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ISSUE 115

BEVERLEY

IT'S YOUR MAGAZINE



IAN HARRISON **BEVERLEY'S PROFESSIONAL HANDYMAN**

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

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BIANCA NASTASE

- Started working for us in 2022 after working in payroll and accounts for a number of years.
- Outside of work Bianca enjoys spending time with her family.



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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.

Disclaimer - All the information provided was correct at the time of going to print.
ISSN 2754-9216



Please pass your Just Beverley on or recycle it responsibly.
Printed by: Jadan Press.

just BEVERLEY

AUGUST LETTER FROM THE EDITORS



August is here, the sun has arrived, it's holiday time and everyone is enjoying the Olympics.

Hopefully we will continue to bring the medals home.

Lots of events going on in the area, so take the time to get out and about and enjoy the events and activities in and around Beverley.

As always, if you are in the sun, make sure you are well protected with suncream, shirt, hat and sunglasses.

Have a fantastic August, stay safe, send in your photos and stories.

Julian.



August is here, the sun is shining and we hope that team GB brings home the medals.

At this time of the year I like to sit in the park and enjoy the fresh air, people watch and just let the world go past.

We have a few articles for you to read, to get the most from relaxing and enjoying the outdoors.

Whether you are having a holiday, exploring the countryside or relaxing at home, have a great August.

Olivia.



GET IN TOUCH WITH US:

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If you would like copies for your business to distribute to staff and customers, call Just Beverley on 01482 679947.

THIS YEAR'S VIKING PEST CONTROL WALKINGTON 10KMS AND FUN RUN WAS A GREAT SUCCESS

This year's winner was Dave McInnon, from Goole Viking Striders, who completed the course in an impressive time of 32:08.

The first female finisher was Naomi Drakeford of Barnsley AC, coming home in 36:40. The first Beverley female runner to finish was Anna Pugson in 43:58, coming in 5th female.

The Race organisers were delighted with the turnout for the events and wish to thank everyone for the very generous donations to this year's Club charity, Beverley Cherry Tree Centre. The now infamous Walkington cake stall again proved very



popular during the evening, raising a total of £386 to be donated to Cherry Tree Centre.

As ever, races of this calibre require the support of many people behind the scenes, both prior to the race, during and after. Matt Frampton and Ben Atkinson, who coordinated the marshals were delighted with the response and our thanks go to them and to their incredibly hard-working team which greatly contributed to the success of the evening!

Many members take part in Saturday morning parkruns, whether locally or further afield and congratulations to Club member, Carol Cooke, who ran her 400th parkrun at Beverley Westwood! The recent away night was at Laurel Vines vineyard at Aike, where members enjoy different routes courtesy of Route Master, Andy Johnson, followed by much welcomed food and refreshment also proved popular.

Regular training sessions, including strength and conditioning at Beverley Leisure Centre and speed training at the Westwood ensure that we all keep fit and are able to enjoy our running events!



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

HULL AND EAST RIDING ADVANCED MOTORISTS

Hull and East Riding Advanced Motorists (HERAM), is a local charity run by local volunteers, who are committed to making our local roads safer, by making better drivers through 1-to-1 coaching.

HERAM have been coaching motorists for 60 Years and 2024 is HERAM'S Diamond Jubilee Anniversary. All of HERAM'S observers are qualified members of THE INSTITUTE OF ADVANCED MOTORISTS (IAM) and have attained national observer qualifications.

HERAM has links with a range of local partners, including Safer Roads Humber (the regional road safety partnership for the Humber Region), the Police and Crime Commissioner, local councils, police etc. and they liaise and share ideas with neighbouring IAM groups and other like minded organisations.

How?

HERAM aims to develop a driver who is in the

correct position on the road at the right speed with an appropriate gear engaged and ready to respond to changing information. Operation of the controls should be assured and confident to keep the drive Safe, Systematic and Smooth. Restraint should be balanced with progress allowing the drive to flow.

What Does It Mean To Be An Advanced Driver?

- Be more focussed and aware
- Be more confident
- Be equipped with expert skills and techniques
- Have a greater love of driving
- Improve your on-road anticipation
- Meet like-minded people
- Appreciate your car's full capabilities
- Become a better driver in different environments
- Be recognised as one of the most qualified drivers on the road.

Key Messages To Take Away:

- Never compromise safety.
- Never lose your sense of danger.



- Leave sooner, drive slower and live longer.
- There are still 17,00 deaths annually on the UK's roads. This would not be tolerated if they were on the railways or from aviation.

The photo above features the people who have recently achieved their Advanced Driving qualification, holding their certificates.

For further information please contact:

Email: secretary@hullandeastriding-iam.org.uk
Website: www.iamroadsmart.com/groups/heram

VIEWS SOUGHT ON PLANS FOR £11.2M BRIDLEWAY BRIDGE OVER RAILWAY LINE IN BEVERLEY

Residents are being asked for their views on plans to build a new bridleway bridge for Beverley over the Hull to Scarborough railway line.

East Riding of Yorkshire Council has launched a consultation for a proposed South Beverley Bridleway Bridge in Woodmansey, near Long Lane and Minster Way. The scheme is estimated to cost around £11.2m and will be funded by the council with contributions from housing developers.

The plans are likely to go before the council's planning authority later this year, with an estimated start of construction in late 2025. The consultation is open until 16 September. The bridge, which will

be 3.5m wide, is designed to be as accessible as possible so it can be used by pedestrians, wheelchair users, cyclists and horse riders to cross over the railway line.

Councillor Paul West, the council's cabinet member for environment and transport, said: "We hope this scheme will be extremely useful and this new bridge has been carefully designed to be as accessible as possible and safe for everyone and it will bring communities on the east and west of the railway line together."

The completed structure will offer views of Beverley Minster and the historic town. It will also have ramps, steps, handrails, fencing and a gentle



sloped embankment approaching the bridge at either side with landscaped embankments to improve the area's biodiversity and the bridge will be lit sensitively at night.

For details and to have your say visit:

www.eastriding.gov.uk/council/plans-and-policies/other-plans-and-policies-information/transport/south-beverley-bridleway-bridge/

BGS WELCOMES RM JOINERY SPONSORSHIP

RM Joinery are keen to encourage the next generation of crafts people to understand the benefits of protective equipment and how working to high standards goes toward achieving great success.

Richard Mackay Owner/Director of RM Joinery got approached by the DT Department at Beverley Grammar School to sponsor/provide some new safety clothing for the students.

Richard commented, "We are delighted to be able to sponsor safety clothing in Beverley Grammar School's D&T department. The aprons benefit the school enhancing student protection and promoting a culture of safety. Whilst wearing safety clothing this ensures that students are better protected, it makes them feel good which in turn generates a better output and feel good factor, self respect".

Richard went on to say, "Providing safety clothing reduces the risk of injuries, making school environments safer for students, where appropriate gear can prevent accidents and injuries. Sponsorship relieves financial pressure on schools, allowing them to allocate funds to other essential areas".

BGS commented, "We are delighted to have received a generous delivery of new DT aprons from RM Joinery to replace some of our ageing aprons. We are thrilled to be able to provide our students with fresh, clean protective equipment for their D&T lessons. We are very grateful to RM Joinery for sponsoring the D&T department".



Wearing safety clothing encourages a sense of responsibility and awareness among students about the importance of safety measures. It instills lifelong habits of prioritising safety in various environments.

Sponsored safety clothing strengthens ties between schools and the community or corporate sponsors.

It demonstrates corporate social responsibility and promotes positive community relationships, benefiting both the sponsors and the educational institutions.

Jamie at RM Joinery commented, "We are proud to be able to supply sponsored safety clothing, we understand that it provides substantial safety, financial, educational, and community benefits to schools, contributing to a safer and more supportive learning environment".

GROWTH AT NAVIGATION WEALTH, BEVERLEY

Navigation Wealth Management is pleased to announce the growth of its Beverley office with the addition of two new team members.

Abbie Stone (left) joins the Client Services Team, and Rune Nel (right) strengthens the Adviser Support Team. Matt Hammond commented, "Both roles are essential in maintaining the company's commitment to exceptional client service".



BEVERLEY PHOTOGRAPHIC CLUB - AUGUST'S PROGRAM

Please note we are the Beverley Photography Club. Not the Beverley Photographic Society.

Tuesday 6th August - Club night. Meet 7pm at the Rose and Crown.

Saturday 10th August - Meet 10am at the Driffield Showground. Driffield Steam Fair and Gala. (Also runs on Sunday if you can't make it.)

Monday 12th to Friday 17th August - An exhibition of members work will be held in St Mary's Church. 11am to 4.30pm, Monday to Friday.

Wednesday 14th August - Ladies Day at Beverley Racecourse. First race 2.15pm.

Friday 16th August - Outside harvest event in Holderness. Details TBC.

Saturday 24th August - A visit to Lincoln for the Steam Punk Festival. Meet outside the White Hart Hotel at 11am. (Also runs Sunday if you can't make it.)

Tuesday 27th August - Meet 7pm at the Rose and Crown for a club night.

Our Winter program starts in September. Speakers, competitions and some visits. 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. 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/>

STOP PRESS NORTHMEN SPIRIT ARE BACK!

You will be able to purchase something less ordinary from Northmen Spirit at their Market Stall in Saturday Market on a regular basis.

Catch up with Tony in a new location in Saturday Market. He would be delighted to keep in touch with his customers and supply them something less ordinary.



IAN HARRISON - PROFESSIONAL HANDYMAN

Professional Handyman Ian has been in business since 2020, delivering a handyman service to residents in and around Beverley.



Ian said, "A good handyman is an invaluable asset to any household. I offer a diverse range of skills that can address various maintenance and repair needs. Keeping on top of jobs ensures that minor issues do not escalate into major problems, saving both time and money in the long run".

The question often asked - is it beneficial to hire a good handyman and what does a handyman offer? A good professional handyman like Ian offers:

Versatility and Expertise

Ian has a broad skill set, covering many areas to allow him to carry out a wide sector of work involving carpentry and general maintenance. His versatility means he can



handle multiple tasks in one visit, which is both convenient and cost-effective. His expertise ensures that jobs are done correctly and safely, adhering to relevant codes and standards.

Cost Efficiency

Hiring Ian as a handyman can be more economical than engaging specialised contractors for every small repair. Ian charges an hourly rate or offers project-based pricing, which can be significantly lower than the fees of specialised professionals. Ensuring cost effective works means Ian is affordable and makes it feasible to address a variety of minor repairs and maintenance tasks regularly.

Time Savings

Ian is keen on time management, making him efficient and reliable, as an experienced handyman he can efficiently manage and complete tasks that might take an inexperienced homeowner significantly longer. Ian mentioned, "having the right tools for the jobs ensures I deliver quality in a time effective manner".

Preventive Maintenance

Regular visits from a handyman like Ian which can include routine inspections and maintenance, help to identify and address potential issues before they become serious. This proactive approach can prevent costly repairs and extend the lifespan of household systems and appliances.

Reliability and Trust

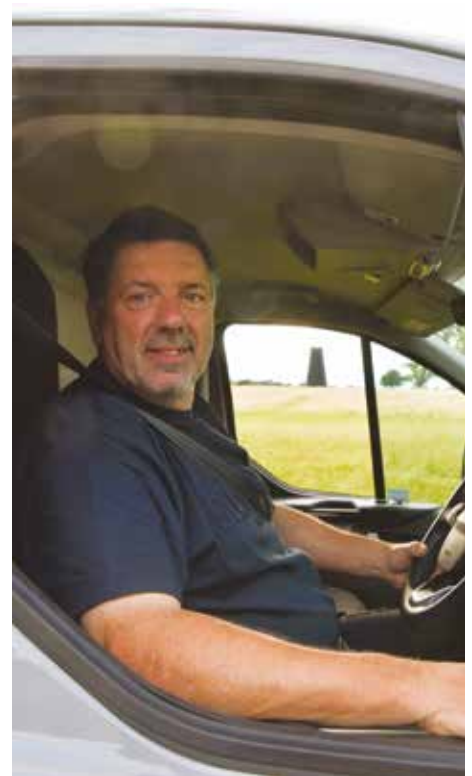
Ian was born in Beverley, went to school in Beverley and has grown up in and around the Town. Knowing the people and the area means that he has and continues in establishing a relationship with local residents and in turn, with



recommendations he is a trusted handyman in the area. Ian provides peace of mind, knowing that there is a reliable professional to call for regular maintenance to keep the house running smoothly. Ian commented, "It is important to build a rapport with my clients and understand their specific needs and



HANDYMAN WITH A GROWING REPUTATION



preferences, which further enhances the quality of my service".

Ian continued, "As a handyman, I offer practical decisions, I bring expertise, efficiency, and cost savings to home maintenance, ensuring a well-maintained and comfortable living environment for my clients, and I am still developing and growing my reputation in the area. I am a Beverley lad, I am proud to be able to deliver my service to Beverley".

You can contact ian on:

Mobile: 07970 332373

Email: ianharrison68@icloud.com

Website: www.ian-harrison.com

IAN'S TESTIMONIALS

"Ian has done quite a number of jobs for us; putting up shelves, pictures and coat hooks. He's also built additional shelving, re-shaped doors and constructed flatpack furniture. Whatever you need doing, Ian will do the job to a very high standard. He has an eye for detail and is always professional and punctual. Best of all, Ian is very friendly and will leave your home perfectly clean and tidy. We could not recommend him more highly."

**Best wishes,
Liz Walker**

"Thanks to your repair Ian, my garage door now opens and closes better than when it was new! Really grateful."

**Tony Galloway
Waltham Lane, Beverley**

"After contacting three previous 'Handymen' that let me down, one chap, Mr Ian Harrison, promptly called over and listened to my requirements, gave me his quotes within a week, and then produced an exceptionally well made gate. More than pleased with his professional and kind manner, and since had him back for four further jobs."

Cheers, Michael.

Ian
**HARRISON
HANDYMAN**

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- Painting, Interior & Exterior
- Mirror & Shelf Installation
- Joinery
- Flat Pack Assembly
- Picture Hanging
- .. and so much more

07970 332373

ianharrison68@icloud.com

www.ian-harrison.com



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 1st August -

Twisters (£6)

Starring: Daisy Edgar-Jones, Glen Powell
Anthony Ramos.

Fly Me To The Moon (£6)

Starring: Scarlett Johansson, Channing
Tatum, Jim Rash.

Chariots Of Fire (£5)

Starring: Ben Cross, Ian Charleson, Nigel
Havers, Cheryl Campbell.

Thursday 8th August -

Twisters (£6)

Starring: Daisy Edgar-Jones, Glen Powell
Anthony Ramos.

Thelma (£6)

Starring: June Squibb, Fred Hechinger,
Richard Roundtree.

Thursday 15th August -

Free Willy (£5)

Starring: Jason James Richter, Lori Petty,
Jayne Atkinson.

Thelma (£6)

Starring: June Squibb, Fred Hechinger,
Richard Roundtree.

Thursday 22nd August -

Speed (£5)

Starring: Keanu Reeves, Dennis Hopper,
Sandra Bullock.

It Ends With Us (£6)

Starring: Blake Lively, Justin Baldoni,
Jenny Slate.

Thursday 29th August -

Alien: Romulus (£6)

Starring: Cailee Spaeny, David Jonsson,
Archie Renaux.

It Ends With Us (£6)

Starring: Blake Lively, Justin Baldoni,
Jenny Slate.

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



Harold and the Purple Crayon

From 31st July
Starring: Zachary Levi, Lil Rel
Howery, Jemaine Clement.



Borderlands

From 8th August
Starring: Cate Blanchett,
Jack Black, Jamie Lee
Curtis, Kevin Hart.



It Ends With Us

From 9th August
Starring: Blake Lively, Justin
Baldoni, Jenny Slate.



Alien: Romulus

From 16th August
Starring: Archie Renaux,
Cailee Spaeny, David
Jonsson, Isabela Merced.



The Crow

From 23rd August
Starring: Bill Skarsgård,
Danny Huston, David
Bowles, FKA Twigs.



Blink Twice

From 23rd August
Starring: Adria Arjona, Alia
Shawkat, Channing Tatum,
Naomi Ackie.



The Terminator (40th Anniversary)

From 30th August
Starring: Arnold
Schwarzenegger, Michael
Biehn, Linda Hamilton.



Sing Sing

From 30th August
Starring: Colman Domingo,
Clarence Maclin, Paul Raci.



Drop Dead Fred

From 30th August
Starring: Phoebe Cates, Rik
Mayall, Tim Matheson, Carrie
Fisher.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS SUMMER

HAROLD AND THE PURPLE CRAYON

Inside of his book, adventurous Harold (Zachary Levi) can make anything come to life simply by drawing it. After he grows up and draws himself off the book's pages and into the physical world, Harold finds he has a lot to learn about real life - and that his trusty purple crayon may set off more hilarious hijinks than he thought possible.

From 31st July



ALIEN: ROMULUS

The sci-fi/horror-thriller takes the phenomenally successful Alien franchise back to its roots: While scavenging the deep ends of a derelict space station, a group of young space colonisers come face to face with the most terrifying life form in the universe.

From 16th August



THE CROW

When soulmates Eric and Shelly are brutally murdered, Eric is given the chance to save his true love by sacrificing himself and sets out to seek revenge, traversing the worlds of the living and the dead to put the wrong things right.

From 23rd August



BLINK TWICE

When tech billionaire Slater King (Channing Tatum) meets cocktail waitress Frida (Naomi Ackie) at his fundraising gala, sparks fly. He invites her to join him and his friends on a dream vacation on his private island. It's paradise. Wild nights blend into sun-soaked days and everyone's having a great time. No one wants this trip to end, but as strange things start to happen, Frida begins to question her reality.

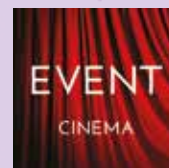
From 23rd August



THE TERMINATOR (40TH ANNIVERSARY)

Celebrate the 40th anniversary of this legendary action sci-fi as two soldiers are sent back in time to Los Angeles to influence the outcome of a conflict that hasn't taken place yet. One is an unstoppable cyborg assassin, the other a human guerrilla fighter. Serving on opposite sides of the battle, they share the same target: Sarah Connor.

From 30th August



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.

**Saturday 31st August, 6pm &
Sunday 1st September, 2pm -
Andre Rieu's 2024 Maastricht Concert:
Power of Love**

André Rieu is ready to blow you away with his brand new cinema concert 'Power of Love'. From his picturesque hometown of Maastricht The King of the Waltz presents a must-see big screen spectacular.

**Saturday 7th September, 7.15pm -
blur: Live At Wembley Stadium**

blur: Live At Wembley Stadium is a cinematic two-hour concert film immortalising their historic 2023 show which saw blur perform their iconic and much-loved songs.

**Tuesday 10th September, 6.30pm -
Royal Ballet & Opera: The Marriage of
Figaro**

It's Figaro's wedding, and you're invited to join the Almoviva household for an uproarious day of revelation and scandal.

**Thursday 12th September, 7pm -
NT Live: Prima Facie**

Jodie Comer's (Killing Eve) Olivier and Tony Award-winning performance in Suzie Miller's gripping one-woman play returns to cinemas.

**Wednesday 25th September, 7pm &
Sunday 29th September, 2pm -
Edward Scissorhands: A Matthew Bourne
Production**

In a castle high on a hill lives Edward; a boy created by an eccentric inventor. When his creator dies he is left alone and unfinished with only scissors for hands.

**Tuesday 15th October, 7.15pm &
Sunday 20th October, 2pm -
Royal Ballet & Opera: Alice's Adventures In
Wonderland**

Tumble down the rabbit hole in this ballet adaptation of Lewis Carroll's famous family story. Journey through Wonderland with Alice and encounter a host of characters.

**Tuesday 10th December, 7.15pm -
Royal Ballet & Opera: Cinderella**

This Christmas, be transported into an ethereal world where a sprinkling of fairy dust makes dreams come true.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

As I write this article for the August edition I am still wondering how far the English football team can progress in the ongoing Euros being held in Germany this year.

When the August edition is printed I will know the answer and either be jubilant or sad. I am old enough to remember the euphoria that swept the whole country when England won the World Cup on Saturday 30th July 1966. People who had expressed no interest in football joined in the nation's celebrations. A game of football seemed to bring joy and jubilation to everyone.

But just 82 days later on Friday 21st October 1966 the name of Aberfan in South Wales became known to everybody in the land when a colliery slag heap collapsed and covered the Junior school and a row of houses. A total of 116 children and 28 adults died.

The school was due to break up for a half term holiday that day. This disaster affected the whole country and the name Aberfan can still conjure up very sad memories so many year later.

Why do such completely contrasting events continue to have such an effect on us as individuals when we are not involved personally in either? I believe, as I have said before, because we are meant to be people whose very nature encourages, if not compels, us to empathise with others both in times of

triumph and tragedy. So many folks in this world are having to endure life in very difficult and dangerous circumstances and at times we feel totally inadequate in our personal responses.

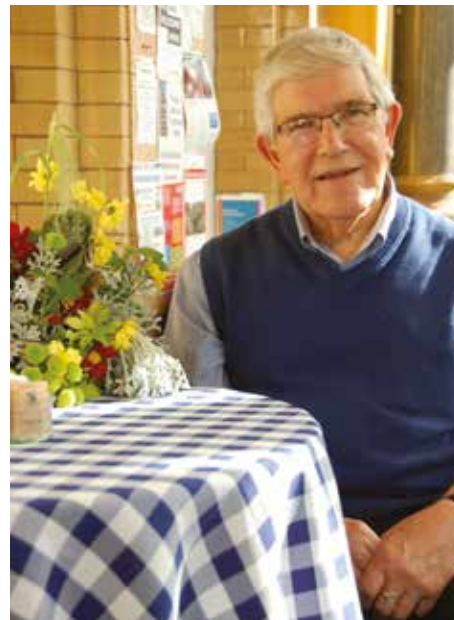
During the run up to the recent election the extent to which those who lead our country could provide stability in our land and assure us of their personal integrity was often discussed.

Many people began to ask is there anyone or anything that they could their trust in. If you are a person of faith, be it Christian or another of the worldwide faiths that many folks live their lives by, then you are richly blessed. It is important I would suggest however that we as individuals need to ensure that at such times we are sure of our own peace of mind and assurance of wellbeing.

I came across these verses recently which are worth contemplating. Written in 1934 by an American poet named Dale Wimbrow, it is called 'The Guy in the Glass' (not difficult to change the gender).

'When you get what you want in your struggle for self and the world makes you boss for a day just go to the mirror and look at yourself and see what that one has to say.'

It isn't your father or mother or partner whose judgement upon you must pass. The one whose verdict counts most in your life is the



one staring back from the glass. That's the one to please - never mind all the rest. You've passed the most difficult and dangerous task if the one in the glass is your friend.

You may fool the whole world down the pathways of years and get pats on the back as you pass by. But your final reward will be heartache and tears if you've cheated the one in the glass.'

Let us hope that truth and sincerity are the qualities we can all rely on in the coming months.

LEWIS NORTHEN
FUNERAL DIRECTORS



MY FAMILY TAKING
CARE OF YOURS



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



Born and raised in **Beverley**, we are proud of the funeral services we offer to our local community.

As a family business we want you to have confidence in us to support you from the first point of contact, throughout and thereafter. The moment your loved one comes into our care they will be treated with care and respect. We offer a comprehensive range of funeral services ensuring you receive the perfect funeral service for your loved ones.

We are available 24 hours a day, 365 days a year, we will guide and support your family throughout.

My family taking care of yours

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

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





Beverley Cultural Network

Beverley Cultural Network is a new voluntary working group, which has been formed to support all people and organisations that are involved with Culture in Beverley.

Its development has been funded by the UK Government through the UK Shared Prosperity Fund.

Beverley Cultural Network is in the process of producing an action plan that will help to raise the profile of cultural organisations, events and activities in Beverley.

Over the past nine months **East Riding Theatre** has been the lead organisation in helping create this new network. Their ambitions are shared by a number of partners within Beverley from the private sector, digital, education, health and voluntary sectors, plus many others.

Development of the network is ongoing, and the members hope to bring more opportunities to those who are interested in participating later this year.

If you are interested in becoming a member of the **Beverley Cultural Network** - either as an individual or organisation - then please visit the following website for further information...



www.beverleyculturalnetwork.co.uk



**Funded by
UK Government**



Why should you join the Beverley Cultural Network?

The **Beverley Cultural Network** is a platform for individuals and organisations to share resources and work collaboratively, helping them to grow and be stronger. It offers the following benefits:

- Regular opportunities to network with likeminded organisations who have the same aim of providing quality cultural events and activities in Beverley.
- Work with other organisations to develop your existing events and take them to the next level.
- Share resources between organisations to reduce costs for individuals.
- Work together to offer training opportunities to young people to encourage sector growth.
- Increase interest in events through shared marketing and utilise existing channels of promoting events.
- Boost ticket sales and revenue by expanding your reach to new customers.
- Be a part of a cultural brand for Beverley, at the forefront of boosting the town's reach as a hotspot for cultural activity.
- Take advantage of training opportunities for staff and volunteers via network meetings.
- Access funding opportunities as a collective and individually to gain knowledge about funding that you can apply to your organisation.
- Share experiences with one another for the benefit of the sector.
- Be part of a network with a voice at a regional level in shaping cultural policy, strategy, and funding.

IN THE GARDEN WITH JULIE

We are already in August, a period I would describe as late Summer. Now is a good time to change certain design elements within the garden that have perhaps not worked, but more importantly it is a time to evaluate and assess what could be changed and achieved in the coming year.

Planting can be done during this period as the soil is still warm which in turn will encourage the roots to both settle and expand before the Winter months. The bare rooted season lasts from November to March, this will allow you to plant hedges, trees, fruit bushes and roses.

The advantage of planting during this period is that it will be much more cost effective rather than buying them in containers. The only time to avoid planting is when the ground is frozen or waterlogged.

Another thing to perhaps consider would be to increase the size of the borders, changing both their shape and capacity which could open up the opportunity to combine vegetables with the flowers and shrubs.



The new bed in the photograph to the left now contains Autumn fruiting raspberries and has been extremely successful over the last few years. I personally have always found the Autumn fruiting raspberries easier to grow. Simply cut

back all the branches to ground level in February and then feed with a slow-release fertiliser in March, and in late April add a layer of well-rotted manure or garden compost.

Another thing to think about would be to purchase a cold frame, a collection of rocket, red mustard, a lettuce called 'Winter Density' and spinach could all be grown from Autumn and through the Winter months. The smallest of cold frames measuring only a metre in width and 65cm in depth would fit into the smallest of gardens especially just outside the back door.



The one pictured in the photo to the left is bigger but it saw us though the Winter months with a good variety of salad leaves. It is incredible how the rise in temperature within the cold frame of just a few degrees will protect and allow crops to flourish.

Another option for changing your garden would be by simply adding a variety of bulbs to the borders. From a colour perspective it will both lift and enhance your garden through the Spring months. The bulbs can be planted in drifts, offering swathes of colour and texture to the border.

The first to consider would be daffodils, alliums, crocus or hyacinths which are best planted before the end of October. Tulips come in many varieties and colours and need to be planted in November.

When you are ready to plant the bulbs use their size as an indicator, with a general rule of thumb being that the hole should be two to three times their depth, and for the spacing twice the size of the bulb's width. However, with alliums plant them at three times their depth.

The picture to the right of the page shows how a simple block of two colours using both tulips and alliums can enhance and highlight the border. Start looking for your bulbs in catalogues and garden centres and place your order so as they arrive in the Autumn.

The Gardening Calendar

Late-Summer tends to be a time to enjoy the garden with the emphasis mainly on keeping on top of the weeds and watering. The tomatoes both

in the greenhouse and the garden pots need a weekly feed. Those that had been grown and frozen in 2023 produced our final tomato soup, in the last week in July.



It is very easy to freeze tomatoes, simply place them in a bag and put into them whole into the freezer. Do be aware that when they defrost there will be water in the bowl, this however can be utilised within the soup as part of the stock.

The 'Mini Munch' cucumbers in the greenhouse are producing a good crop; these likewise need a weekly feed. Also keep sowing successional crops of beetroot, carrots, lettuce and spinach.

If you have cordon or espalier apples in the garden then give them a Summer prune, this controls the amount of growth, whereas the Winter pruning is done to thin the overcrowded and fruiting spurs. Summer pruning is essential to maintain the trained shape.

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Julie Dowding



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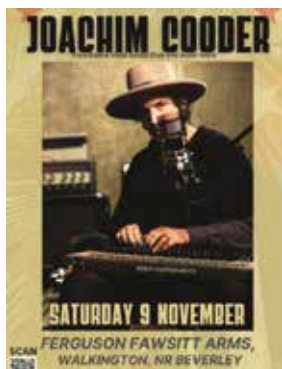
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ENTERTAINMENT AT THE FERGUSON FAWSITT

This August and Autumn, The Ferguson Fawsitt in Walkington offers an entertaining experience with its stand-up comedy night on Saturday 24th August.

These events feature a mix of established comedians and rising talents, delivering laughter and fun in a cozy, welcoming atmosphere. If you wish you can enjoy a good meal then settle down to a couple of drinks while experiencing top-notch comedy performances. The venue's intimate setting ensures that every joke hits home, making it a perfect spot for a lively and memorable night out.

Moving to Autumn, on Saturday 9th November, the Ferguson Fawsitt welcomes Joachim Cooder, an acclaimed musician and percussionist, known for his innovative approach to music. Joachim is the son of legendary guitarist Ry Cooder. Joachim has carved out his own unique path, blending traditional roots music with modern sounds. He is a master of the mbira, a traditional African thumb piano, which he incorporates into his performances and recordings. His debut solo album, "Over That Road I'm Bound," reimagines the songs of country music pioneer Uncle Dave Macon, adding a fresh, contemporary twist. Cooder's talent for fusing diverse musical styles and his captivating live performances have earned him a dedicated following and critical acclaim. Book now to enjoy the entertainment at The Ferguson Fawsitt.





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- 4th Thursday of the Month - Live Music
- 1st Friday of the Month - Quiz Night from 8.45pm
- Saturday 24th August - Stand Up At The Fergie
Live Comedy Night - Tickets £10
- Saturday 9th November - Joachim Cooder
Music from the son of legendary guitarist Ry Cooder



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THE RISE OF THE MULTI-RETIREE FAMILY: A NEW FINANCIAL LANDSCAPE

The traditional concept of retirement is undergoing a dramatic shift. As lifespans extend, we're witnessing a burgeoning trend: the multi-retiree family. By 2034, over a million families in the UK are projected to have multiple generations enjoying retirement simultaneously - a staggering 32% increase compared to today's figures.

This phenomenon is far from a distant reality. Research indicates a rapid escalation in the number of multi-retiree families over the next decade, with a potential surge of 150,000 within just five years. By 2044, this figure could soar to an astonishing 1.4 million, representing a monumental 70% increase in less than a generation.

This unprecedented demographic change has caught many off guard, leaving families unprepared for the financial implications. The complex interplay of retirement ages, changing family structures, and extended lifespans creates a unique set of challenges. For instance, the increasing gap between generations - potentially spanning thirty-five years or more - can exert significant financial pressure on the entire family unit.

As multi-retiree families become more commonplace, several key questions emerge:

- **Inheritance planning:** Should inheritances bypass a generation? If so, how can family members reach a consensus on who receives

what and when?

- **Long-term care:** How will the family address the potential long-term care needs of multiple generations? Who will provide support, and how will the associated costs be managed?

- **Blended families:** In complex family structures, how can inheritances be distributed fairly and tax-efficiently to grandchildren from previous relationships? Are existing wills and beneficiary designations up-to-date?

- **Power of Attorney:** Have adult family members established Powers of Attorney? This essential legal document can safeguard financial well-being at any age, providing protection in case of incapacity.

- **Tax efficiency:** Are family finances optimised to minimise tax liabilities? Maximising allowances can stretch financial resources and ensure they last longer.

Beyond the immediate challenges, the rise of multi-retiree families is also transforming the landscape of inheritance. Longer lifespans mean later inheritances and, crucially, smaller ones.

Retirement income must stretch further, often leaving less for the next generation. This shift raises important questions about the role of inheritances. Should they be used to support younger family members struggling with mortgages or childcare costs, or to assist older



relatives facing the financial burden of long-term care?

Navigating these complexities requires careful planning and expert guidance. Financial advisers can play a pivotal role in assessing family needs, developing tailored strategies, and ensuring that financial resources are allocated effectively and tax-efficiently.

Ultimately, the goal is to create a sustainable financial framework that supports the well-being of all family members, regardless of their age or stage of life. By proactively addressing the challenges posed by the multi-retiree family, individuals and families can build a stronger financial future for generations to come.

For more information on how to plan for financial freedom, contact Navigation Wealth Management at navigationwm@sjpp.co.uk or by calling **01482 379504**.

Disclaimer: The information provided here is intended for general guidance and information purposes only and should not be construed as financial advice. Individuals should seek personalised advice from a qualified financial adviser.



Achieve the future you want

We all imagine our future differently.

Whatever your goals, we believe there is value in taking advice from someone you trust. We will work with you to plan, grow and protect your financial future.

Let's start a conversation.

Navigation Wealth Management

01482 379504
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www.navigationwm.co.uk



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BENEFITS OF WALKING AND THE DIFFERENCE BETWEEN BRIDLE PATHS (BRIDLEWAY), AND FOOTPATHS

Walking is one of the simplest, most accessible forms of exercise, offering a multitude of benefits for both physical and mental health. In addition to its health benefits, walking can be a pleasant, low-impact way to explore and enjoy the outdoors.

Physical Health Benefits

Walking is an excellent form of cardiovascular exercise. Regular walking can help reduce the risk of heart disease, improve blood circulation, and lower blood pressure. It also aids in maintaining a healthy weight, as it burns calories and enhances metabolism. Walking strengthens muscles, improves balance and coordination, and increases bone density, thereby reducing the risk of osteoporosis.

Mental Health Benefits

Walking is equally beneficial for mental health. It has been shown to reduce symptoms of depression and anxiety. The rhythmic nature of walking, combined with the opportunity to be outdoors and enjoy natural surroundings, can



have a calming effect on the mind. Walking also stimulates the release of endorphins, which are chemicals in the brain that promote a sense of well-being and happiness.

Social Benefits

Walking can be a social activity. Walking groups or simply walking with a friend or family member can enhance social connections and provide emotional support. This social interaction can be particularly beneficial for older adults who may be at risk of isolation.

Footpaths

Footpaths are paths intended primarily for pedestrian use. They are often found in urban areas, parks, and nature reserves. Footpaths are typically well-maintained and may be paved or surfaced with gravel, making them accessible to a wide range of users, including those with mobility issues. They often include amenities such as benches, signage, and lighting. Footpaths are designed for safe, easy navigation and are usually free from obstacles, steep inclines, or rough terrain.

Bridle Paths

Bridle paths, on the other hand, are trails designed for horseback riding, though they are also used by walkers, joggers, and cyclists. These paths are usually found in rural or semi-rural areas, forests, and large parks. Bridle paths tend to be wider than footpaths to accommodate horses and their riders. They are often unpaved and may have rougher terrain, which can include mud, roots, and rocks.

The use of bridle paths by different groups requires an awareness of shared space and the need for caution, particularly when encountering horses.



Footpaths: Accessibility and Convenience

Footpaths are generally more accessible to a wider range of people, including the elderly, young children, and those with disabilities. They provide a safe environment for walking, with fewer hazards and obstacles. The convenience of footpaths, often located in urban settings or easily accessible parks, makes them ideal for daily exercise routines or casual strolls.

Bridle Paths: Nature and Adventure

Walking on bridle paths offers a different set of benefits, particularly for those seeking a more adventurous or immersive experience in nature. These paths often lead through more remote and scenic areas, providing opportunities to observe wildlife and enjoy the tranquility of less trafficked environments. The uneven terrain of bridle paths can also offer a more challenging workout, engaging different muscle groups and improving balance and coordination.

Conclusion

Walking is a highly beneficial activity that supports physical, mental, and social well-being. Whether on a footpath or a bridle path, walking provides an opportunity to enjoy the outdoors, **Shane Cooper, Stuarts of Driffield, Lincoln Way, Beverley, HU17 8RH.**

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ARE YOU AN OVERTHINKER? IF SO, HYPNOTHERAPY, MINDFULNESS, AND BEING IN NATURE CAN HELP



In today's fast-paced world, overthinking is a common challenge that many people face, from school children to highly flyers and everyone in between.

The constant pressure to make decisions, whether managing an organisation or deciding which pair of trainers to wear can lead to chronic overthinking, resulting in stress, anxiety, and a diminished quality of life. However, there are effective strategies to combat overthinking, such as hypnotherapy, mindfulness, and reconnecting with nature.

Recognising that we fit the profile of an overthinker is a starting place, but the first stumbling block can come when looking at the solutions. Starting a Mindfulness practice can help cultivate a sense of calm and clarity. "Yes, I know that", you might say... "but how can I meditate and clear my mind when the problem is that it's already so busy".

I find a practical approach is to re-wire the mind first with a couple of hypnotherapy sessions. Only two weeks ago, a client who wanted to prepare for an important business meeting said, "I don't think I've ever been that relaxed" following the session. The process of hypnotherapy itself is deeply calming for both mind and body and can provide a safe space to explore and resolve underlying issues contributing to overthinking. The subconscious mind is there to keep you physically and mentally fit and hypnotherapy helps the process of quickly adapting new strategies that positively impact on mind and body.

Once this has been achieved, and the mind is clearer and more focussed, you can start to bring in your own strategies to manage the excessive thinking such as Mindfulness. There are many good mindfulness practices available on the internet, but it may be better to join a live session as there is something rather magical about sharing a unique space in time with a group of people, and connecting without needing to say a word, particularly if the relentless demands from technology was one of the stressors in your life!

Mindfulness can be incorporated in everyday life and whenever you notice those thoughts creeping in, choose to slow down the pace, become aware of your breathing, drop into the sense of the body and look around, take in your surroundings - the quality of the light, the sunshine/rain, what sounds are there?



Now that we've got some better weather, take yourself out into nature and stop, sit down, look at an individual blade of grass or the intricacy of a daisy; how delicate but perfect the wings of the tiniest insect are.

When faced with what may seem like an overwhelming threat such as climate change, rather than say "What can I do about it?", change the emphasis to "What CAN I do about it" - small changes can make a BIG impact and remember the words of the serenity prayer - grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.

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

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

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MEMORIAL BENCH SITS PROUD AT BEVERLEY'S FLEMINGATE CENTRE

In 2018 the Beverley and District Chamber of Trade commissioned a unique memorial bench to be made.

Five years on, it is still looking resplendent in prime position at The Flemingate Centre.

The bench was inspired by the 100th anniversary of the end of the First World War, designed as a lasting memorial to the fallen servicemen and women of East Yorkshire, and was installed in a ceremony involving senior local servicemen in February 2019.

Shaun Dart, Flemingates Facilities Manager, commented, "Noticing that the bench needed some TLC, with the help from CTS we have been able to restore the bench, it is looking fantastic and continues to be a great centerpiece for the centre".

Beverley Building Society CEO Janet Bedford mentioned, "We were delighted 5 years ago to be able to secure the bench, 5 years on we are as proud as ever to see it sitting in pride of place serving as a memory to the fallen servicemen and women".

Michael Menzies-Baird, Chairman of the East Yorkshire SSAFA branch, stated, "In 2018 the memorial bench was originally sourced by Leanne Marshall of Hunters Estate Agency for SSAFA and the Beverley Chamber of

Trade. It was auctioned at the Chamber Christmas Ball. BBS were the successful bidders and immediately donated it for the people of Beverley to enjoy and reflect".

"The positioning at the Flemingate Centre is perfect. Over the years it has seen some wear and tear, it is great to see how well it has been carefully refurbished to its former glory for everyone who visits Beverley to reflect and enjoy".

Karl Douglas, the current Chairman of the Beverley Chamber mentioned, "We hope the memorial bench will continue to be a great visual and functional focal point for people to enjoy, reflect, and the Chamber are delighted to have been able to help".

The memorial bench, nestled under the shade of the Minster in an area referred to as a Site of Architectural Merit, is a tribute and bears

a small plaque inscribed with a heartfelt message.

Positioned to marvel at the views of Beverley Minster, the bench invites visitors to sit, reflect, and remember.

It stands as a testament to those who give their lives so we can live ours, offering a place of contemplation and cherished memories.



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PUPPET FESTIVAL INSPIRES



MOLESCROFT PRIMARY SCHOOL PUPPET PROJECT - INSPIRATIONAL KEVIN

The pupils of Molescroft Primary school were encouraged with the Beverley Puppet Festival in mind to do some May holiday homework, making a puppet to honor Kevin the school therapy dog.

Making and showing a puppet offers numerous benefits. Creatively, artistic skills and imagination, allowing for unique expressions through design, storytelling and to have designs displayed in the shops gives a fantastic feeling of achievement.

Rachel at Everything But The Dog commented, "We at Everything But The Dog love the Puppet Festival and we were very pleased that the pupils of Molescroft Primary School were designing dog puppets based on Kevin, their therapy dog for our window display".

Rachel continued, "Mandy the Chalkboard Lady designed our window display boards to include the puppet designs, thus acting as a reminder for the school about the puppets they

had made. Mandy also included the school's motto "Everybody Cares, Everybody Learns and Everybody Matters". Julie at Ford Framing did a fantastic job and kindly framed the picture for us to present to the school as a lovely memento of the occasion".

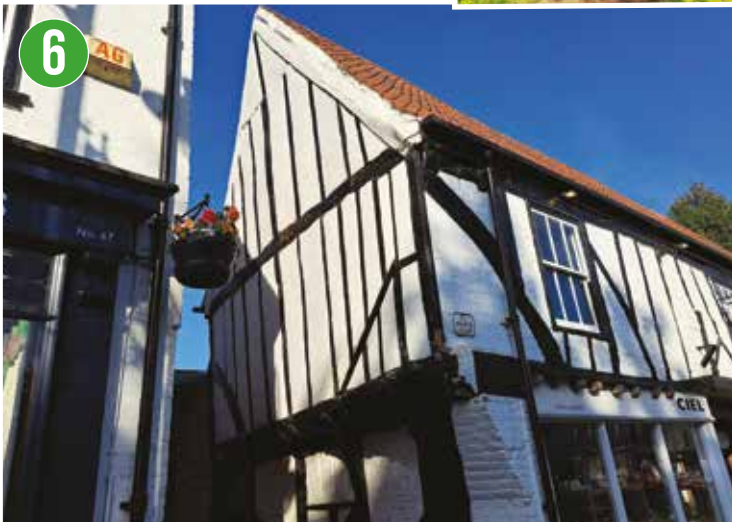
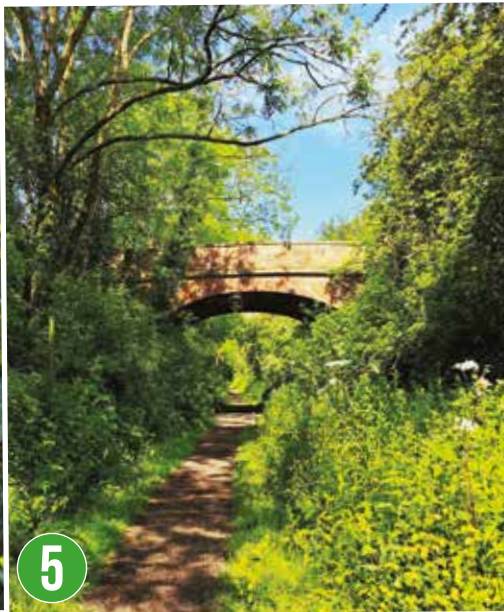
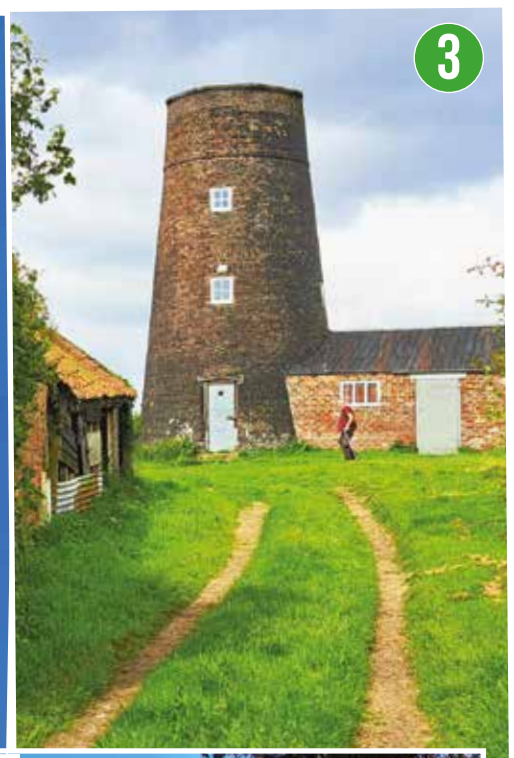
Kevin, the therapy dog at Molescroft School, provided the inspiration for the puppets, a favourite with both staff and students.

BEVERLEY GRAND PRIX



PHOTO QUIZ - WHERE IN BEVERLEY?

Can you identify the locations of these landmarks in and around Beverley? Thanks to Ian Richardson for this month's photo quiz. The answers can be found on Page 32.



BEVERLEY'S LOVELY PUBLIC GARDENS

We Beverlonians are blessed with our extensive common lands, now very rare elsewhere in the country, yet we lucky folk have free access to four!

Here, however, I focus on the more intimate gardens around town, all free to enjoy for everyone at any reasonable time.

These are special, usually very unfrequented, spots to sit and enjoy the remaining Summer days. The two best are relatively unknown, even somewhat hidden, let's explore them.



Firstly, the recently revamped Quaker World Peace Quiet Garden, which you discover down Quaker Lane, the access road to the Friends Meeting House off Woodlands. I've visited many times and I'm always the only one there, it really is a haven of beauty and tranquillity so close to the bustling town. The re-vamp has been

tastefully done, the ornaments being especially attractive.

Next, at the Minster end of Highgate, seek out another magnificent Quiet Garden. Owned by the Minister, stunningly and skilfully managed by

volunteers. The variety of plants and flowers is exceptional, enhanced by old walls and splendid views of the Minster. Last year I met a couple here, visiting the town from Leeds, they were delighted to have stumbled upon this absolute gem.



In conclusion a few words of praise about our many other public garden spaces. Both the Coronation and Memorial Gardens at the St. Mary's end of town are splendidly maintained by the local authority. Praise is particularly due to the worthy team of volunteers who keep the Jubilee Garden at the south end of New Walkergate looking so lovely.

They have also transformed the railway station concourse in recent years into an oasis of stunning flowers. I'd say it's one of the most wonderful station approaches in the entire country! Now, we just need some fine Summer days to enjoy these jewels on our doorstep.

Ian Richardson.



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SSAFA - TRANSFORMING LIVES

SSAFA, the Armed Forces charity, plays a vital role in transforming the lives of veterans and their families through comprehensive support services.

Established in 1885, SSAFA has a long-standing commitment to assisting those who have served in the British Armed Forces, offering a lifeline to veterans facing various challenges.

Holistic Support Services

SSAFA provides a wide range of services tailored to meet the diverse needs of serving military, their families, dependants, reservists and veterans. This includes financial assistance, housing

support, and help with employment and training. Veterans struggling with debt, homelessness, or unemployment can find practical solutions and guidance through SSAFA's dedicated caseworkers.

Mental Health and Wellbeing

Recognising the mental health challenges that many veterans face, SSAFA offers specialised support for conditions such as PTSD, anxiety, and depression. Through counseling services and partnerships with mental health professionals, SSAFA ensures veterans receive the necessary care to improve their mental wellbeing.



Practical Assistance

SSAFA helps with day-to-day issues with navigating the complexities of the benefits system to providing mobility aids and adaptations for disabled veterans.

Their volunteer network provides companionship and support, reducing feelings of isolation and presenting a sense of community.



Long-term Impact

The long-term impact of SSAFA's work is profound, enabling veterans to regain stability, confidence, and independence. Addressing both immediate needs and long-term challenges, SSAFA helps veterans rebuild their lives and achieve a better quality of life.

SSAFA **needs you to help**, SSAFA needs caseworkers and a Branch Secretary Urgently. If you think you can help. **"GET IN TOUCH"**.

If you think you can make a difference, contact SSAFA on: **01964 552 837**
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- Mentors
- Recruitment Coordinators
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SSAFA urgently need Caseworkers and a Branch Secretary

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:

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Mandy Aitken commented, "We are delighted to have won a regional "Top 20" award from Homecare.co.uk, it's a real honour to receive when you know the award is based solely on reviews submitted by clients and their families.

Receiving customer commendations helps to enhance our reputation, and showcases the high-quality, personalised service and customer satisfaction that we always strive for.



The positive feedback is also important for the team as it boosts morale and motivates everyone to continue to do their best for our clients. It's extremely rewarding to see the difference we can make not only to the clients themselves, but also to the families who benefit from knowing their loved ones are receiving the best quality care".



Mandy went on to say, "When we discussed doing something to mark Home Instead Charities UK 10th birthday, cycling wasn't on our mind. The next thing we know after the suggestion was put forward, with a bit of encouragement, we were on our bikes. Cycling was great for team spirit and collaboration.

"We chose the route on the Old Railway line to Hornsea, part of the Transpennine Way, 25 miles in total, as it was a lot further than most of the team have biked in a long time, but still seemed a manageable challenge.

"It was a very hot day, but the team worked together brilliantly, encouraging each other and



enjoying being out and about in the summer sun. The team effort definitely made the fundraising efforts more effective and enjoyable".

"The shared experiences created lasting memories and a sense of accomplishment. We are all delighted that we have raised nearly £1200 for the charity which will go towards funding events that aim to reduce loneliness in older people. We see this as an important part of our company ethos of inspiring and engaging with our local community".

Homeinstead Charities UK will benefit from the fundraising event.

If you'd like to know more about Home Instead's care services or career opportunities, please email office@beverley.homeinstead.co.uk or ring **01482 231145**.





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FIVE YEARS ON AND STILL COUNTING

And just like that our baby, that is Beverley Westwood parkrun, turned five in July. What a ride for the core team, the runners and walkers, the volunteers and all the other folks associated with bringing the phenomenon that is parkrun to Beverley.



Chairman of the Pasture Masters, Allan English, joined us to set off the runners at event #1 and he came back to join us at event #168. It was a great opportunity for us all to thank Allan for allowing us to hold our event on the Beverley Westwood.

There is nowhere else in Beverley that is suitable for a parkrun - we know, we looked everywhere - and without Allan's support there would be

no parkrun in Beverley. To show our gratitude we planted a tree to replace one near the parkrun start that had died. It's an appropriate gift as the parkrun symbol is a tree.

Event Director, Kay Farrow, said "Allan asked for a sweet chestnut and we planted it towards the end of lockdown - it's the one surrounded by a fence where parkrunners park their bikes. To mark our 5th birthday, we had a commemorative plaque made to put next to the tree and it was fitting that Allan should unveil it."



Just after 08.30, before it got too busy, we had an unveiling ceremony with marshals and finish area volunteers. With our event firmly established now it's great to have something on the Westwood to recognise Beverley Westwood parkrun.

What was lovely to see was how the event is really about families. The brother and sister duo, Caleb and Indie Proudlove were first male and female finishers, a great feat in itself but added to that they are both juniors running in the junior 11-14 category. Their parents finished shortly behind them. We find lots of families run together, and lots also volunteer together too. It is a lovely atmosphere and one where everyone can feel safe.

Volunteers and runners brought along cake and sweets to celebrate our 5th birthday. Often the volunteers marshalling out on the course don't get to see these sweet treats so as I was tailwalking at the event I took a box of sweets out so they could enjoy the celebrations too.

Myself along with Event Director Kay Farrow volunteered at event #1 and also at our 5th birthday event. Three other regular volunteers, Kerry Harvey, Julia



Peplow and Ivor Roberts also volunteered at both events. We extend a huge thank you to all 638 people who have given up their time to volunteer at BWp so far.



Since we started, 7,129 energetic folks have completed 36,615 parkruns covering a total distance of 183,075 km, including 5,626 new personal bests. So, will you join us next week? Will we see you on the start line, or in a high vis, or on the side-lines cheering on your friends and family. Don't forget your barcode.

www.parkrun.org.uk/beverleywestwood/course/
www.parkrun.org.uk/beverleywestwood/volunteer/
www.parkrun.org.uk/register

Louise Barrett.



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ENJOY YOUR HOLIDAYS WITH FOX FOR MOBILITY

As we look forward to the sun coming out it's time to plan ahead and put the mobility aids into action to enjoy the benefits the Summer holidays offer.

Paul from Fox Mobility commented, "We encourage our customers to get out and about and enjoy the freedom Summer presents. Our mobility aids are there for individuals with mobility challenges, whether using wheelchairs, scooters, canes, or walkers, these aids enable greater participation, offering them both inclusivity and independence".

Enhanced Accessibility

Summer holidays often involve travel, outdoor events, and recreational activities. Mobility aids make these experiences more accessible, allowing individuals to navigate different terrains and environments with ease. Beaches, parks, and tourist attractions become more approachable, ensuring everyone can partake in the fun.

Increased Independence

Mobility aids empower users to explore their surroundings independently. This independence is particularly valuable during Summer holidays, as it



allows individuals to participate in activities without relying heavily on others. The sense of autonomy enhances self-esteem and overall enjoyment of the holiday season.

Comfort and Safety

Modern mobility aids are designed for comfort and safety, featuring ergonomic designs, sturdy construction, and user-friendly controls.



In the Summer heat, features like sunshades and breathable materials can improve comfort, making trips out more pleasant. Additionally, these aids can reduce the risk of falls and injuries, providing a safer experience during excursions.

Social Inclusion

Using mobility aids can help prevent isolation, enabling individuals to join family gatherings, social events, and community activities. This social inclusion is vital for mental and emotional well-being, contributing to a more fulfilling summer holiday experience.

Anne from Fox Mobility said, "We know that mobility aids significantly enhance the quality of life, promoting accessibility, independence, comfort, safety, and social inclusion for individuals".

For all your mobility needs contact:

Fox Mobility - Mobility in and out of the home.

110-112 Walkergate, Beverley, East Yorkshire, HU17 9BT.

Tel: 01482 887799.

Email: info@fox-mobility.co.uk

Website: www.fox-mobility.co.uk



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In the cinema what did Baby Corn say to Mama Corn?
 Where is Popcorn!!

How friendly is the sea?
 It waves!

What sits on the seabed and shakes?
 A nervous wreck!

Why didn't the sun go to University?
 It already has over a million degrees!

Why do robots need a holiday?
 To recharge their batteries!

Where do you go to follow the Duck? How many ducks can you spot?
 Answer on Page 32.



WHERE IN BEVERLEY?

Where in Beverley can you find this landmark?
 Answer on Page 32.



QUOTE OF THE MONTH

August: soak up the sunshine, fill your soul with warmth.

- Allow others time
- Understand nature
- Greet people as you wish to be greeted
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- Sunshine for all
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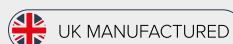
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IN THE PICTURE WITH JOSH

Well it has finally warmed up a bit even if it hasn't stopped raining that much, either way there is plenty to get out and photograph.

Lately we've been fortunate to have a lot of whale sightings along the Yorkshire Coast including a recent Humpback sighting.



If you're fortunate to see one dive it's always great to get some photos of their tail as these are as unique as fingerprints and researchers use them to track the individual whales.

You might also be lucky enough to see some dolphins if you're out on one of the boat trips along the Yorkshire Coast.

Further inland, the moors are starting to change colour as the heather begins to bloom and it looks particularly impressive in the warm evening light.

I love going up for a walk around with my camera at the Hole Of Horcum on a Summer evening, and while you're bound to see a lot of sheep, keep your eyes peeled for the deer that are also

wondering around on an evening, or if you have your macro lens with you there will be plenty of insects to find as well.

It's also just a great time of year to get out and take photos of the local area because everything looks better in the sunshine with nice green trees, so it's worth going out for a walk around Beverley, Hull, York or any other local towns and villages, there are some very picturesque locations to find, like this shot taken along the canal at Riverhead in Driffield.



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.

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 Web: www.joshharrisonphotography.com
 Email: info@joshharrisonmedia.com



ALLYSON KENT - YES I CAN - MANAGE THE FEAR

Fear can be damaging to our physical and mental health and is completely normal after a cancer diagnosis, but no-one talks about it, stopping them from living their lives.

Allyson commented, "Cancer takes over our thinking 24/7, but this is not who we are. We are more than cancer".

Allyson explored how fear affects people both physically and mentally, which has led her to set up a new charity 'YES I CAN', to help people affected by cancer to manage fear.

Through face-to-face courses in the Hull or East Riding of Yorkshire or via online courses via Zoom, the courses will help you to:

- Take action
- Build your confidence
- Understand the power of words
- Reframe negative thoughts
- Understand the power of affirmations
- Be open to new ways of thinking
- Understand the importance of self-care and self-compassion

If you are interested to know more or register your interest for a course, use the contact form via www.yesican.org.uk. Or email me on: allysonkent@icloud.com
Allyson Kent, Founder of Yes I Can



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CYCLING WITH WILSONS WHEELS

Cycling in the Summer offers an exhilarating way to enjoy the outdoors, stay fit, and explore new areas. The warm weather and extended daylight hours create ideal conditions for both leisurely rides and rigorous workouts. However, it's essential to take certain precautions to ensure a safe and enjoyable experience.

Tips from Wilsons Wheels to get the most from your cycling:

Hydration and Sun Protection

Staying hydrated is crucial during Summer rides, as the heat increases the risk of dehydration. Cyclists should carry plenty of water and take regular breaks to drink. Wearing sunscreen, sunglasses, and lightweight, moisture-wicking clothing can protect against sunburn and overheating.

Optimal Timing and Route Selection

Riding during the cooler parts of the day, such as early morning or late afternoon, can help avoid the peak heat. Choosing shaded routes or trails with tree cover can also provide some relief from the sun.

Bike Maintenance

Mechanical issues can spoil a good ride, so regular maintenance checks are important. Ensuring tyres are properly inflated and brakes are in good condition enhances safety and performance. Cycling in the Summer can be a great family activity, offering health benefits and a refreshing connection with family and nature, pre plan to make sure your ride is an enjoyable one.



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LECONFIELD KENNELS AND CATTERY STAYING COOL THIS SUMMER

As the Summer months approach, it is crucial for dog owners to prioritise keeping their furry companions cool and well-exercised.

Dogs, like humans, can suffer from heat-related illnesses such as heat stroke and dehydration. It is important to provide ample shade, water, and access to cool indoor spaces for dogs during the hot Summer days.

In addition to keeping dogs cool, regular exercise is essential for their physical and mental well-being. Exercise helps maintain a healthy weight, strengthens muscles, and improves cardiovascular health in dogs. It also provides mental stimulation and prevents behavioural issues that may arise from boredom.



When exercising dogs in the Summer heat, it is important to do so during the cooler times of day such as early morning or late evening. Avoiding hot pavement or asphalt surfaces to prevent paw burns is also crucial. Swimming or playing with water can be a fun way to keep dogs active while staying cool.



In conclusion, prioritising the health and well-being of our canine companions by keeping them cool and well-exercised in the Summer months is essential. By providing proper care and attention to our furry friends during this time of year, we can ensure they stay happy and healthy for years to come. Within the kennel environment, this provides a greater challenge than whilst your dog is at home. At Leconfield Kennels we have established some unique facilities to enable the



dogs to exercise within the Summer period. Our external runs are astro turf, which is kept cool via our automated sprinkler system, that provides a cooling mist for the dogs when out for their enrichment periods. Thus, avoiding the ground becoming muddy and dirtying your dog. All runs have paddling pools also with toys to keep the dogs in a cooler space, along with areas of shade for the dogs to lay in. If the heat becomes too stifling, we then move the dogs to an indoor area, which is fully shaded and air cooled.

Although the Summer heat is a major factor when exercising and providing enrichments for your dog, as a kennels we use a rotational exercise pattern, which can be increased or decreased depending on the temperature and amount of sun at any given time. On a standard day this would include four (4) twenty-minute play sessions but can be decreased to Four (4) 10 minutes or indeed if we are using the indoor facility only, two (20) minute sessions. All dogs, however hot the temperature may be, due to the facilities we now provide will always receive the minimum standard exercise as outlined by DEFRA. Once the exercise rotation is complete your dogs will return to their kennel. All our kennels benefit from ventilation with cooling roof panels to allow them to maintain a cool body temperature.

Leconfield Kennels and Cattery,
Aram Road, Leconfield, HU17 7NP.
Office: 07360 276707
Out of Hours Contact: 07946 193269
www.leconfieldkennelsandcattery.co.uk

CORSICA - THE ISLAND OF BEAUTY



I have recently returned from a fabulous week on the island of Corsica - commonly known as "The Island of Beauty". We stayed in the picturesque town of Calvi on the north west coast of the island which is known for its historic citadel, its beautiful marina, and its excellent beach.

The beach is lovely with soft sand that is almost white in colour with a warm and gentle turquoise clear sea that requires you to walk some distance into the sea before being out of your depth. There are parts of the beach offering sun loungers at a rather steep premium, however lots of space to just set up your own little base on the beach to relax.

Two water sports schools offer paddle boarding and jet skiing and kite surfing so you can go active or relaxed whichever suits you best.

There were several little beach "shacks" which were absolutely stunning - very rustic and authentic with rattan, crochet, wood and twinkly lights creating a wonderful setting for either a few cocktails or a relaxed lunch or dinner.

We chose octopus on our penultimate night and it was actually the best meal in the nicest setting. We enjoyed some chilled Corsican wine and a fabulous meal as we watched the sun set and the lights of the citadel and the town twinkle along the bay - absolutely perfect.

We met some lovely guests at our accommodation and they are very regular visitors to Calvi and as many have told me it is their "happy place" and I can definitely see why many that have enjoyed Calvi make a point to return which speaks volumes in itself.

The town itself has three main streets leading to the citadel at the headland. There are a plethora of restaurants - all very authentic - with a strong Italian influence and some traditional Corsican dishes. A lot of choice and all of them were brilliant - price wise I would say fairly expensive however not a ridiculous premium either.

Thursday night one of the streets gets closed off so that the restaurants put tables out into the road under the cherry blossom trees and the vibrant bars at the top of the street get the party going with musicians and a great atmosphere is enjoyed



with dancing in the street amongst locals. You really have to be there to have the feel for it and we certainly had a great time dancing the night away with new friends.

Calvi is so lovely you could be forgiven for not venturing further. We went on one excursion when normally we would have done three.

I think a combination of feeling very ready for a very relaxing holiday, and the fact that we had a perfect setting with both beach, town and pool, that we did only head off once. It gives us the perfect excuse to return and do the two we had intended to but didn't do.

Our excursion was to take the local train from the town of Calvi to the town of Ille Rousse which winds its way along the coast giving some fabulous coastal views of the island.

Ille Rousse is actually a ferry port with links to the French ports of Marseille, Nice and Toulon. It therefore is open all year round and has a less touristy feel to it - still an amazing beach and a fantastic market to buy fresh fish cheese and cold meats if you are staying on a self catering basis, and a good choice of shops and restaurants and pricing was a bit more reasonable here compared to Calvi.



We almost booked a boat trip - which to be fair was 85 euros per person - which after all our meals out I think will have influenced our decision slightly - so next time I will get this booked. The boat trip takes you to the UNESCO Natural World Heritage site of Scandola which is a marine and land reserve known for its red cliffs and sea stacks and diverse wildlife including dolphins and seals.

Our other intention for the revisit is to hire a car and head inland to the region of Corte and visit the gorges of Restonica and Tavignano to have a refreshing swim in the tumbling rivers and rock pools and get some steps in on some wonderful walks in this area of outstanding natural beauty.

When we get a chance we love to do a wild swim in the UK so it would be a lovely experience to try this abroad - so pack some swim shoes if this excursion is on your wish list.

If you have a love of sunsets then Calvi has to be a pretty impressive place - a top tip is comfy

shoes to allow for the cobbles in the town and the ascent to the top of the citadel.

As you head up to the Citadel bear left and follow the road round and there is a headland for you to sit and watch the most beautiful of sunsets which for us was about 8pm.

Second top tip is pre book a restaurant in the Citadel so you can head straight to a wonderful al fresco meal and a few drinks too before you head back down into the town.



So as I hope you can tell from the article Calvi is really a very special place and many that visit go back again as it just has something about it. If you would like to know more and/or might like to try it for yourself please do get in touch.

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

WHERE IN BEVERLEY ANSWER

Adjacent to the start of Beverley Westwood parkrun

BEVERLEY PHOTO QUIZ ANSWERS

1. St Leonards Molescroft
2. Top of the Sessions House on New Walk
3. Mill at Hutton Cranswick
4. Pump at Cherry Burton
5. Hudson Way... bridge carries Cherry Burton to Leconfield Rd.
6. Timber framed building in Tiger Lane
7. Georgian House on corner of Lairgate & Minstermoorgate
8. Bench in the Millennium Orchard

FOLLOW THE DUCK ANSWER

If you counted all the ducks on the Halmshaw advert on Page 25, you should have found 6 little ducks!

CINEMA, COMEDY, AND MAGIC AT ERT THIS AUGUST

ERT Cinema Club - Poor Things

Poor Things is a 2023 film directed by Yorgos Lanthimos and written by Tony McNamara, based on the 1992 novel by Alasdair Gray.

Starring Emma Stone, Mark Ruffalo, Willem Dafoe, Rami Youssef, Christopher Abbott, and Jerrod Carmichael. This film focuses on Bella Baxter, a fetus in the body of an adult woman in Victorian London who is saved from her mother's suicide via a brain transplant. Bella embarks on an odyssey of self-discovery.

The incredible tale follows Bella Baxter a young woman brought back to life by a brilliant and unorthodox scientist.

Eager to learn and hungry for worldliness, Bella runs off on a whirlwind adventure across the continents. Free from the prejudices of her times, she becomes steadfast in her purpose to stand for equality and liberation.

Ticket Price: £7.50 (18+).

Date: Sunday 4th August, 4pm.

All We've Got Time For

The 4 Johns bring you "All We've Got Time For", their award-winning, hilarious, innovative, mind-blowing, spoken-word comedy show. Time is running out, and there are a million things to do.

The 4 Johns plan to change the world, right all wrongs and start a revolution - just as soon as they've updated their socials, finished watching Netflix, and stopped playing Minecraft.

Funny, innovative, outspoken, uninhibited, and unafraid, the show will make you laugh, cry, think, and laugh again.

Join The 4 Johns as they take a humorous, irreverent, and occasionally sombre look at how good intentions and grand plans get side-tracked and derailed by the trivial and mundane. The revolution begins, eventually.

N.B: The show contains some strong language.

Ticket Price: £15 standard.

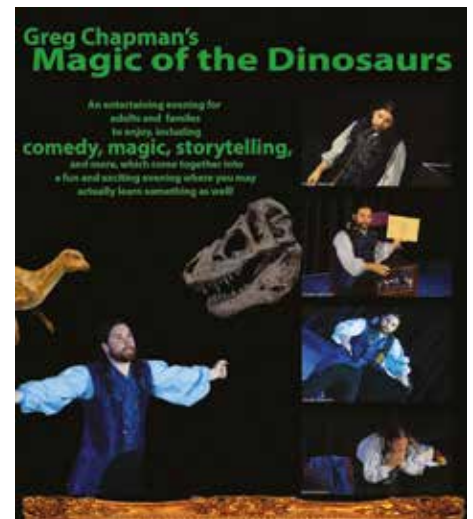
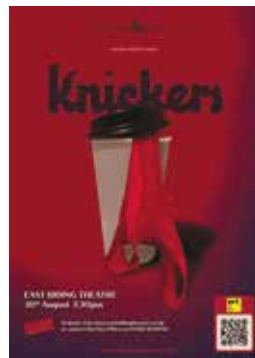
Date: Thursday 8th August, 7:30pm.

Knickers

As Jodie struggles to keep her coffee shop open, pay the bills, and eat, having a social life seems impossible. Ella struggles to find work and move out of her lazy ex-boyfriend Don's flat.

Watch the disaster unfold as the pair of them resort to desperate means to make ends meet by selling their knickers online.

This seems like such a good idea at first, but as the orders get more bizarre, life throws a curve ball at Jodie when she meets Mark, a charming, charismatic IT geek! But what secret is Mark hiding? Can Jodie escape debt, keep up with the ever-growing and demanding online orders, and maintain a love life? This laugh-out-loud comedy,



written by Kira Holmes and directed by Shaun French, explores the extreme lengths Jodie will go to during the cost of living crisis.

Ticket Price: £18.50 standard, pay what you can £12, £15, £20.

Date: Friday 30th August, 7:30pm.

Greg Chapman's Magic of the Dinosaurs

Magician and comedy performer Greg Chapman presents a show based on one of his favourite subjects - DINOSAURS! Greg takes a unique and entertaining look at this popular subject from various angles. Who would win if a T. Rex fought a Triceratops? Is Greg better at magic than a dinosaur? Will Greg succeed in his goal of having a real dinosaur on stage? 'Magic of the Dinosaurs' is a performance for adults and families, combining comedy, magic, mentalism, storytelling, puppetry, and more into a fun and exciting evening where you might actually learn something!

Ticket Price: £17 standard, £14 Under 16.

Date: Saturday 31st August, 7:30pm.

Full details and tickets can be ordered on www.eastridingtheatre.co.uk or via the box office Tuesdays - Fridays 10am - 4pm and Saturdays 10am - 2pm. Tel: **01482 874050**

ECO FAIR - TOLL GAVEL CHURCH

Toll Gavel United Church in Beverley will once again be participating in the annual Heritage Open Days which are organised as a festival of history and culture.

On Saturday September 7th, Toll Gavel United Church will host an Eco Fair which will take place in the church and in the church drive.

In 2023 Toll Gavel United Church was involved in the planning and delivery of a similar event held at Beverley Minster. Continuing with this partnership the Church is keen to contribute to raising awareness of current environmental issues and how we can contribute to alleviating some of them.

This year's theme is 'Be Creative to Save Creation'. Several invited groups will join and showcase their skills and contribution to supporting the precarious planet we all share.

Groups already booked include: the Beverley Repair Café, Yorkshire Wildlife Trust, Beverley

Men in Sheds, Frith Farm, Beverley Fairtrade Group and the East Riding Countryside Access Team.

Activities are planned for people to join in with, i.e. design and make a poster which highlights a climate related or environmental issue.

We have made over 30 already and these will be on display inside and outside the church to publicise issues we are concerned about. There will be children's workers to highlight the danger much of our wildlife is facing because of loss of habitat, climate change and poaching.

Several people will be demonstrating practical eco ideas from the past, showing how people made their own household items or repaired them.

Some of you will remember the saying, 'Make Do and Mend' which meant household items and



clothes could be repaired rather than choosing to buy something new.

The event will be open from 10am until 4pm and entry is free. Refreshments will be available throughout the day. The church will also be open the following mornings, Monday September 9th, Tuesday 10th and Thursday 12th for anyone to come and look round and have a cup of tea or coffee.

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

Now until Sunday 1st September

Summer of fun at Sewerby Hall and Gardens

An exciting programme of events and activities is planned for the venue. Visit www.sewerbyhall.co.uk/whats-on/events

Free swimming sessions for 16s and under

This Summer, children aged 16 and under can enjoy free swimming at East Riding Leisure sites. View the timetable for the free under 16 sessions at eryc.link/freeswim-timetable

Monday 29th July - Friday 16th August

ERT Summer Schools

East Riding Theatre.

Wednesday 7th August

Happy Brid-mas!

Seashells are being swapped for jingle bells... as Christmas comes early to Bridlington for one day in August. 'Bridmas Day' is coming to the town to promote the many fun events and attractions coming to the area during the holidays. For more information visit eryc.link/brid-mas

Thursday 8th August

All We've Got Time For

East Riding Theatre, 7.30pm. The 4 Johns bring you "All We've Got Time For", their award-winning, hilarious, innovative, mind-blowing, spoken-word comedy show. Tickets: £15 standard.

Friday 16th August

Live 'n Loud at Flemingate

Flemingate, Beverley is getting Live n Loud with a festival designed especially for young people aged 11-17. Listen to live music, festival up your look with hair and glitter, try out DJing and even more - all for free! 2pm and 5pm, at Flemingate, Beverley on the grassed area next to the tipi.

Friday 30th August

Knickers

East Riding Theatre, 7.30pm. This laugh-out-loud comedy, explores the extreme lengths Jodie will go to during the cost of living crisis. Tickets: £18.50 standard, pay what you can £12, £15, £20.

Saturday 31st August

Greg Chapman's Magic of the Dinosaurs

East Riding Theatre, 7.30pm. Magician and comedy performer Greg Chapman presents a show based on one of his favourite subjects - DINOSAURS! Tickets: £17, £14 Under 16.

Sunday 1st September

Deborah's Ultra Marathon fundraiser for The Candlelighters Trust

Deborah's incredible 4-year-old cousin, Aalia, was diagnosed with Wilms Tumours. Since then, she has bravely undergone intense



chemotherapy, had 1 kidney removed, and 25% of the other one. Currently, she's in and out of the hospital in Leeds, which is about a 2-hour journey from her home. So Deborah

will be participating in an Ultramarathon (32.5 miles), the toughest physical challenge she has ever done. Please consider showing your support by using the link attached. Your contribution will make a world of difference. Thank you!

www.justgiving.com/page/deborah-jepson-1715288008637

Wednesday 4th September

Law and Order in Medieval Beverley 1272-1534

Like today, the people of medieval Beverley were deeply concerned with law and order. A one hour talk with questions and answers by Marcus Ramshaw in the Parish Hall from 7pm-9pm. All are welcome. Admission Free. It would be helpful with seating if you let Jonathan, Lauren or the Parish Office know you might be coming but you can just turn up on the day.



Saturday 28th September

The High Wolds Poetry Festival 2024

North Dalton Village Hall, Main Street, North Dalton, East Yorkshire, YO25 9XA. *Entries for the festival Book Collection close at Midnight on August 30th. Numbers will be limited, but if you want to read on the day absolutely everyone is welcome - but please let the festival organisers know by midnight on Friday 27th September.

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Ladies Day

WEDNESDAY
14th August


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No booking required, just turn up and have **FUN!**



PUNCH & JUDY

Wednesday 24th July

What's more traditional at the seaside than Punch and Judy "oh yes it is!" Join in with the fun & find them between Costa & Starbucks.

10am - 10:30am, 11:30am - 12pm,
1:30pm - 2pm & 3pm - 3:30pm

FUN AT THE BEACH

**Wednesday 24th -
Wednesday 31st July**

Dive into the large sandpit with our buckets and spades and build the ultimate sandcastle! Enjoy fun children's rides with Funfair & Candyfloss*

10am - 4:30pm

Grab your
**50p OFF
VOUCHER**
In our Summer
Fun Booklet

WACKY WILL'S BALLOON MODELLING

Wednesday 31st July

Don't miss our stilt walking balloon modeller Wacky Will. He'll be wandering around Flemingate all day!

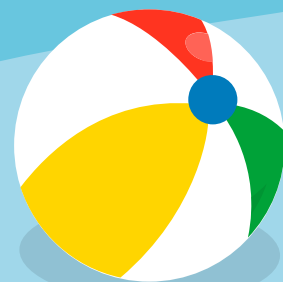
10am - 3pm

RAE RAE'S FUN SHOW

Wednesday 7th August

Be amazed by Rae Rae's spinning tricks, then give hooping a whirl yourself - fun for all ages!

10am - 10:30am, 11:30am - 12pm,
1:30pm - 2pm & 3pm - 3:30pm



CRAZY GOLF FUN

**Monday 12th &
Monday 19th August**

Enjoy **FREE** crazy golf throughout the day. Plus children's rides from Funfair & Candyfloss*

10am - 3pm

CIRCUS AVAGO

Wednesday 14th August

Ever dreamt of running away to join the circus? Now's your chance! Try juggling, unicycling, plate spinning, diablo and more!

11am - 3pm

MICHAEL DIAMOND

Wednesday 21st August

Prepare to be dazzled by top family magician Michael Diamond. Fun and amazement guaranteed!

10am - 10:30am, 11:30am - 12pm,
1:30pm - 2pm & 3pm - 3:30pm

DANGEROUS STEVE

Wednesday 28th August

Watch in awe as Dangerous Steve juggles fire, rides a giant unicycle and balances a ladder in this thrilling show!

11am - 11:25am, 1pm - 1:25pm
& 2:30pm - 3:00pm



FOR MORE INFORMATION, TAKE A LOOK AT OUR WEBSITE

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