studio, based in Dunswell, specialising in Yoga, Pilates, Balance & Aqua Fit



Events Coming Up in March

Yoga & Sound Bath Retreat
Sunday 2nd March
10am - 12:30pm



Book here for £28

Handstand Workshop
Sunday 16th March
10:30am - 12pm



Book here for £12



Book onto our classes

SPORTSABILITY
FITNESS & WELLBEING STUDIO



EVERY THURSDAY

(Doors open 9.30am)

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

Thursday 6th March -

Bridget Jones: Mad About the Boy (£6)

Starring: Renée Zellweger, Jim Broadbent, Hugh Grant.

Nickel Boys

Starring: Ethan Herisse, Brandon Wilson, Hamish Linklater.

Picnic at Hanging Rock

Starring: Rachel Roberts, Dominic Guard, Helen Morse, Jacki Weaver.

Thursday 13th March -

Nickel Boys

Starring: Ethan Herisse, Brandon Wilson, Hamish Linklater.

Picnic at Hanging Rock

Starring: Rachel Roberts, Dominic Guard, Helen Morse, Jacki Weaver.

Twiggy (£6)

Starring: Twiggy, Dustin Hoffman, Joanna Lumley.

Thursday 20th March -

Mickey 17 (£6)

Starring: Robert Pattinson, Naomi Ackie, Steven Yeun Toni Collette, Mark Ruffalo.

Last Breath (£6)

Starring: Woody Harrelson, Simu Liu, Finn Cole.

Twiggy (£6)

Starring: Twiggy, Dustin Hoffman, Joanna Lumley.

Thursday 27th March -

Mickey 17 (£6)

Starring: Robert Pattinson, Naomi Ackie, Steven Yeun Toni Collette, Mark Ruffalo.

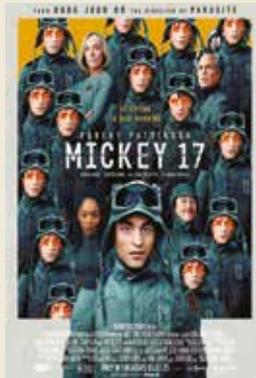
Last Breath (£6)

Starring: Woody Harrelson, Simu Liu, Finn Cole.

The Alto Knights

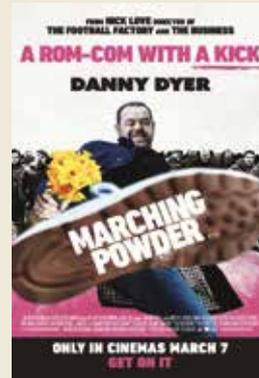
Starring: Robert De Niro, Cosmo Jarvis, Debra Messing, Matt Servitto.

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



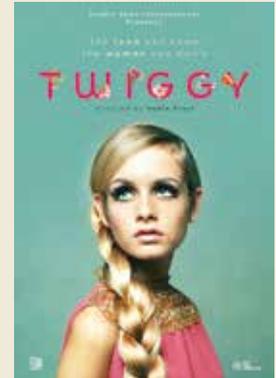
Mickey 17

From 7th March
Starring: Robert Pattinson, Naomi Ackie, Steven Yeun Toni Collette, Mark Ruffalo.



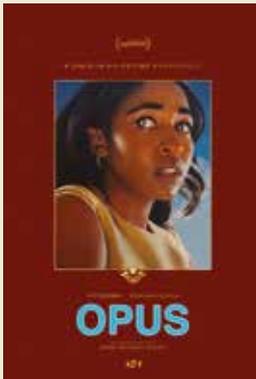
Marching Powder

From 7th March
Starring: Stephanie Leonidas, Danny Dyer, Philippe Breninkmeyer.



Twiggy

From 7th March
Starring: Twiggy, Dustin Hoffman, Joanna Lumley, Paul McCartney.



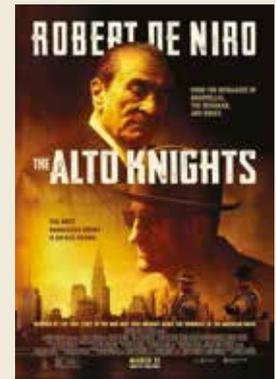
Opus

From 14th March
Starring: Ayo Edebiri, John Malkovich, Juliette Lewis, Murray Bartlett.



Black Bag

From 14th March
Starring: Tom Burke, Michael Fassbender, Cate Blanchett, Pierce Brosnan.



The Alto Knights

From 21st March
Starring: Robert De Niro, Cosmo Jarvis, Debra Messing, Matt Servitto.



Snow White

From 21st March
Starring: Andrew Burnap, Colin Michael Carmichael, Gal Gadot, Rachel Zegler.



A Working Man

From 28th March
Starring: Jason Statham, Jason Flemyng, Merab Ninidze.



Novocaine

From 28th March
Starring: Jack Quaid, Amber Midthunder, Ray Nicholson Jacob Batalon.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS SPRING

MICKEY 17

From the Academy Award-winning writer/director of "Parasite," Bong Joon Ho, comes his next groundbreaking cinematic experience, "Mickey 17."

The unlikely hero, Mickey Barnes (Robert Pattinson) has found himself in the extraordinary circumstance of working for an employer who demands the ultimate commitment to the job... to die, for a living.

From 7th March.



TWIGGY

Featuring contributions from Dustin Hoffman, Paul McCartney, Charlotte Tilbury, Joanna Lumley and many more, Twiggy is an exploration of the model's upbringing, career, relationships and everything else that has made her the woman she is today. Directed by Sadie Frost, following her hugely successful debut feature on fashion designer Mary Quant, this documentary will be the first time Twiggy has ever told her story first-hand.

From 7th March.



BLACK BAG

From Director Steven Soderbergh, Black Bag is a gripping spy drama about legendary intelligence agents George Woodhouse and his beloved wife Kathryn. When she is suspected of betraying the nation, George faces the ultimate test - loyalty to his marriage or his country. Starring Cate Blanchett and Michael Fassbender alongside Regé-Jean Page, Marisa Abela, Naomie Harris, Tom Burke and Pierce Brosnan.

From 14th March.



SNOW WHITE

Disney's Snow White is a live-action musical reimagining of the classic 1937 film. The magical music adventure journeys back to the timeless story with beloved characters Bashful, Doc, Dopey, Grumpy, Happy, Sleepy, and Sneezzy.

Disney's Snow White is directed by Marc Webb and produced by Marc Platt and Jared LeBoff, with Callum McDougall serving as executive producer, and features all-new original songs from Benj Pasek and Justin Paul.

From 21st March.



Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world. Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

**Sunday 2nd March, 2.30pm &
Tuesday 4th March, 6pm -**

Jesus Christ Superstar Live (12A)

Tim Rice and Andrew Lloyd Webber's rock classic Jesus Christ Superstar returns to its roots with this sensational performance filmed in the UK during the Live Arena Tour.

Saturday 15th March, 5pm -

MET Opera: Fidelio

Norwegian soprano Lise Davidsen returns to the Metropolitan Opera as Leonore, the faithful wife who risks everything to save her husband from the clutches of tyranny in Beethoven's Fidelio.

Sunday 16th March, 2pm -

A Night with Janis Joplin The Musical (12A)

This multi award-winning show captured recently at the Sadler's Wells Peacock Theatre is an extraordinary musical journey paying homage to Janis Joplin.

Tuesday 18th March, 7pm -

Exhibition on Screen - Dawn of Impressionism

The Impressionists are the most popular group in art history - millions flock every year to marvel at their masterpieces. But, to begin with, they were scorned, penniless outsiders.

Wednesday 19th March, 7pm &

Sunday 23rd March, 2.30pm -

Hans Zimmer & Friends: Diamond in the Desert (12A)

Captures an extraordinary live performance of some of Zimmer's most revered compositions, including music from Dune, Gladiator, Interstellar, The Lion King, and much more.

Thursday 20th March, 7.15pm -

Royal Ballet & Opera: Romeo and Juliet

The greatest love story ever told - through ballet. An ancient family feud casts a long shadow over the town of Verona.

Thursday 27th March, 7pm -

NT Live: Dr. Strangelove

Steve Coogan (Alan Partridge, The Trip) plays four roles in the world premiere adaptation of Stanley Kubrick's comedy masterpiece Dr. Strangelove.

IN THE GARDEN - LEADING THE EYE

Whether creating a large or small garden, the eye needs to be taken forward, encouraging both exploration and the ability to embrace the seasonal planting and maybe more importantly the features within the garden.

Creating a focal point, simply by introducing an arch or pergola, perhaps planted with roses and honeysuckle that could lead you to a seat, a fragrant place to enjoy nature.

In a small garden one would assume that everything is seen at once and that this would not be achievable, but in real terms breaking the eye with either potted shrubs and trees such as Acers which grow well in a pot or by merely changing the surface material and introducing shaped beds will both create and form and texture within the space and in doing so visually give the impression of an area being much larger.

The narrow grass path in the photograph below simply takes you to the bottom of the garden, a very classical feature but one that works well from a seating area encouraging you to not only relax but also giving you a visual picture of what lies beyond.



A more complex design is the beech (*Fagus sylvatica*) hedge in the next photograph that surrounds a metal arch, leading you into another

part of the garden. The gate in itself will slow not only your pace but also your vision.

A view simply creating a journey through the garden, the anticipation of perhaps what has come into flower is special treat. Plants and shrubs evolve through the seasons constantly changing your visual perspective.

A shrub I planted many years ago in the small kitchen garden was a flowering currant (*Ribes sanguineum*) which ticks many boxes. It is a large shrub that can grow up to 3 metres in height. Its purpose was to cover the storage area for the pots.

The shrub although being deciduous comes into its own in early spring, bearing a beautiful dark pink tubular flower, after which the shrub can then be pruned, and a layer of compost be applied around the base. A classic example of a shrub with a dual purpose covering your vision of the storage area but yet at the same time creating a stunning focal point.



The Gardeners Calendar

If you are thinking about growing vegetables this year and are questioning where to place the beds, an open sunny site is always maybe the best but if you don't have that facility, then in order to grow

something as simple as a salad crop, kale or spinach that will give you a supply of food for the house, then an area that only receives limited sunshine during the day will work well.



The beds should be positioned if possible running east/west so from this the short rows will run north/south. Obviously, this has to be adapted to your own garden, but the added bonus is that it enables the limited sunlight to access the roots.

Once the beds are established add plenty of organic matter this not only improves the soil ensuring a good harvest but also if the weather is wet then the depth of soil will be able to contain the water. A cold frame is something else to think about.

Early sowings of seeds can be done and placed in the frames, the temperature though not that of a greenhouse still offers warmth and the ability for seeds to germinate.

The weather has been cold and dark during February but heading into March with the days becoming longer and the light levels increasing there is opportunity to start sowing seeds. Many different varieties of lettuce can be sown now and also broad beans, in particular a dwarf variety called 'The Sutton' which grows to a maximum of 45cm in height and is spaced at 15cm allowing it to be grown in a small garden.

Finally keep an eye on the weather in March as it tends to fluctuate. However, there are a number of tasks you can currently do in the garden such as dividing congested perennials, moving deciduous shrubs, and planting bare rooted hedging and fruit.

<https://ordinarygardener.com> - Julie Dowding

I'VE BEEN THINKING... SAYS COLIN RAYNOR

Many people will have heard of Primrose Hill, north of Regents Park in London, but I know of another Primrose Hill on the outskirts of Huddersfield in West Riding of Yorkshire.

This is where I spent the formative years of my life and naturally it has lasting memories for me. I have moved to other parts of the country over the years and therefore I was thrilled a little while ago to meet up again in Beverley with an old school friend who also had fond memories of Primrose Hill.

Since that first meeting we have spent many hours talking about our childhood experiences and exchanging photographs of events that we both remember involving the local school we attended and the places and people we both remember on the "Hill".

Recently my friend lent me a copy of the Annual Primrose Hill Children's Free Treat held on Saturday July 12th 1952. It is worth remembering that when the Queen came to the throne in 1952 rationing was still part of daily life. Rationing meant that when you went to the shops you were limited (or rationed) as to the amount and kinds of food, you could purchase.

Sugar, butter, cheese, margarine, cooking fat, bacon, meat and tea, to name but a few, were

limited. Primrose Hill was typical of many parts of Huddersfield where many families had, to coin a Yorkshire phrase, 'cut your suit according to your cloth'. This means that just because something is not within your means financially does not mean it should not happen.

I do believe the local junior school and various local shopkeepers were instrumental in getting together to create a special event that meant, even though times were hard, the children and parents, would remember a truly happy day.

The very name itself 'Free Treat' signified that whatever the cost of the day it would not be past on to the families. The programme gives full details of how much the Free Treat cost and where the money came from. The total cost of the Free Treat that year was £371, a total raised by donations over the previous months from every possible source.

The procession began at the school gates at 2pm with many children in fancy dress. Next came the crowning of the Rose Queen who, along with the previous year's Queen, when the procession began, sat on a throne aboard a decorated cart pulled by a large horse. This progressed for the next hour or so all around the streets stopping at various points to sing hymns and songs led by the wonderful, nay irresistible local brass band.

The first part of the days event finished at the local cricket field where various games and races took place.

Next came the treat that all the children had been looking forward to. With the precious ticket they all had been given at school they enjoyed an afternoon tea party in either the Methodist or the Baptist church.

The Day was planned as a family event and in the evening, back at the cricket field, there was plenty to entertain parents as well as children with a number of musical events and a talent competition for all ages.

The brass band continued to entertain until dusk fell and as the local public house was adjacent to the cricket field the merry making went on well into the evening. It was also a tradition that on the following day there would be a thanksgiving service held on alternate years in one of the two churches. I am not sure how long Primrose Hill continued to have their Free Treat days.

I will remember them with fondness not least because I cannot ever recall it raining on Free Treat day. But then maybe that is just me and a spot of wishful thinking.



JAYNE HAS A SPRING IN HER STEP TO GET YOU MOVING

Jayne Morgan, independent estate agent, is customer focused from start to finish to making sure your property receives the attention it deserves.

Jayne said, "Spring is the ideal season to dress and market your home for sale, as the season enhances a property's appeal and attracts motivated buyers. As we look forward to the longer daylight hours and mild weather this encourages more viewings".

Jayne continued, "Spring is a great time, gardens start to look vibrant, with beautiful greenery creating a welcoming first impression. Buyers tend to be more active in spring, aiming to move before summer, making it a prime opportunity to secure competitive offers".

It is important to note that dressing a home effectively in spring involves maximising natural light, incorporating fresh flowers, and using soft, neutral tones to create a bright and airy atmosphere.

Decluttering and staging outdoor spaces, such as gardens or patios, can showcase the full potential of a property, helping buyers envision themselves living there.

Jayne's approach as an Independent estate agent is to make the most of the season's advantages by using high-quality photography and targeted marketing strategies. Presenting a well-dressed home in spring increases its desirability, enhances its perceived value, and accelerates the selling process.



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LAIRGATE PROPERTY GOES UNDER COVER!

As work continues at Lairgate behind the covers, Richard of RD Stott commented, "We are delighted with the progress so far and look forward to the reveal in a few months' time as we concentrate on building works to the roof and exterior, bringing the building back to life".

Richard said, "Renovating a listed building requires careful attention to preserving its historical charm and architectural integrity. Traditional décor plays a vital role in maintaining the character and heritage of the property, ensuring it remains true to its original era.

Features such as period moldings, wooden beams, fireplaces contribute to the building's unique appeal and are maintained whenever possible. With all the planning consents approved we can now look to "Springing", forward to the reveal in the summer, with the Old Beverley Savings Bank starting a new life offering a beautiful family home".



Richard mentioned, "Using authentic materials, including reclaimed wood, and heritage paint colors, helps maintain historical accuracy while allowing for modern comforts. Sensitive restoration ensures the building's legacy is preserved for future generations while still making it functional for contemporary living".



Balancing tradition with practicality is key - upgrading insulation, plumbing, and electrics can be done discreetly to protect the building's character.

By respecting its history, owners safeguard the property's cultural value and enhance its timeless beauty.

For further information contact RD Stott: richard@rdstott.co.uk



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THE FERGUSON FAWSITT IN THE COMMUNITY

Allen at The Ferguson Fawsitt is celebrating 3 years in Walkington, along with his 2nd Real Ale Festival to help mark the occasion.

Allen mentioned, "As a business, we like to support local causes and aim to play a vital role in the community by giving back - whether through donations, sponsorships, or hosting events, we hope that we create a positive impact that extends beyond our products or services".

Allen continued, "We are delighted to be able to sponsor the new kit for the Cricket Club and provide some assistance in supporting new equipment for the team".

Adrian Jack, Vice Captain of Walkington Cricket club said, "To have the Ferguson Fawsitt behind us is a massive boost for the team, and ongoing sponsorship is a great help".

All rounder Charles commented, "We are looking



for promotion this year to follow on from previous years, the kit and the jackets that The Ferguson Fawsitt have provided gives the team a lift, looking good, feeling good to perform at our best".



The Ferguson Fawsitt is a community hub where people connect, share ideas, and build relationships. Hosting networking events, fundraisers, and holding local meetups, the Ferguson Fawsitt is more than just a place to eat and drink!!

It is now a gathering spot for meaningful interactions. With the cafe bar, the photo exhibits, events, good food and entertainment for all.

Allen added, "Through proceeds from the Real Ale Festival we will be able to support the Walkington Playing Fields Association, with 20p of every pint into the pot over the weekend. Thereafter we have the Ferguson Fawsitt, Bitter, Pale Ale and Stout brewed by Yorkshire Brewhouse on tap, and in bottles, (sold at the Cricket club), where we will continue with the donation from these sales".



Allen continued, "By championing local causes and encouraging social connections, everyone benefits, recently having had a conversation with Andrew of the Viewfinder Photographic Society, they now have hanging photographic displays in the event space and around the café enhancing the ambiance by adding visual interest, striking images from local photographers, create a welcoming atmosphere, sparking conversations".

Andrew Chandler of the society mentioned, "Exhibiting our work in these spaces offers valuable exposure. It provides an opportunity to showcase our work, attract potential clients, and even sell prints. Outstanding is the name of the book, we live and work in an outstanding area of beauty, we are delighted to have our work on display and look forward to the exhibition in the Autumn".

By supporting The Ferguson Fawsitt, money also goes towards the continued development of local clubs and societies, putting the dates in the diary for the Real Ale Festival, and ongoing events throughout the month.



The Ferguson Fawsitt



OPENING HOURS

MON & TUE:
16:00 - LATE
WED - SAT:
09:30 - LATE
SUN: 12:00 - 22:00

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

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

Thursday 20th March - Saturday 22nd March -
Real Ale and Cider Festival
Thur 6pm-10.30pm, Fri 5pm-10.30pm, Sat 2pm-10.30pm



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

OPEN
7 DAYS

FOOD HOURS

WED - SAT:
09:30 - 19:30
SUN:
12:00 - 18:30

PLANNING A TAX-SMART RETIREMENT

Some days you can't imagine ever retiring. Other days, you wish you were hanging up your boots tomorrow. But when the day comes, you want to start retirement with a sense of anticipation of all that lies ahead, safe in the knowledge that you've put enough money by for a comfortable retirement.

And that takes careful financial planning.

These days, retirement planning is about making sure you've got plenty of options to live later-life the way you want to - not the way your income means you have to.

But the more you've saved, the more choices - and peace of mind - you'll have in later life.

Buying yourself some choices

When you do come to retire, you'll almost certainly be using your pension or ISA savings as one of your main sources of income. Both of these can help shelter your dividends, interest or other profit from both Income and Capital Gains Tax, which can make your money go much further.

The first step is to audit what you've got. Make sure each of your assets is working as tax-efficiently as possible, and what return you're getting, in case you want to move some cash into an ISA or your pension ahead of tax year-end.

Each one has a varying degree of risk, and tax-efficiency. That's why it really pays to use your tax allowances and reliefs each year to boost your pension pot, as you get closer to that retirement party.

ISAs and pensions - know your allowances

One of the best ways to boost your pension pot this tax year is to use your full pension annual allowance of £60,000 if you can. This figure includes contributions from yourself, your employer, and any third party as well as tax relief paid to the pension - and it resets every new tax year.

Just to be clear, if you're paying into more than one pension, you'll still only have an annual allowance of £60,000 in total pension contributions - not £60,000 per pension.

However, you'll only personally get tax relief on contributions up to 100% of your earnings, or £3,600 - whichever is lower - in each tax year. If you're a higher earner - above £200,000 - your annual allowance may 'taper off'.

If you haven't maxed-out your allowance in the previous three tax years, you can carry it forward. Any amount paid in excess of your available annual allowance, including any carried forward, will be subject to Income tax.

What other allowances could I use to boost my retirement income?

The tax breaks don't stop at pensions and ISAs - you have some other annual allowances too. If you make a profit from selling assets outside your ISA or pension, the annual Capital Gains Tax (CGT) exemption for 2024/25 is £3,000.

Do be aware that you may need to pay CGT on any gain above that amount. The Chancellor made significant changes to the rates of CGT

in the Autumn Budget. You can't carry the CGT allowance over so it's a 'use-it-or-lose-it' tax break. But you can offset losses you made selling other assets to bring any CGT gain down (you do need to declare both gains and losses on your self-assessment tax return).

If you've already used up your ISA allowance, there's still the Personal Savings Allowance (PSA), which can save you tax too. You can earn up to £1,000 of interest before you start being taxed in this tax year, if you're a basic-rate taxpayer. This drops to £500 per year for higher-rate taxpayers, and additional-rate taxpayers can't claim at all.

Finally, think about any dividends you earn. Dividends earned from shares held in ISAs or received by pensions are tax free. You can earn up to £500 before you pay tax if the dividends sit outside those 'wrappers'.

The Dividend Tax for basic-rate taxpayers in 2024/25 is 8.75% and 33.75% for higher-rate taxpayers. For additional-rate payers, the rate is 39.35%.

Taking financial advice for your retirement planning

Our 2024 consumer survey, The Real Life Advice Report carried out by Opinium on our behalf, revealed that 1 in 5 of us seek advice on retirement planning alone. Not surprisingly that rises to 1 in 3 of those over the age of 44.¹

If retirement is on your mind, make a time to talk your plans through with a financial adviser to discuss how you can give your pension pot that final boost before lift-off.

A financial adviser is there to keep on top of tax

Tax Year End 24/25

Eat. Sleep. Save. Repeat.

Whether it's eating greens or putting a little extra cash aside each month, good habits will set them up for the future.

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SJP Approved 13/01/2025

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regulation changes and give you a heads-up on all the tax allowances you may be entitled to. We want you to feel confident that your retirement will be every bit as good as you imagine. For more information, contact Navigation Wealth Management on **01482 379504** or visit us at navigationwm.co.uk

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than the amount invested.

The levels and bases of taxation, and reliefs from taxation, can change at any time and are generally dependent on individual circumstances.

Sources:

¹ The Real Life Advice Report was commissioned by St. James's Place. Opinion surveyed 12,000 UK adults in two polls between May and August 2024. Quotas and post-weighting were applied to the sample to make the dataset representative of the UK adult population. Quantative data referenced is sourced from the first poll which had a total sample of 7,995 respondents. Survey included those aged 18-34 (1,940), aged 35-54 (2,654) & aged 55 and over (3,401).

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EMBRACE SELF CARE AS WE SPRING INTO MARCH

Spring officially arrives on Thursday, March 20th, the vernal equinox, when both hemispheres of the Earth receive the same amount of daylight.



As the brighter days highlight dusty corners, spring cleaning may be on the agenda.

Now is a good time to have a physical and mental spring clean and consider where you can change. Our lives can be taken up with work commitments and caring for others but remember the well worn saying when on an aeroplane of putting the oxygen mask on yourself before helping others.

Start by reviewing areas of your life such as career, health and fitness, family and friends, finances, spirituality, personal development... score each area out of 10 and focus on those areas with a low score so it may be that work scores a 9 but health and fitness is a 3. Commit to leaving work on time and going to the gym or for a walk on a sunny evening.

As part of self-care, book "me time" in your diary to do something just for you. Read a book or meditate and use technology in a healthy way, set an alarm on your phone and read/meditate for half an hour. Find an online workout, Pilates or yoga class. They say that a beach body is created in winter and the changes that need to take place in the mind to achieve healthy physical can start right now.

Plan things, early in the year to look forward to and having achieved dry January, you might want to consider other habits to knock on the head such as cutting out a particular food that doesn't nurture you: biscuits or crisps or give up smoking or vaping. Hypnotherapy can be a great tool to assist in rapid change.



Challenge yourself to give up something for Lent which runs from Wednesday 5th March 2025 to Thursday 17th April 2025. It is common practice to avoid alcohol, sweets and desserts and fast foods/ready meals and meat during Lent. You don't have to give up all of these things but choose the one item that will increase your energy levels and improve your general health.

Your life-focus may be to spend more time with friends and family so book that holiday abroad or a spa break locally; a jewellery making workshop or llama trekking with friends.

What did you used to love doing that you haven't done for ages?... a night at a comedy club, the theatre or simply watching a film at the cinema or even at home.

Head down to the pub on St Patrick's Day (17th March) or treat yourself to an early night on World Sleep Day (15th March). Remember to secure your own oxygen mask before helping others to ensure your own strength, physically, mentally and emotionally.

Every Tuesday, you can take time out for yourself with the free mindfulness session from 7.15 pm to 7.45. For more information visit www.francesdunning.com or contact me, Fran Dunning on 07973 819867 for details of mindfulness zoom link.

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WE LOOK FORWARD TO SERVING YOU!

FOX MOBILITY - PUT A SPRING IN YOUR STEP

As Spring approaches, mobility solutions become essential for ensuring safety, independence, and outdoor enjoyment.

Warmer weather invites more activity, making it the perfect time to assess and upgrade mobility aids. Whether it's installing ramps, updating stairlifts, or ensuring walkers and wheelchairs are in top condition, proper mobility support enhances confidence and freedom.

For those with limited mobility, Spring offers opportunities to explore the outdoors. Smooth pathways, sturdy handrails, and accessible garden spaces can make a world of difference in comfort and accessibility. Inside the home, grab bars, non-slip flooring, and lift chairs help maintain stability and reduce fall risks.

Investing in the right mobility solutions not only improves quality of life but also encourages an active, engaged lifestyle.

By preparing ahead, individuals can fully embrace the joys of Spring - whether it's taking a stroll, gardening, or simply enjoying fresh air with ease and security.

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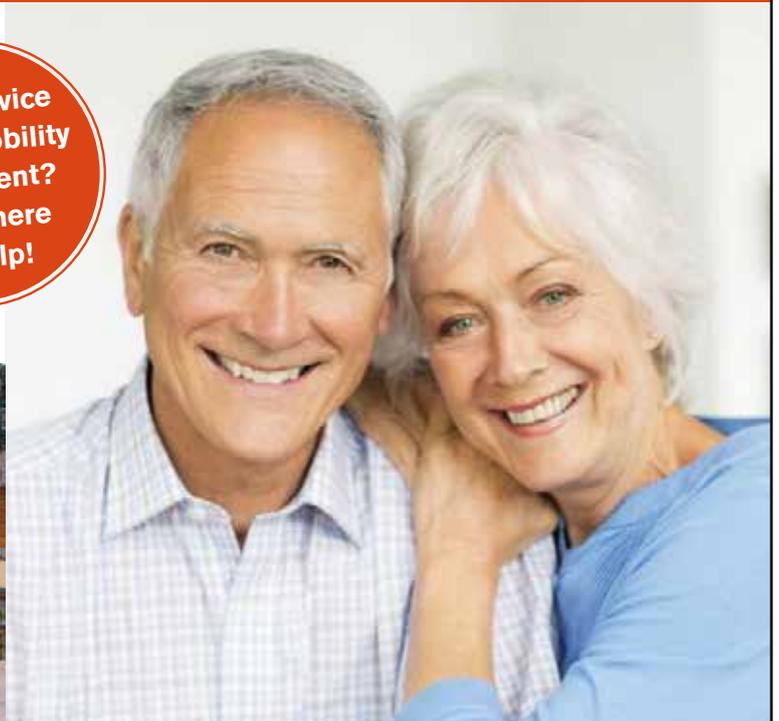


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STAGES RALLY



BEVERLEY WESTWOOD BARKRUN

Beverley Westwood parkrun is a fantastic event for runners, walkers, and their four-legged friends. A notable aspect of our parkrun is its inclusivity, welcoming participants of all ages along with their canine companions.

The event encourages runners to bring their dogs, provided they are kept on a short, handheld, non-extendable lead. This policy has nurtured a community of "barkrunners," where both humans and dogs can enjoy the course together.

Recently, Beverley Westwood parkrun saw an exciting event where the first three finishers all ran with dogs, showcasing the speed and enthusiasm that barkrunners bring to the course. Whether you're aiming for a personal best or simply enjoying the fresh air with your pet, running at Beverley Westwood parkrun is a fun and rewarding experience.

*Lewis Suddaby, Damian Mawer, and Nick Wells with their 4-legged pals.
Photo by Cindy MacAndrew*



As we head into Spring, running with your dog is a fantastic way to improve both your health and your pet's well-being. Whether you're jogging through the park, hitting the trails, or taking part in a local parkrun, sharing your runs with your four-legged friend can be incredibly rewarding.

Running provides excellent cardiovascular exercise for both you and your dog. Regular runs help maintain a healthy weight, build endurance, and strengthen muscles. Active dogs are less likely to develop obesity-related health issues, such as joint problems or diabetes.

Dogs thrive on new experiences, and running introduces them to different sights, smells, and



Billy: Photo by Shaun Redmore



Juno: Photo by Shaun Redmore

sounds. This mental stimulation keeps their minds engaged and reduces boredom, which can help prevent destructive behaviours at home.

Spending time running together strengthens the bond between you and your dog. The shared activity builds trust and reinforces your role as their leader while giving them a sense of purpose and companionship. Exercise releases endorphins, which help reduce stress and anxiety in both humans and dogs. If your dog tends to be hyperactive or anxious, regular runs can help them burn off excess energy and feel more relaxed.



Photo by Shaun Redmore

Dogs love routine, and making running part of your schedule creates consistency for both of you. It also encourages good leash manners and discipline.

Regular BWP runner Patrick Marshall more often than not brings his border terrier, Billy, to parkrun. Billy has most likely run more parkruns at Beverley than any other dog and he definitely has volunteered more than any other dog! Billy has run over 160 parkruns at BWP with Patrick, including volunteering to set up usually at Black Mill, and a further 20 or so runs at East Park and Peter Pan parkruns.

Patrick told me, "Billy loves parkrun and he is now famous for his warrior howl at the start of our

Saturday runs or walks. Dogs and humans share the social need to be in a community of like minded animals and they, like us, love both the pack and the chase. Billy is generally quite good at running the full 5K but sometimes needs to stop for a pee or sniff on Hill 60.



Photo by Shaun Redmore

"He will also enjoy chasing a dog in front, however often upon reaching said dog Billy will not let me run on past because he chooses to run alongside the dog which can put some pressure on that dog's owner to run faster."

Patrick concluded, "Beverley is a great parkrun for dogs because there is plenty of space for them if they are being anti-social or feeling nervous. Short hand held leads and poo bags are essential." Billy said "woof!"



Photo by Shaun Redmore

It is worth noting not all parkruns allow dogs so you will need to check before you attend a new parkrun. Join us at Beverley Westwood parkrun every Saturday morning and make running with your dog part of your weekend routine!

Louise Barrett.



Photo by Shaun Redmore

PUT A SPRING IN YOUR STEP ON THIS BRIDLINGTON STROLL

This gentle 4.5 mile wander is perfect for an early Spring day. It includes town, coast, country, and a gem of a tiny village, just a mile west of Bridlington.

There are regular bus and train services from Beverley to our coastal neighbour, or if arriving by car you should find free on street parking in the streets around South Bay. The Spa is an ideal place to start and finish, as there are toilets and an excellent cafe.

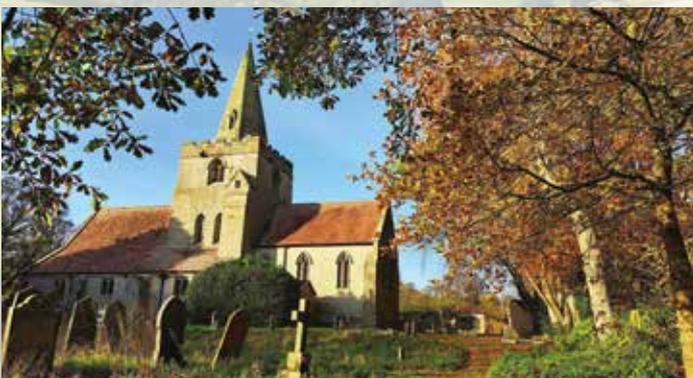
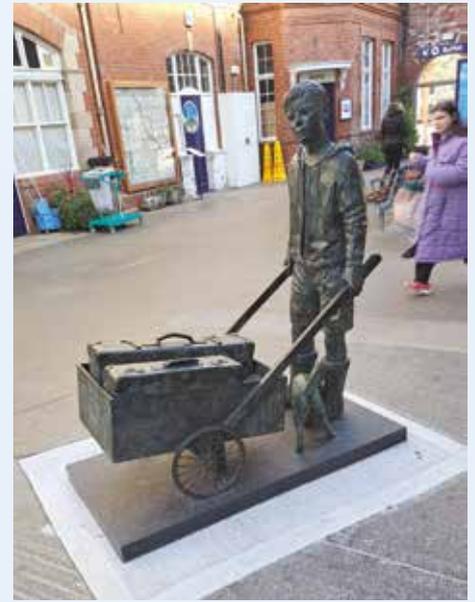
Head South from the Spa along the extensive beach, with great views over to Flamborough. Soon, a beautiful series of sand dunes appear, these are lovely to explore.

In a further half mile you will see the attractive art deco style holiday homes on the cliff at Wilsthorpe. Follow the lane away from the coast, passing a solar farm, it soon reaches the main road.

Cross carefully, just after the roundabout to access a nice path heading for Bessingby, with the church spire visible in the midst of nice woodland. You cross the railway, again take care.

The path takes you into the tiny and little visited village of Bessingby. The buildings here are a joyful jumble of brick, chalk and pantiles. The church and its grounds are very attractive.

Follow the road towards Bridlington, where it turns, go straight ahead on a wide track, passing allotments on its way to the retail park on the edge of town. Head along the main road pavement, you soon reach Brid's fine rail station, a favourite of Michael Portillo. The bus station is a short walk away, as is the Spa.



IAN HARRISON - A HANDYMAN FOR ALL SEASONS!

A good handyman is invaluable, especially as you prepare your home for Spring.

After months of Winter wear and tear, your home may need repairs, maintenance, and upgrades to be in top shape for the warmer months.



Ian, a skilled handyman, can handle a wide range of tasks, from fixing leaky taps, repairing weather-damaged exteriors, and inlaying bricks. His expertise saves homeowners time, money, and frustration by addressing issues before they become costly problems.

Spring is the perfect time for both indoor and outdoor maintenance. Inside, a handyman can help with repairing loose tiles, assembling new furniture, putting up pictures and fixing handrails, while outside Ian can repair damaged fences, fix broken gates, and transform gardens with decking, erecting lights and replacing wooden panels.

By investing in professional help, homeowners can enjoy a safe, well-maintained home without the stress of DIY mishaps.

Ian, a reliable handyman ensures your home is not only ready for Spring but also remains in top condition year-round. With their assistance, you can focus on enjoying the season rather than worrying about home repairs.

You can contact Ian on:

Mobile: 07970 332373

Email: ianharrison68@icloud.com

Website: www.ian-harrison.com

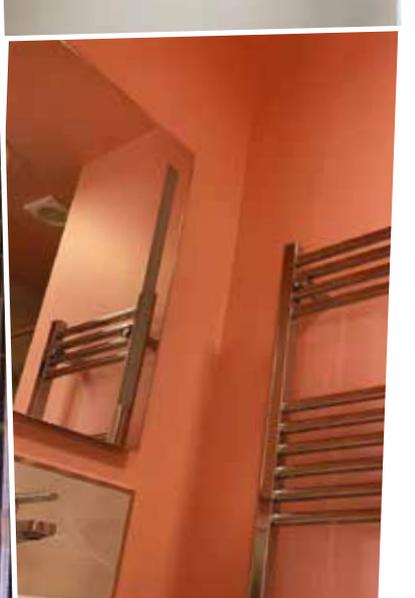


Ian
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PANCAKE DAY WITH TC PATISSERIE

A classic French crêpe is a delicious way to celebrate Pancake Day. Light, thin, and versatile, crêpes can be enjoyed with both sweet and savory fillings. Here's a simple yet perfect recipe:

Ingredients:

- 1 cup (125g to 140g) plain flour
- 2 eggs
- 1 to 1 1/4 cups (200ml - 250ml) milk
- 1 tbsp melted butter
- 1 tbsp sugar (for sweet crêpes)
- A pinch of salt

Instructions:

- 1) Whisk eggs and milk together, then gradually add sifted flour, salt, and sugar. Mix until smooth.
- 2) Stir in melted butter and let the batter rest for 30 minutes.
- 3) Heat a non-stick pan, add a small amount of butter, and cook thin layers until golden.

For the perfect filling, try the classic butter, sugar, and lemon juice, or go indulgent with Nutella and banana. For a savory twist, fill with ham, cheese, and a fried egg.



TC Patisserie

We make our own patisseries.

We are a French food shop complimenting our own products

We make Meals you can reheat at home bought over the counter or pre ordered, via our mailing list or messenger

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

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



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Tel: 01482 860884

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A lot of people avoid upgrading to LED lighting because they think it'll leave their home looking cold and clinical. We understand this - you don't want your living room feeling like a supermarket aisle!

The reality? We fit 4000K daylight LEDs, which give a bright, natural look without that harsh blue-white tone. It's a cleaner, fresher light than the old yellowy bulbs but still feels warm and welcoming.

Many customers tell us they enhance aesthetics, and create a warm, inviting atmosphere. They can finally read the newspaper comfortably without straining their eyes.

Aside from looking better, LED lighting also cuts your energy bills, lasts years longer than traditional bulbs, and reduces maintenance - so you'll save money while enjoying a brighter home.

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Get in touch and let us know how we can help.

01482 205222 www.smartpower.co.uk

IN THE PICTURE WITH JOSH

As we move into Spring time and hopefully have more sunshine, I like to get out and about around Yorkshire and the coast to photograph some of the many picturesque towns and villages.

I do a lot of property photography with my commercial work and it's amazing what a difference a blue sky and sunshine can make to your photo. I know you can add in blue skies in photoshop, but the colours and tones are never a substitute for the real thing!

There are plenty of great locations to capture the daffodils in bloom which give a much needed display of colour after the dull winter months.

But, even if there's no bright colours, we still have a huge variety of picturesque locations

to photograph which look incredible in the sunlight!

Birds and wildlife are also more active with migratory species starting to return as well as Winter visitors that haven't quite left yet. Wherever you're heading and whatever you enjoy photographing, get out and enjoy the fresh air and the sunshine!

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

Instagram: [@joshharrison.photography](#)
 Facebook: [@JoshHarrisonPhotography](#)
 Web: www.joshharrisonphotography.com
 Email: info@joshharrisonmedia.com




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MKM

THE ONSET OF SPRING AND SPRING CLEANING!!



The origins of Spring cleaning are multifaceted, stemming from a combination of practical needs, cultural traditions, and religious observances across various civilisations.

Practical Origins:

Pre-Industrial Era: Before the advent of modern heating and ventilation systems, homes were often heated with fireplaces or stoves that produced soot and smoke.

Winter months trapped this grime indoors, accumulating on walls, furniture, and fabrics. Spring provided the first opportunity to open

windows and doors, airing out the house and allowing for a thorough cleaning.

Seasonal Changes: Spring's arrival brought warmer weather, longer days, and the opportunity to shed Winter clothing and bedding. This natural transition often coincided with a desire to refresh and renew living spaces.

Cultural and Religious Origins:

Passover: In Judaism, the holiday of Passover involves a thorough cleaning of the home to remove any leavened products (chametz) before the holiday begins.

A tradition called "khaneh tekani" (shaking the house) involves a thorough cleaning and decluttering of the home to symbolize renewal and preparation for the new year.

Other Traditions: Many other cultures have similar Spring cleaning traditions, often associated with purification rituals, welcoming the new season, or preparing for religious festivals.

Evolution of Spring Cleaning:

Over time, Spring cleaning has evolved from a necessity to a cultural practice. While the practical reasons for a thorough cleaning may have diminished with modern technology, the tradition persists, often associated with a sense of renewal, decluttering, and mental well-being.

Today, Spring cleaning can encompass a wide range of tasks, from decluttering and organising to deep cleaning carpets and upholstery.

It's a time for many to refresh their living spaces and welcome the new season with a clean and organised home.

Shane Cooper, Stuarts of Drifffield, Lincoln Way, Beverley, HU17 8RH.



This tradition dates back to the Exodus story, where the Israelites were instructed to eat unleavened bread during their hasty departure from Egypt.

Nowruz: In Persian culture, the celebration of Nowruz, the Persian New Year, coincides with the Spring equinox.

SSAFA NEED YOU TO VOLUNTEER

SSAFA, the Armed Forces charity, plays a vital role in supporting serving personnel, veterans, and their families.

SSAFA requires help in positions including financial assistance, housing support and welfare advice.

SSAFA provides essential help to those who have served their country. Their work ensures that individuals facing hardship, loneliness, or transition challenges receive the support they need.

Good volunteers are the backbone of SSAFA, offering time, compassion, and expertise to assist those in need. Whether providing emotional support, fundraising, or delivering practical help, volunteers make a life-changing difference. However, SSAFA relies on more people stepping forward to continue its vital work. **"CAN YOU HELP?"**

By volunteering or donating, individuals can help SSAFA reach more members of the Armed Forces community, ensuring they receive the care and respect they deserve for their service and sacrifice.

Tel: **01964 552 837**
Email: **eyorks.branch@ssafa.org.uk**
Website: **ssafa.org.uk**



ssafa | the
Armed Forces
charity

Your Veterans Need You!

SSAFA are currently looking for volunteers to fill the following positions:

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

SSAFA urgently need a Branch Secretary, admin support and caseworkers.

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

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



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

Tel: 01964 552 837

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk

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MARCHING INTO SPRING



We are already in March and the beginning of Spring starts to show. A time known for fresh starts and new beginnings - a chance to get out and about in the fresh air a little bit more as we leave the cold dark Winter months behind.

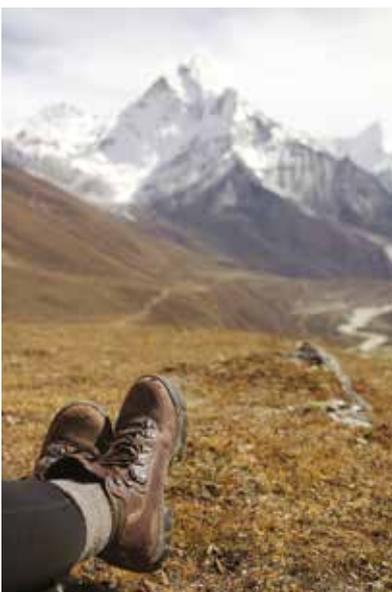
Many of us really enjoy our walks in the countryside - excellent for our physical and mental health, and something that can be fitted into our daily routine. It is nice to be able to enjoy this pastime on holiday and I am able to arrange holidays that incorporate guided walks through specialist companies.

There are many advantages to booking this in advance because the walks are planned to take in places of interest and are designed to be the most appropriate length and level of difficulty for each group. It is possible to be flexible in terms of the type of walking holiday you choose.

Some clients prefer to go solo and they can book on to self guided tours so they are given a welcome pack along with detailed route notes so that you can confidently enjoy your walk on your own.



Some clients prefer to be part of a group to meet like minded people so it can be a nice opportunity to have a fairly social holiday - supported by an experienced local professional guide - with most suppliers allowing a maximum group size of 12 so it remains a personal experience.



Whilst some walking holidays are based on one destination with different walks from the same base it can sometimes be better to book on a multi centre itinerary.

On this type of holiday you are enjoying the walks between different locations and your luggage is transported for you from hotel to hotel, leaving you to enjoy a comfortable walk and an opportunity to take in different areas of a destination.

Examples of this would be the mountainous areas of Montenegro, Annapurna foothills of Nepal, or the ancient Kumano Kodo trail in Japan.

Perhaps walking on holiday is just something that you would like to do a little bit of rather than it being the main purpose of the holiday. One of our suppliers is able to arrange a single centre holiday and include two complimentary guided walks which you would pre book before you go.

So in essence not especially a walking holiday, but a holiday to a destination where a few stunning walks can be arranged as part of the holiday to give you something different to a traditional excursion. Popular areas for this would be Austria, Italy, Switzerland, Slovenia and Madeira.

If you would be interested in these types of holidays either as a solo traveller, or couples/ friends/family, or even if you would like to travel as a group of friends then I would welcome you to contact me on **01482 770540** to discuss your requirements further. It may be that local walking groups may be interested in putting an itinerary together for their members and I would be delighted to assist in arranging this. I have detailed below the websites for the tour operators that I am an agent for.

You are welcome to look through the websites to give you an idea of the areas they cover and the different types of walking holidays they arrange in further detail. If you have any questions or would like to enquire about availability then please contact me on **01482 770540**.

www.inghams.co.uk
www.walksworldwide.com
www.headwater.com
www.exodus.co.uk
www.explore.co.uk

Amanda McConnell, Travel Counsellors.
Tel: 01482 770540
Email: amanda.mcconnell@travelcounsellors.com
Web: www.travelcounsellors.com/amanda.mcconnell





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CARL SPENCE AND ONE HULL OF A RIDE

A strong mindset is crucial when living with Stage 4 cancer. While the diagnosis is life-altering, the way one approaches it can make a significant difference in quality of life.

A positive, resilient mindset reduces stress, and helps individuals find meaning despite uncertainty. Mental strength empowers patients to navigate treatments, manage symptoms, and maintain a sense of control over their journey.

Carl commented, "Living with cancer is not just about medical treatments - it's about embracing

each day, cherishing moments, and finding joy in small victories. I have adopted a mindset focused on gratitude, purpose, and connection that can improve emotional well-being and even physical resilience. Surrounding oneself with supportive loved ones and engaging in fulfilling activities enhances overall outlook".

Carl loves a challenge, this year with One Hull of a Ride, the challenge has been set. You may have already seen Carl and a few others doing static bike rides at a couple of outlets in and around the area, all part of the training for the Challenge.



The bike ride Wednesday 25th - Sunday 29th June 2025 (295 km) in Normandy

Carl said, "This year we're raising funds in aid of the Royal British Legion. Our bike ride sees us heading to Normandy, cycling 295km taking in the five D-Day beaches: Sword, Juno, Gold, Omaha and Utah.

"We'll also visit other key historical sites such as Arromanches-les-Bains, Sainte-Mère-Église, Pegasus Bridge and many more. We're on the overnight ferry from Portsmouth to Caen.

"On Thursday we're cycling to our base in Port-en-Bessin-Huppain via a WW2 cemetery where a relative of one of our riders is laid to rest.

"On the Saturday ride back to Ouistreham, we'll be visiting the Royal Engineers memorial in Arromanches-les-Bains as this is the regiment that I served in when I was in the British Army".

The team have set a fundraising target of £10,000 and have several fundraising events planned: A static bike ride in Asda Bilton and Asda Hessele Road, a charity golf day in April and another in September and plans are well underway for a family fun day at the Bilton Royal British Legion club in June.

Anyone wishing to sponsor Carl can do so by visiting <https://www.justgiving.com/page/carl-spence-1728230796752>





There's never been a better time to visit Beverley & ER Golf Club





Now is the perfect time to discover the beauty of our award-winning 18-hole course, renowned for its excellence throughout the year, but especially in the spring.

Visit the fully-stocked Pro Shop for all your golfing needs, and take advantage of lessons with our new Head Pro Theo Blake, or book the state-of-the-art indoor golf studio.

Our restaurant and bar is open to golfers and non-golfers alike.

So if you're a visitor or looking to become a member, Beverley & ER Golf Club is here for you.

To find out more, just call 01482 868757

WORDSEARCH

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

CLOCKS
 DAYLIGHT
 FLOWERS
 GIFTS
 HAPPY

MARCH
 MOTHERSDAY
 PANCAKES
 SPRING
 SUNSHINE



COMEDY CORNER



What did the policeman say to his stomach?
 You're under a vest!

A little boy said to his Mum, I have been made upside down...
 My feet smell and my nose runs!

In Spring why do you put bulbs in the ground?
 So the worms can see!

Why was 6 afraid of 7?
 Because 7, 8 (ate) 9!

What room has no windows or doors?
 A mushroom!

You cannot trust stairs...
 They are always up to something!

WHERE IN BEVERLEY?

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



WHAT IS IT?

Can you work out what this obscure image is?
 Answer on Page 34.



On Reflection where will you find the Ducks? Answer on Page 34.

QUOTE OF THE MONTH

Spring forward and make time of plans and projects

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LECONFIELD KENNELS AND CATTERY - A HOME FROM HOME FOR PETS

When Nigel and Jo bought the kennels a few years ago, they wanted nothing more than to deliver excellent facilities for dogs and cats while their owners were away.

Late in 2024, Barking Bubbles opened at the kennels, adding another dimension to the kennels, ensuring pets could be looked after, cared for and returned having had a pamper.

Nigel commented, "A good kennel and grooming business is essential for the well-being of pets and peace of mind for their owners. Whether traveling, working long hours, or simply needing extra care for their furry companions, pet owners rely on trustworthy services to ensure their pets are safe, comfortable, and well cared for.

"We provide a secure, clean, and nurturing environment where pets receive proper attention, exercise, and companionship while their owners are away and if required the pets can have a

groom and pamper as well".

Megan, "Barking Bubbles" said, "Grooming is very important, contributing to a pet's overall health and happiness. Regular grooming helps prevent matting, skin infections, and other health issues while keeping pets looking and feeling their best. We also spot potential concerns like ear infections, unusual lumps, or skin conditions early on, preventing things getting worse with appropriate treatment".

Choosing to leave your pet at Leconfield Kennels and Cattery with its reliable service, ensures pet owners can relax knowing their pets are in capable hands, receiving the care and attention they deserve.

Quality pet care enhances both the pet's well-being and the owner's confidence in their furry friend's health and happiness.



Leconfield Kennels and Cattery, Arram Road, Leconfield, HU17 7NP.
Office: 07360 276707
Out of hours: 07946 193269
Web: www.leconfieldkennelsandcattery.co.uk

To Book Barking Bubbles
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Call: 07500 931566
Email: barking_bubbles@outlook.com
Web: www.barkingbubbles.co.uk
Instagram and Facebook: @Barking_bubbles_



2nd Monday
in the month
(unless stated
otherwise)

NORWOOD NITES

Community Cinema
@Norwood Church

A chance to see a film
again or, missed at
the cinema!

If you require
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event please
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Monday 10th March @ 7pm

A British comedy-drama starring James McAvoy. A working class boy stumbling romantically and academically through his first year at Bristol University. He tries to achieve his ambition to appear on TV quiz show University Challenge and falls in love with his teammate.

We warmly invite you to join us again or, for the first time, to our monthly film night. **FREE ADMISSION!**

Due to Copyright we are only allowed to display film titles on the Church premises.

Refreshments & Raffle from 6.30pm - Films start @ 7pm

Films shown in the hall to the rear of the Church

To keep updated about future programme please ring 07903 136996 & find us on Facebook & our website :-



Norwood Methodist Church, Beverley
norwoodmethodist.org.uk

** Half Year Special Offer **



BEVERLEY FILM SOCIETY
THE BEST OF WORLD CINEMA

BFS Membership half price only £7.50

Tickets: £3 per film for members

Our 2025 Programme

13 February
No Bears (2022)
Iranian | Drama

10 April
The Promised Land (2023)
Danish | Historical Drama

12 June
Broker (2022)
S.Korean | Comedy

13 March
Perfect Days (2023)
Japanese | Drama

8 May
Fallen Leaves (2023)
Finnish | Drama Romance

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Sign up in February and.... enjoy a
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'Alcarràs' a Spanish family drama set in the
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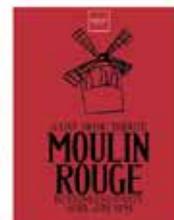
www.beverleyfilmsociety.org.uk



BEVERLEY'S SELL-OUT BOTTOMLESS PARTIES! DRINK, DINE & PARTY

Evenings packed with immersive entertainment, bottomless brunches and parties.
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Tickets and full up to date listings at:
www.beverleyhillsdiner.com/events

BEVERLEYHILLSDINER



WHAT'S ON IN BEVERLEY

Tell us about your event!

E-mail info@justbeverley.co.uk

Telephone **01482 679947**

For more events visit
justbeverley.co.uk/pages/news

Sunday 2nd March

The Big Beverley Pancake Race

Flipping 'Eck! It's back! Get your batter mixed and frying pans at the ready. Beverley Town Council is proud to fund this wonderful community event and thanks the Rotary Club of Beverley for taking the lead on what will be a flipping fun family occasion. 12pm.

Friday 7th March

Sabrina Carpenter Tribute (Family Event)

Beverley Hills Diner, 5pm.

Sabrina Carpenter Tribute (18+ Party)

Beverley Hills Diner, 8pm onwards.

Saturday 8th March

Hannay Stands Fast

A thrilling sequel to "The 39 Steps". East Riding Theatre. Show starts 7.30pm. Ticket Price: £18.00 Standard.

Wednesday 12th March

Poets & Pilgrims

Evenings discussing the Canterbury Tales, led by Marcus Ramshaw - "The Prioress' Tale" - a story of prejudice. Monk's Walk, 19 Highgate. Upstairs Room 7pm - 9.30pm. Contact Monks Walk or Tel: 01482 864972. Booking Advised. Admission free, donation suggested £5 with profits to Beverley Minster.

Friday 14th March

Grease Bottomless Party

Beverley Hills Diner, 8pm onwards.

Saturday 15th March

Hall Together Now 3

6 Acts - The Bay Horsemen with special guests. The Village Hall, Cherry Burton, 7.30pm. Tickets £10. Call 07399 568834 and also on the door if not sold out.

The Tallis Consort - Mozart Requiem

Beverley Minster, 4.30pm. Tickets £15.



Mambo Jambo with Joe Martin at East Riding Theatre, Beverley Sat 22nd March

7.30pm
Tickets: £18

Eclectic duo, Mambo Jambo, plus their array of instruments are joined by violinist extraordinaire, Joe 'Hotbow' Martin for a spontaneous, joyful music making & a romp across genres. Expect a lively, uplifting show, full of infectious energy!
"An absolute treat and a delight!" "Refreshing and Uplifting"

ert
EAST RIDING THEATRE

Mambo Jambo
www.mambojambo.co.uk
www.eastridingtheatre.co.uk

Tuesday 18th March

Beverley Anglo-French Society

The Beverley Anglo-French Society gives you the opportunity to learn more about France, its language and culture. Next meeting: Annie Ernaux. A talk by Maryse Wright. On 6 October 2022 Annie Ernaux was awarded the Nobel Prize in Literature. She has had a long and distinguished writing career and is the first Frenchwoman to receive the literature prize. Emmanuel Macron said that she was the voice "of the freedom of women and of the forgotten". Venue: The C Club, Wylies Rd, Beverley. 7.30pm. Non members £3. For more information and contact details please visit: www.beverleyanglofrenchsociety.org.uk

Friday 21st March

The Dreamettes - Soul & Motown Bottomless Party

Beverley Hills Diner, 8pm onwards.

Saturday 22nd March

Snow White Brunch (Family Event) - Tea Party & Meet and Greet

Beverley Hills Diner, 9am.

Mambo Jambo with Joe Martin - Three Musical Adventurers.

East Riding Theatre, 7.30pm. Tickets £18. Eclectic duo, Mambo Jambo, plus their array of instruments are joined by violinist extraordinaire, Joe 'Hotbow' Martin for a spontaneous, joyful music making & a romp across genres. Expect a lively, uplifting show, full of infectious energy! "An absolute treat and a delight!" "Refreshing and Uplifting"
<https://mambojambo.co.uk>
Tickets: <https://eastridingtheatre.ticketsolve.com/ticketbooth/shows/1173660289>

Sunday 23rd March

Snow White Brunch (Family Event) - Tea Party & Meet and Greet

Beverley Hills Diner, 9am.

Friday 28th March

Greatest Showman Bottomless Party

Beverley Hills Diner, 8pm onwards.

Sunday 30th March

Mamma Mia Mother's Day Party (Family Event)

Beverley Hills Diner, 1pm & 4pm.

Wednesday 2nd April

Poets & Pilgrims

Evenings discussing the Canterbury Tales, led by Marcus Ramshaw - "The Millers Tale" - a story of love, lust and jealousy. Monk's Walk, 19 Highgate. Upstairs Room 7pm - 9.30pm. Contact Monks Walk or Tel: 01482 864972. Booking Advised. Admission free, donation suggested £5 with profits to Beverley Minster.

Until 30th May

Boggles, Ghosts and Ragwells - East Riding Myths and Superstitions

East Riding Museums. Beverley Guildhall - Wednesday (to 30th April) 10am - 1pm from 1st May (10am - 4pm) Fridays 10am - 4pm.

WHAT IS IT ANSWER

It was popcorn!



WHERE IN BEVERLEY ANSWER

The stone is located in the grove of trees on the Westwood between York Road and Newbald Road



FIND THE DUCKS ANSWER

You should have found those ducks on the Halmshaw advert on Page 27.

BEVERLEY BRACES ITSELF FOR MUSICAL 'HURRICANE'!

Beverley's nationally celebrated classical music festival, *New Paths Music*, returns to the East Riding this spring for its fourteenth edition.

Running 2nd - 6th April across six venues, the festival features 22 performances given by a handpicked team of star musicians drawn from across the UK.

Spotlight solo performances feature trumpeter Matilda Lloyd, clarinettist Julian Bliss, and violinist Charlotte Scott - all joined by Artistic Director and pianist Libby Burgess - while Australian guitarist Craig Ogden and Serbian accordionist Miloš Milivojević (described by The Times as 'A hurricane of imaginative invention') perform tangos and dances.

New Paths' Associate Artist Martin Roscoe performs the three late Schubert piano sonatas across three different venues, and the festival's string players come together to give a shimmering late-night performance in the Minster - featuring music by Dorothy Howell, William Lloyd Webber, Pēteris Vasks and Johann Sebastian Bach.

"The venues of Beverley take our breath away every year," says Artistic Director Libby Burgess.

"The stunning medieval architecture of the Minster and St Mary's is so inspiring to our musicians, and the acoustics and atmosphere make these very special places for our audiences to hear music. But we use a whole range of spaces - the popular East Riding Theatre, the larger Memorial Hall, and of course the quirky pub space Upstairs at the Monks!"

"Many people each year choose to buy a festival pass, and come to everything," says Founder and Chairman, Roland Deller. "With events from 10am to 10pm, they don't want to miss a thing."

"People travel from across the country to join the magic," he adds, "and we're so proud that, nationwide, people associate the place of Beverley with outstanding music and a special creative spirit. And it's brilliant for the hospitality industry in the town too, with festivalgoers enjoying the many cafes, restaurants, pubs, shops and hotels the town has to offer."

Other performers this year include soprano Mary Bevan MBE - fresh from the stages of English National Opera and Teatro dell'Opera in Rome - bass-baritone Ashley Riches, violinist Jamie Campbell, and violist Jane Atkins.

Two new artists on the roster for 2025 include Principal Cellist of the Royal Liverpool Philharmonic Orchestra, Jonathan Aasgaard, and Principal Oboist of the London Symphony Orchestra, Olivier Stankiewicz.

New Paths' partnership with the Royal Birmingham Conservatoire's organ department continues, with the festival hosting the final of the Dame Gillian Weir Messiaen Prize: three young organists put the Minster's historic instrument through its paces as they compete for the accolade in the presence of Dame Gillian herself.

The competition is adjudicated by a panel of experts, chaired by former Director of Music at Westminster Cathedral, Martin Baker.

"Organ music has always played a special role in our festivals," reflects Roland Deller. "When we began back in 2016 we dedicated New Paths to the memory of Alan Spedding, who was for over 40 years Director of Music at the Minster here, and nurtured generations of musicians - including me!"

Other local stories feature in the programming: feminist and writer Mary Wollstonecraft is the inspiration for a morning concert, while a Minster lunchtime performance includes the East Riding folksong, Spurn Point.

The festival's popular free concert for babies and toddlers returns, and New Paths' Golden Ticket scheme continues, enabling young people and school groups to hear any of the festival's performances for free.

"We believe passionately that music is for everyone," says Libby Burgess.

"Our audience is a fabulous mix of lifelong music-lovers, and people who are totally new to it. We're known for our events being welcoming and accessible, as well as of an exceptional quality, and the musicians bring such warmth and brilliance to what they do. It's a mad, intense week, with everyone running from one event to another - but it has the most wonderful fizzing creative energy and is just a huge amount of fun. I can't wait!"

Full programme details are available at www.newpathsmusic.com. Tickets are available online or from the Beverley Tourist Information Centre on **01482 391 672**.



New Paths Music
Spring Festival
2 - 6 April 2025
Tickets: www.newpathsmusic.com
or Beverley TIC - 01482 391 672

The poster features a group of four musicians (a woman in a black dress, a man in a suit, a woman in a floral dress, and a man in a suit) standing in a stage setting with spotlights and a blue background. A QR code is located in the bottom right corner.



We have some great entertainment coming up!



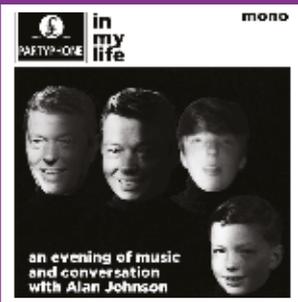
Andres Roots
Friday 7th March



Hannay Stands Fast
Saturday 8th March



Catch Your Breath
Wednesday 12th March



In My Life
Friday 21st March



Mambo Jambo & Joe Martin
Saturday 22nd March



Big Beverley Comedy Night
Friday 28th March



Laurence Jones
Friday 4th April



Boiler Room Six
Saturday 5th April



The Frog & The Princess
Thursday 10th April

