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Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Lynne Auton, Louise Barrett, Andrew Cooper, Shane Cooper, Julie Dowding, Sam Drinkall, Fran Dunning, ert, Jackie Hardman, Josh Harrison, Emma Hetherington, Amanda McConnell, Navigation Wealth Management, Jayne Morgan, Colin Raynor, Ian Richardson, Chris Wade, Rebecca Walker, Nathan Wilson, Yorkshire Cancer Research. Front Cover Image Credit: Julie Oxenforth.

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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JUST BEVERLEY

FEBRUARY LETTER FROM THE EDITORS



February is here, the shortest month of the year, if you wish to know why read page 22.

As we look forward to Spring ahead, we can also look forward to a few events taking place. Check the What's on Guide again. It's amazing

what we have coming to Beverley, such a variety, attracting thousands of people to our beautiful Market Town.

This year the Pancake Race is taking place in the first weekend of March, so you still have time to enter your team, or to get involved in other ways, perhaps just supporting the event.

Whatever you do this February, remember our mantra for 2025, "Use It or Lose It"!!

Have a great February. Julian.



February is here, let's hope the storms have gone, and we can look forward to the warmer months ahead.

As we start to reset and look forward to Spring, making notes on how the countryside and nature is changing before

our very eyes, let's make the most of what we have.

"Use It or Lose It". Very simple - whether it's fitness, health or community, just think about the consequences of not using it!!

With love in the air on Valentine's Day, why not have a twist and include family and friends, tell them how much they are loved.

Have a great time.







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Beverley Building Society has raised over £13,000 this year to support life-giving cancer research and services for people in Yorkshire.

Throughout the course of 2024, Beverley Building Society provided vital support to Yorkshire Cancer Research, its chosen 2024 Charity of the Year, through Society and public donations, regular match-funded, staff and customer fundraising events, and volunteering.

Staff participated in a variety of unique fundraising activities, including the Society's annual bike challenge.

Team members took turns cycling an epic total of 369 miles on an exercise bike outside the Society's branch, totalling three times the round trip between the branch and the Yorkshire Cancer Research Centre in Harrogate.

Beverley Building Society also hosted a sports day, a quiz night, a Halloween-themed bake sale

BEVERLEY O

and a series of 'Dress Down Fridays', raising funds to support Yorkshire Cancer Research's mission to find new ways to prevent, diagnose and treat cancer in Yorkshire. Staff also volunteered to help set up the new Yorkshire Cancer Research shop in Hull, including sorting out donations and helping to merchandise stock on the shop floor.

Debbie Connolly, Marketing Manager at Beverley Building Society, said: "It's important to us at Beverley Building Society that we put the 'fun' in fundraising events. Whether we're playing games of rounders, eating loads of cupcakes or just wearing jeans on a Friday, it's all about contributing to the community."

Beverley Building Society chose to support Yorkshire Cancer Research after a former society member, Kristina Bowser, sadly passed away from ovarian cancer in 2021. Her parents, Lesley and Philip Bowser, and her brother Richard, from Cottingham, are advocates for cancer research and wanted to fundraise for people with cancer

in Yorkshire in Kristina's memory.

Many other members of Beverley Building Society have also been impacted by cancer, including Debbie Connolly, whose husband, Phil, has bowel cancer.

Thanks to a screening kit sent to his home as part of the Bowel Cancer Screening Programme, Phil's cancer was diagnosed early at stage 1. He had no symptoms at all and is now undergoing treatment that is far less invasive than it might have been.

She said: "Most people have a connection with cancer, either directly or indirectly and I would encourage everyone to take advantage of screening".

Yorkshire Cancer Research funds vital clinical trials and screening programmes that benefit people in East Yorkshire, so it's a cause that's really close to our hearts here at Beverley Building Society. We jumped at the chance to help save lives in our part of Yorkshire and beyond."

Kevin Mowles, Chief Operating Officer at Beverley Building Society, participated in Yorkshire Cancer Research's 'We Walk for Yorkshire' challenge alongside 50 Society members to walk in memory of their former colleague, David Otley.

Kevin said: "After the sadness of losing Dave, it was joyous to walk, laugh and remember all the good times with him. Taking part in the 'We Walk for Yorkshire' challenge really brought everybody together, and it was a great way to spend time away from the office.

At Beverley Building Society, community is everything to us, so being able to give back and support people with cancer in the region was very important."

Find out more about the Yorkshire Cancer Research 'We Walk for Yorkshire' challenge and how you can help save lives here: www.yorkshirecancerresearch.org.uk/event/ we-walk-for-yorkshire

"Content supplied by Yorkshire Cancer Research."

STEP INTO A DAZZLING WORLD OF LIGHT AND SOUND AT Beverley Minster - 25th February to 1st March

This February, visitors can look forward to an unforgettable experience as Beverley Minster hosts a cutting-edge fusion of art, history and tech with the awe-inspiring TIME light installation.

It's the latest immersive light and sound spectacle by the renowned creative team Luxmuralis. A follow-up to last year's hugely popular Illuminating art exhibit, this new light show offers magical journey through the mysteries of time, from the ticking of ancient clocks to the vast wonders of the universe.

Designed to transform historic church interiors, TIME features dazzling light displays paired with dynamic soundscapes, offering visitors a captivating experience that connects the past, present, and future in a unique and powerful way.

Expect to see majestic Beverley Minster lit up with stunning visuals inside and out with lights and music bringing it to life.

Dates, times and tickets:

TIME runs from Tuesday 25th February until Saturday 1st March. It opens every evening at 5.30pm with the last entry at 7.30pm.



Tickets cost £10 per adult, £5 for children (3-18) and under 3s go free. Family tickets cost £30 - for two adults and up to three children. Entry is by timed 15-minute slots. Once visitors enter the light show, they are welcome to stay for as long as they like.

Photo Credit: Time by Luxmuralis.

g Better Futures



NAVIGATION WEALTH MANAGEMENT EXPANDS TEAM

Navigation Wealth Management, based in Beverley, is pleased to announce the appointment of Jeff Pottock to its team of financial advisers. With over 30 years of experience in client advising, Jeff brings a wealth of knowledge and a commitment to delivering an exceptional client experience.

The firm also welcomes Tom Foston to the administration support team. Tom brings over 5 years of experience in financial services to his role. His expertise will be instrumental in supporting our financial advisers in providing exceptional service and advice to our valued clients.



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BEVERLEY MALE VOICE CHOIR NEEDS YOU!

In its 70th anniversary year, Beverley Male Voice Choir seeks new members to help lay the foundations for the next 70 years!

Beverley Male Voice Choir celebrates its 70th anniversary in 2025 and is marking the occasion with a series of special concerts and initiatives to lay the foundations for the next 70 years. The choir, which was established in 1955 and is a longstanding and well-regarded part of the East Riding's cultural scene, is starting the year on a mission to recruit new members to help bring new voices to the singing group and to grow the next generation of choir members.

Musical Director, Liz Wilson, who also celebrates her 25th anniversary in the role this year, said "It seems only right that as we begin our 70th year, we should focus on making sure we have enough members to sustain and develop the choir, so that future generations can enjoy both being part of Beverley Male Voice Choir or listening to the impressive sound they make! Any gentleman of any age who likes to sing in the shower, hum along to the radio or who loves karaoke would, I'm sure, really love singing with us!" Singing in a choir brings many benefits, including friendship and the potential to improve your wellbeing. Many choir members claim that singing helps with stress reduction, improves breathing, and enhances your memory, mental capacity and personal confidence levels.

The choir's repertoire is very diverse, with something for all tastes and generations including pop and rock classics, songs from stage and screen and more typical male voice choir pieces.

There's no audition process and no previous experience or knowledge of music is required. Those that can read music are provided with full scores and all members have access to tailored recordings to help them learn their part.

Beverley Male Voice Choir rehearses at Toll Gavel United Church in Beverley every Monday evening from 7.15pm to 9pm. Potential new members can simply turn up to watch a rehearsal and meet Liz and the choir to find out more.

For all the details, visit www.beverleymalevoicechoir.co.uk



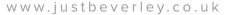
NAVIGATION WEALTH MANAGEMENT Supports local food banks

Navigation Wealth Management, a financial advice firm based in Beverley, dedicated December to supporting food banks across East and West Yorkshire.

The team launched a "Foodbank for Followers" online campaign, where they donated a food item for every new follower they gained on their social media platforms. This initiative resulted in over £250 worth of essential items being donated to local food banks.

Meg Sargeson from Navigation commented, "This campaign was a fun and engaging way for us to give back to our community while also expanding our online presence in the local area. Following a year of supporting various local charities, this initiative was a rewarding way to conclude the year and demonstrate our commitment to worthwhile causes."

You can follow Navigation's charity work and informative content on **Facebook** (@navigationwealth) and **Instagram** (@navigation_wealth)





BEVERLEY PHOTOGRAPHIC CLUB - FEBRUARY PROGRAM

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

Tuesday 4th February - 7pm. Zoom presentation titled Strictly Telephoto by the renowned photographer Phil Savoi.

Monday 10th February - 7pm at the Bell Hotel in Driffield for judging of the interclub Norman Trophy.

Tuesday 11th February - 7pm at the Rose and Crown for a presentation by Josh Harrison the local Commercial and Outdoor photographer.

Tuesday 25th February - 7pm at the Rose and Crown for a presentation by the award-winning wildlife photographer, Tracey Lund. This will be her third visit to the club.

Tuesday 4th March - 7pm at the Rose and Crown for a presentation by Steve Killik titled Photographing Solar Eclipses.

All events are subject to change. Please check.

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. If you are interested in joining the club, please come along and meet the members. No commitments.

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/

USE IT AND BENEFIT

After discussing some ideas for my 2025 Just Beverley articles with our esteemed Editor, he told me the theme this year for this unique publication is "Use It or Lose It".

This got me thinking to how much Beverley Westwood parkrun has brought to the town and how much folks really do 'Use it'. There is little chance of "Losing it" if the number of our regular runners, walkers, and volunteers continue to grow as they have done in recent years.

You might recall the inclement weather at the beginning of January, this saw many parkruns having to cancel, especially those that are on footpaths and tarmac.



With BWp being all on grass the cross-country nature of our course is not generally affected by ice where others might be.

Our main concern when it is particularly cold is having the volunteers stood outside for a couple of hours. With this, however, we are very lucky as Beverley volunteers are made of hardy Yorkshire stuff!

On January 11th we had our highest ever turnout. We were one of only 5 Yorkshire parkruns to go ahead that day. It is worth noting there are actually 64 parkruns in the Yorkshire and Humber area so it goes to show how weathery it was that day! Attendance was a record breaking 599 participants and 47 valiant volunteers. Some of those volunteers actually hadn't planned on being volunteers but the nature of the high attendance meant we had to draft in a couple of funnel managers and some extra barcode scanners.

There was an amazing atmosphere as 599 participants gathered for the start. Everyone was in good spirits despite the cold and the Westwood looked stunning with a carpet of frost.

Our event Director Kay Farrow commented in our run report, "Many of our tourist visitors were experienced parkrunners and at BWp for the first time. We hosted 121 parkrun tourists.



"Times weren't important for most people - they were just pleased to be able to clock up another parkrun on a safe surface - but a whopping 86 of them recorded a new PB. Their times ranged from 18:05 to 46:37 and were a welcome bonus after an uplifting morning in the sunshine on Beverley Westwood."

Kay went on to say, "With 599 participants the stream of finishers was relentless and funnel volunteers had to work hard to keep up. Funnel managers John Dawson and Gregan Clarkson helped keep everyone moving down the funnel but timing and handing out tokens was more challenging due to frozen fingers and some people had to queue to cross the finish line. Thanks to everyone for being so patient and understanding."



The total number of individual volunteers at BWp from the start is 702 individuals. That is 110 more than this time last year which is a fantastic increase.

It's good for our event if we continue to welcome new volunteers to the team as it helps us build a more sustainable parkrun for you, especially if we can develop a multi-talented team.

I honestly feel like our volunteers are the best of the best, the feedback after the record numbers event was phenomenal, with mentions in all parkrun social media groups, a podcast and even comments via email from event ambassadors from parkrun HQ.

If you fancy joining this phenomenal team please do get in touch - **beverleywestwood@parkrun. com**.

If you would like to run, walk, volunteer at parkrun you need to register online here: www.parkrun.org.uk/register.

Our Just Beverley Editor, Julian, put it best: "Use it or lose it refers to - health, strength and activity. Mental wellbeing, community spirit, belonging... the parkrun has it all."





Picture: Calum Burrell from the parkrun Adventurers' Podcast.

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BEVERLEY

MAINTAINING STANDARDS AT Leconfield Kennels and Cattery

Having gone through a deep clean process late 2024, it is now of equal importance to ensure the Kennels and Cattery are maintained to the highest standards for the Health and Wellbeing of the dogs and cats along with the owners peace of mind who leave their animals in their care.

Maintaining a clean dog kennel is vital for your pet's health and happiness. A clean environment reduces the risk of harmful bacteria, viruses, and parasites that can cause infections or illnesses. By regularly disinfecting and removing waste keeps your dog's living space fresh, preventing unpleasant odors and respiratory issues.



Nigel said, "Clean kennels promote better mental wellbeing. Dogs thrive in sanitary, comfortable spaces free from stress caused by filth or dampness. Proper hygiene minimises skin irritations and helps you spot health concerns, such as unusual droppings or injuries, early.

"A clean kennel ensures your dog stays healthy, happy, returning home healthy and happy bringing happiness to the family. Having Megan, "Barking Bubbles" at our kennels adds to the overall kennel experience".

Barking Bubbles, located at Leconfield Kennels and Cattery are a great addition. Megan mentioned "Whilst it is important to keep the kennels clean for the dogs, people forget that there are a host of benefits and Importance by having your dog groomed over the Winter".

At this time of the year dog grooming is essential for keeping your furry friend healthy and comfortable during the colder months. While it might be tempting to skip grooming sessions when it's chilly, regular care is even more crucial in Winter.



Megan added, "A well-groomed coat acts as a natural insulator, trapping warm air close to your dog's body. However, matted fur can disrupt this process, leaving your pet vulnerable to the cold. Regular brushing



prevents tangles and keeps their coat in top condition. Additionally, brushing stimulates circulation and spreads natural oils, promoting skin health and a shiny coat".

Don't forget about hygiene!

Even in Winter, dogs can get dirty. Baths with warm water and moisturising shampoos help combat dry skin caused by indoor heating. Regular grooming sessions also allow you to check for signs of frostbite, parasites, or skin issues. Winter grooming ensures your dog stays healthy, and happy in turn bringing happiness to the whole family.



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 Call: 07500 931566 Email: barking_bubbles@outlook.com Web: www.barkingbubbles.co.uk Instagram and Facebook: @Barking_ bubbles_







PARKWAY BEVERLEY

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



EVERY THURSDAY

(Doors open 9.30am)

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

Thursday 6th February -A Complete Unknown (£6)

Starring: Timothée Chalamet, Monica Barbaro, Elle Fanning. Flight Risk (£6) Starring: Mark Wahlberg, Michelle Dockery, Monib Abhat, Topher Grace. The Brutalist (£6) Starring: Adrien Brody, Felicity Jones, Guy Pearce, Joe Alwyn.

Thursday 13th February -The Brutalist (£6)

Starring: Adrien Brody, Felicity Jones, Guy Pearce, Joe Alwyn. September 5 (£6) Starring: Ben Chaplin, John Magaro, Peter Sarsgaard, Leonie Benesch. Hard Truths (£6) Starring: Marianne Jean-Baptiste, Samantha

Starring: Marianne Jean-Baptiste, Samantha Spiro, Jo Martin.

Thursday 20th February -Hard Truths (£6) Starring: Marianne Jean-Baptiste, Samantha Spiro, Jo Martin.

Bring Them Down (£6) Starring: Christopher Abbott, Barry Keoghan, Colm Meaney.

Becoming Led Zeppelin (£6) Starring: Jimmy Page, John Paul Jones, John Bonham, Robert Plant.

Thursday 27th February -Bring Them Down (£6) Starring: Christopher Abbott, Barry Keoghan, Colm Meaney. Becoming Led Zeppelin (£6) Starring: Jimmy Page, John Paul Jones, John Bonham, Robert Plant. Bridget Jones: Mad About the Boy (£6)

Starring: Renée Zellweger, Jim Broadbent, Hugh Grant.



Dogman From 7th February Starring: Pete Davidson, Lil Rel Howery, Isla Fisher, Poppy Liu.



Becoming Led Zeppelin From 7th February Starring: Jimmy Page, John Paul Jones, John Bonham, Robert Plant.



Bring Them Down From 7th February Starring: Barry Keoghan, Christopher Abbott, Nora-Jane Noone, Paul Ready.



Love Hurts From 7th February Starring: Ke Huy Quan, Ariana DeBose, Daniel Wu.



Mad About the Boy From 13th February Starring: Renée Zellweger, Jim Broadbent, Hugh Grant.



Captain America: Brave New World From 14th February Starring: Danny Ramirez, Shira Haas, Harrison Ford.



The Sloth Lane From 14th February Starring: Leslie Jones, Remy Hii, Olivia Vásquez, Teo Vergara.



The Monkey From 21st February Starring: Theo James, Tatiana Maslany, Elijah Wood, Christian Convery.



Attack on Titan: The Last Attack From 26th February Starring: Natsuki Hanae, Yoshimasa Hosoya, Marina Inoue.

Flemingate, Beverley, East Yorkshire HU17 OPW

Tel: (01482) 968 090



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YOUR LOCAL INDEPENDENT CINEMA

JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS WINTER

BECOMING LED ZEPPELIN

Becoming Led Zeppelin explores the origins of this iconic group and their meteoric rise in just one year against all the odds. Powered by aweinspiring, psychedelic, never-before-seen footage, performances, and music, Bernard MacMahon's experiential cinematic odyssey explores Led Zeppelin's creative, musical, and personal origin story.

The film is told in Led Zeppelin's own words and is the first officially sanctioned film on the group. From 7th February.

BRING THEM DOWN

Starring Oscar-nominee Barry Keoghan (Saltburn) and Christopher Abbott (Possessor), Bring Them Down is a tense and gripping thriller about two warring families set against the harsh landscape of rural west Ireland.

When the ongoing rivalry between farmers Michael (Abbott) and Jack (Keoghan) suddenly escalates, it triggers a chain of events that take increasingly violent turns, leaving both families permanently altered.

From 7th February.

BRIDGET JONES: MAD ABOUT THE BOY

Bridget Jones finally has some luck in her life. She has a great job as a screenwriter, her family and a new boyfriend - the fact that he is over twenty years younger than her isn't the only thing that is causing problems.

With an all star cast starring Renée Zellweger, Hugh Grant, Emma Thompson, Colin Firth, and Isla Fisher.

From 13th February.

CAPTAIN AMERICA: BRAVE NEW WORLD

After meeting with newly elected U.S. President Thaddeus Ross, played by Harrison Ford in his Marvel Cinematic Universe debut. Sam finds himself in the middle of an international incident.

He must discover the reason behind a nefarious global plot before the true mastermind has the entire world seeing red.

From 14th February.





Event cinema offers something a little different to mainstream films. Live and prerecorded 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 February, 2pm & 2.30pm & Tuesday 4th February, 6pm -Les Misérables - The Staged Concert Live!

(40th Anniversary) (12A) Featuring an all-star cast, Cameron Mackintosh's spectacular sold-out staged concert version of the musical phenomenon Les Misérables is an absolute must-see!

Wednesday 5th February, 6.30pm & Sunday 9th February, 2pm -

Macbeth: David Tennant and Cush Jumbo David Tennant and Cush Jumbo lead a stellar cast in a new 5-star production of Shakespeare's MACBETH, filmed live at the Donmar Warehouse in London.

Thursday 20th February, 7pm -

NT Live: The Importance of Being Earnest Three-time Olivier Award-winner Sharon D Clarke is joined by Ncuti Gatwa (Doctor Who; Sex Education) in this joyful reimagining of Oscar Wilde's most celebrated comedy.

Thursday 27th February, 7.15pm -**Royal Ballet & Opera: Swan Lake**

Prince Siegfried chances upon a flock of swans while out hunting. When one of the swans turns into a beautiful woman, Odette, he is enraptured. But she is under a spell that holds her captive, allowing her to regain her human form only at night. Von Rothbart, arbiter of Odette's curse, tricks the Prince into declaring his love for the identical Odile and thus breaking his vow to Odette.

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**

Following a string of awe-inspiring Live in HD performances, 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.

waycinemas.co.uk

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BEVERLEY

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THE SMART CHOICE FOR **ELECTRIC VEHICLE** 0

Having an electric vehicle is a brilliant step forward, but it's having an EV charger at home or work that really makes the difference. With special EV tariffs, you can charge your car at a fraction of the cost of filling up with petrol.

Let's look at the numbers. Driving a diesel car can cost you around 15p per mile. With an electric vehicle on an off-peak energy tariff - as low as 7p per kWh - the cost per mile could drop to just 1.8p. That's a huge saving and makes owning an electric car incredibly costeffective over time.

It's not just about the money, though. It's the convenience of charging at home or work, on your schedule, without having to rely on public chargers. Plus, having an EV charger installed can even increase the value of your property, making it a smart investment in more ways than one.

For businesses, the benefits are just as exciting. If you have a car park with five or more spaces, you may be eligible for a grant to make the installation even more affordable.

At Smart Power, we make the process simple. Our experienced team ensures installations are quick and hassle-free, tailored to your home or business. Want to learn more? Visit our website or give us a call - we're here to help every step of the way!

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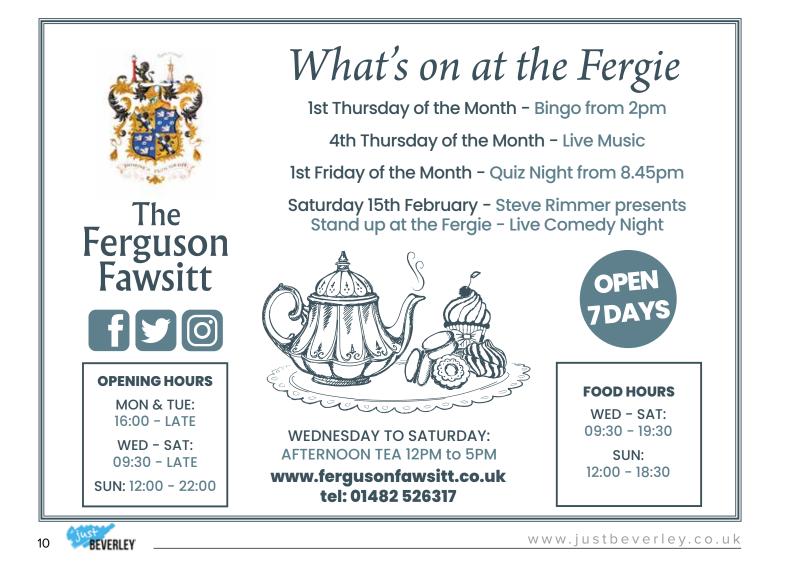
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JAYNE AT LINKAGENCY KEEPS You moving

Jayne Morgan, an independent estate agent offers a personalised, customer-focused approach to selling property, a valuable choice for homeowners.

Unlike larger, corporate agencies, Jayne has a deep understanding of the local property market, including pricing trends, buyer behaviour, and neighbourhood insights. This localised expertise allows Jayne to market properties more effectively and attract the right buyers.

Independence means that Linkagency prioritises client satisfaction over

corporate targets, ensuring a tailored service. Jayne is able to adapt strategies to suit individual property needs and offers more flexible and innovative marketing techniques, including online and offline channels.

Jayne commented, "I like to maintain closer relationships with my clients, providing regular updates and transparent communication throughout the sales process. building trust and delivering value for successfully selling properties".

Jayne at Linkagency is aware that in winter especially, her personalised attention during

these months, usually a quieter property market, means that her local expertise helps showcase your home's winter appeal, such as cosy interiors or energy efficiency. With fewer listings, she can focus on your sale, to attract motivated buyers despite seasonal challenges.

If you are looking for a highly qualified, reliable, experienced estate agent who embraces new technology, yet maintains traditional values, talk to Jayne; she is always happy to help.



Jayne at linkagency







COUNTRYSIDE MATTERS WITH SAM WALTON

There is quite a bit of news about poultry lately, which is a huge part of UK Agriculture.

We pop along to the supermarket knowing there will always be eggs on display, whether that be free range, partly outdoors, intensive or imported. In East Yorkshire farmers are going through a difficult period because of Avian Flu, signs appearing across the area and local news highlighting the issue.

Unfortunately we have been affected by the disease on several farms, and some will be for egg production and others for meat production.



If a unit becomes infected, all the birds will be humanely destroyed, soul destroying for the producer.

Whether they have compensation or not, it still leaves a huge gap before the next batch are reared.

On a number of smaller farms, "Back Yarders", as they are known, are most likely to be affected by the wild birds which frequently go looking for any bird feed.

We are aware that farms In Lincolnshire, Norfolk



and Suffolk are also affected.

The rules and regulations that come into operation in an outbreak means that farmers affected must reduce the movement of vehicles, people and machinery in order to minimise any possible contamination.

Vermin control is also vital, disinfecting of boots, cloths and pathways is essential. Who said farming was easy?

Be aware and do your bit, observe any signs that you see. Do not be a spreader.

LEWIS RORTHEN



MY FAMILY TAKING CARE OF YOURS

Get In Touch

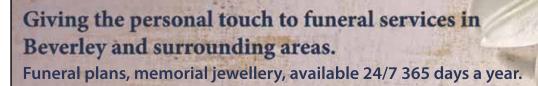
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Born and raised in **Beverley**, we are proud of the funeral services we offer to our local community.

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



BEVERLEY

IN THE GARDEN - A WINTER What could be better than taking a walk around the garden on a Winters day when the sun is at its best, and both the colour and fragrance of early flowering shrubs enhance your journey.

The varying heights and textures of the plants create a dramatic framework, as do the early seasonal bulbs that have now created a carpet of colour. The Mahonia x media 'Lionel Fortescue' is an excellent evergreen shrub that thrives in shade, it can grow from 2 to 4 metres in height in 20 years.

The bright yellow fragrant flowers it bears during the Winter months punctuate the border as do the pinnate shaped leaves. These work exceptionally well in flower arrangements, needing very few flowers to create a stunning display.

I would however advise you to take care when handling, as they are very sharp to the touch. The shrub will grow in any type of soil making it a very useful addition to the garden. It is very important factor during the Winter months to add not only height to the border but also to introduce contrasting elements of texture to the garden.



The Rhododendron in the photograph below will not be in flower for a number of months, however both the shape of the buds and the anticipation of the flowers that will soon arrive is a valuable asset for the garden.



The leaves of the Trachycarpus fortunei (Chusan palm) again work well in this location. All the plants are in pots and are positioned in an area I have named 'The Reading Terrace' it is a small but sheltered site where plants that are vulnerable to cold weather are comfortable and survive and also more importantly it is an area to sit and read as the name suggests!

From a design perspective even if you only have space for pots, it is both an opportunity to create wonderful con trasts of both shape and balance connecting to the house and is also a natural way to introduce colour to the garden throughout the year.

Jobs to do in the Garden

Spring is a time for sowing seeds, but it is also a period to be cautious with the weather. Sometimes sowing a week or two later than the seed packet advises can often be more beneficial. Seedlings can always increase their growth when the conditions are more favourable.



Autumn fruiting raspberries need to be cut back to ground level, then in March feed with a general fertiliser and mulch around the stems taking care not to cover them with 5-8cm (2-3 inches). Bare rooted raspberries can also be planted until March if the ground is not frozen.

Leeks can now be sown in the greenhouse. They prefer cooler conditions so if the greenhouse is not heated then they will still germinate. Transplant them to the garden from early May to mid-July, they will then be ready to harvest in the Autumn and through Winter.

One of the varieties I suggest are called Musselburgh. It is an old variety hardy to Winter weather bearing thick stems. When the stalks are pencil thick separate and plant them into the garden, create a hole in the ground with a dibber of at least 15cm (6 inches) deep and place the seedling into the hole, do not however backfill just water in and leave to arow.

One vegetable I will be trying to grow this year is a red cabbage. The variety I have purchased is 'Red Drumhead' which will be sown in March and fingers crossed they will mature from mid-September, allowing me to create a red cabbage chutney!

https://ordinarygardener.com - Julie Dowding

I'VE BEEN THINKING... SAYS COLIN RAYNOF

Whilst there are many things in our country that give us cause for concern I do believe that we can be proud that we are giving more care and attention to people who live with a disability.

We still have a long way to go, of that there is no doubt, especially in access to buildings etc. But we are talking more about individual impairment and seeing more people with disabilities in the media. We must applaud the wonderful Paralympic games which give so many people the chance to achieve success for themselves. Disability can affect people of all ages and in so many different ways.

The progress that has been made has not just been in dealing with the physical needs of an individual but also with that person's mental capacity to deal with their specific malady. Some people are born with a disfunction whilst others become disabled later in life.

I was ten years of age when I had the accident which could have affected the rest of my life. I will always remember the day of the week. It was Friday 6th of February 1948. I had walked down the road with my Dad, just ten minutes or

so, to visit my Grandad and get my hair cut. I'm not sure why I wasn't in school but I have often thought over the years, if I had gone another day the accident would not have happened. It's totally irrational but I'm sure I'm right. My Grandad only cuts hair on Fridays.

Newspapers were spread on the kitchen floor and Grandad was waiting with his scissors for his next customer.

To occupy my time before it was my turn to have a trim, I found a pair of my Grandad's old boots which were so big I could hardly put one foot in front of the other. Then I found a cane and started strutting around the front room. That was my undoing as I caught my foot in the rag rug and fell on my face with the cane in my eye. I only found out about the chain of events that followed some time later.

With no telephone in the house and no family car my Dad carried me to the local surgery about half a mile away. Over the following weeks I spent time in a Leeds hospital with both eyes bandaged up. Unfortunately I had no sight in one eye. Thankfully the surgeon was able to save the eye without the need



to replace it with a false one. Nobody can tell which eye is without sight. Due to the skill of the surgeon, and the amazing way in which the human brain adjusts to change when a part of the body malfunctions, I can honestly say this disability has never adversely affected my life. It is almost as if (excuse the pun) I turned a blind eye to the loss of sight and carried on.

I have had a clean driving licence since the age of 18 and I played football for a local team until I was in my late twenties.

This year my wife and I will honour our sixtieth wedding anniversary with our extensive family around us and this last Boxing Day I got to eighty six years old. February 6th will be just another day this year, as always.



FIVE TOP TAX-SAVING TIPS FOR 2025

92% of those taking financial advice or guidance said it had improved their mental and financial wellbeing.¹

When it comes to managing your money, making short-term or last minute snap decisions can end up costing you more in late payments, lost interest or penalties. But getting your house in order and starting some regular savings and money management habits can make all the difference to your financial - and emotional - wellbeing.

These are our top five tax-smart tips for managing your money in 2025.

5 tax-saving tips for 2025

Check you're using all tax allowances and reliefs.
Check current balances and interest rates of all your assets - including current and savings accounts, investments, property values, pensions and premium bonds.

 Review all ongoing subscriptions, memberships, and take a call whether they're worth keeping or not.

Set up a regular contribution into some form of medium - to long-term savings pot.
Arrange regular, six-monthly financial 'health

checks' with your adviser, to help keep on track.

1. Make the most of your allowances

Do you know how many tax allowances you're entitled to - and whether you're making full use of them?

Many of us remember to top up our ISAs as much as possible before tax year-end, but there are other, often overlooked allowances and 'carry forwards' that can save you money. Did you know, for example, that in addition to the £60,000 annual pension allowances (or 100% of your earnings, whichever is lower) on pension payments, HMRC will let you carry forward any unused allowances from the previous three tax years?

Or that you could gift up to £3,000 tax-free in a single tax year? Not only that, but the gifting allowance also comes with a year's worth of 'carry forward' And if your child is planning their wedding or civil partnership ceremony, you can make an additional tax-free gift of up to £5,000.

And there's individual tax free gifts of up to £250 each too. Any gifts you make won't be counted as part of your estate, when it's time to pay Inheritance Tax. If you make a larger gift over the allowances, you need to survive for seven years from the date you made the gift, otherwise it will be counted as part of your estate and liable to some IHT.

2. Check what you're worth

When was the last time you checked how pensions were doing? Or how much interest your savings accounts or ISAs earned this year? Listing all your assets, from pensions to property and premium bonds, is a tax-smart start, but reviewing them regularly is an even smarter money habit for long-term financial wellbeing.

You may have more than one pension pot if you've changed jobs in the past. And if you have an easy-to-access cash fund for emergencies, does it still have enough in it to keep you and your family afloat for up to six months, if necessary? You may be pleasantly surprised by how much you're worth. Which is why it pays to keep making tax-smart money moves.

3. Spring-clean your spending!

Do you know how many memberships and subscriptions you're currently signed up for? Many of us are signed up for entertainment streaming services. So checking that you, or another family member, are actually still using the service you're paying for, is another a smart money move. Those small monthly payments add up. You might want to switch to another provider or unsubscribe completely.

A financial adviser can help you streamline your spending, which may free up some surplus income to put into a tax-efficient ISA, or into your pension. It's like clearing out your financial inbox.

4. Set up regular contributions to ISAs, savings or pensions

Setting up regular, monthly payments into your savings or pension is a top tax-smart tip. It'll put you ahead of the game at tax year-end and avoid a last-minute rush to bump up a taxefficient ISA contribution just before 5 April. Plus, regular contributions to any form of savings or investments help smooth out the volatility of stock market blips or changing interest rates.

Don't feel guilty if the monthly amount seems small - it's keeping the regular saving habit going that's important in the long run.

5. Check in regularly with a financial adviser

As a rule, setting aside an hour a week to check payments or interest rates yourself will save both time and tax in the long run. But checking in on a regular basis with a financial adviser to monitor



BEVERLEY

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if you're on track is just as important for your long term financial health. Life doesn't stand still in between financial reviews - we're used as sounding boards and sense checks throughout the year. Even if you just want to query something you heard on the news, or whether a change in the tax regulations will impact you, our advisers are ready with practical, informed advice.

Regular financial reviews will help keep you on track for the future, and make sure you're making tax-smart decisions with your money.

Why financial advice is a smart move

Smart money moves aren't about once-a-year decisions, however. Having expert financial advice or guidance you can turn to at any point helps you make positive, informed choices year-round. If you're not already taking financial advice, this is perhaps the smartest move to make. It can help you stay on track towards your long-term goals, and gives you clear, practical advice if you hit a financial downturn or need support managing your family finances short-term. It's the move that drives other good financial habits, and ultimately your financial wellbeing.

Contact Navigation Wealth Management today if you'd like some more advice on tax saving tips on **01482 379504** or visit our website at **www.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. Savings accounts are not available through St. James's Place.

Sources:

¹ The Real Life Advice Report was commissioned by St. James's Place nd carried out by Opinium who surveyed just under 12,000 UK adults nationwide in two polls between May and August 2024. Quantative data referenced is sourced from the first poll which had a total sample of 7,995 respondents.

SJP Approved 20/11/2024



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USE IT OR LOSE IT! - THE KEY TO SUSTAINING PHYSICAL AND MENTA WELLBEING



Have you noticed yet? The days are getting incrementally longer, and the sun is sinking later every evening giving us a few more minutes of light each day and the bulbs are beginning to poke through the soil. Spring is on its way and with it, that sense of internal energy is starting to rise - we're emerging from hibernation.

I was chatting to a friend about the subject of "use it or lose it", a concept that can apply to so many areas of life and has, over the last few years been a conversation around cash versus digital currency. There are certainly pros and cons of both but the use it or lose it principle applies here too.

or biggest enemy, particularly around healthy and wellbeing. "Use it or lose it" holds timeless

wisdom when applied to health as our bodies and minds are

which thrive on activity and



engagement. The countless apps and technological tools can assist us but be aware that technology is designed to send us down rabbit holes, lead us to purchase that vital product we just can't live without and can end with hours of mindless, brain-draining scrolling.

The Body in Motion

The human body is designed for movement. Regular exercise strengthens muscles and improves cardiovascular health; it also maintains bone density, flexibility, and balance. Get in touch with what works for you - it might be doing an online yoga or pilates session or using an app to find your own workout at home; go to the gym and engage in a class or keeping it simple - a walk on the Westwood or join the Park Run each week. A good start could be to become volunteer at the Park Run with the goal of eventually walking, then running it.

Mental Agility

The brain is a highly adaptable organ, but it requires regular stimulation to stay sharp - again, use it or lose it! Keep those neural connections strong and ensure your mind stays alert and alive. Whilst I have recommended brain-training games to help a hypnotherapy client overcome constant panic attacks, I also suggested reading his favourite paper, The Telegraph, even if it was 2am and combining this with physical exercise such as tai chi, all of which served the purpose of distracting an overactive mind and stopping the panic attack in its tracks. It worked a treat. I also suggested mindful meditation which can seem like a very passive activity, but it is far from it and contrary to popular belief, it is not about clearing the mind but about being aware of the thinking process without judgement.

A Balanced Approach

Physical activity improves mental clarity and reduces stress, while mental engagement can boost motivation for maintaining a fitness routine.

Make use of technology but sometimes the old school way is best - pick up a book, go for a walk with friends; keep moving, keep learning and keep thriving.

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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• Everyday Drinks & Chatter



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BEVERLEY

FOX MOBILITY AIDS TRANSFORM LIVES AND WELLBEING

Fox Mobility have a wealth of experience and have kept ahead of the game over their 10 years providing mobility aids.

Anne mentioned, "We liaise with our customers to ensure what they need is right for them. When



fitted correctly, mobility aids can profoundly improve the quality of life and wellbeing for individuals with mobility challenges. These devices, such as wheelchairs, walkers, and mobility scooters, restore independence by enabling people to move safely and confidently".

A properly fitted mobility aid reduces the risk of falls and injuries, ensuring users can navigate their surroundings with ease. It also alleviates physical strain, such as joint pain or muscle fatigue, making everyday tasks more manageable. This improved physical comfort often leads to better mental health, as users feel more empowered and less reliant on others.

Paul commented, "We see a difference beyond physical benefits, mobility aids encourage social interaction and participation in activities, combating feelings of isolation. Whether it's attending events, visiting friends, or enjoying outdoor activities, these aids help individuals stay connected to their community. We give our clients a new lease of life".

For all your Mobility needs Fox Mobility sees clients as individuals providing equipment tailored to individual needs. Mobility aids enhance freedom, dignity, and overall well being, creating a positive and lasting impact.

Fox Mobility: 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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IRGATE PROPERTY PREPARES FOR A FACE LIFT

R.D.Stott recently took on the task of renovating the listed building located in the centre of Beverley on Lairgate.

Eagle eyed passers-by will have noticed the scaffolding going up to the exterior of the building so that close up inspections can take place to determine the condition of the exterior with a view to preparing a plan of works and programme for the restoration of the exterior to ensure the building remains pride of place for generations to come.

The exterior of a listed building is a vital component of its historical and architectural significance and showcases its unique design features, materials, and craftsmanship that reflect the era in which it was built.

Richard commented, "Maintaining the exterior ensures the building retains its original character and charm, which contributes to the local identity and landscape".



Richard continued. "Proper upkeep, such as repairing weathered materials. preserving decorative details, and using appropriate techniques,

prevents deterioration caused by time, weather,



and environmental factors. It also supports structural integrity, preventing costly damage and prolonging the building's lifespan."

Throughout the project Richard is liaising with local authorities and specialist craftsmen to put together a programme of works that will ensure historic features are retained and restored to heritage guidelines, preserve the building's authenticity while integrating modern conservation practices.



Richard said, "Well-maintained exteriors not only safeguard our history but also enhance the property and community pride, retaining these architectural treasures for future generations to admire and enjoy".

Watch this space for future updates as the property looks forward to a new lease of life.



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BEVERLEY





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WALKING WITH IAN RICHARDSON - SKIDBY STROLLS

Just 5 miles from Beverley, and with a decent bus service from town, Skidby is a lovely place for some short strolls to put the wind back in your sails - the observant will notice that the sails at Skidby's beautiful windmill are currently not in place and under repair.

The village is blessed with a network of footpaths and tracks. Here we will focus on two easy circuits, doing both in a morning or afternoon is reasonable for most walkers.

The village also offers two excellent venues for post-stroll refreshments, check the web for opening times at Sails cafe and the Half Moon pub.

A good place for most to start is at the free car park adjacent to the restaurant, which is currently closed after a fire last year. If using the 180 bus service, it's a 5 minute walk from the bus stop by the pub.

Head towards the fabulous mill, 74 feet high, built in 1822, very photogenic even sans sails! The museum is fascinating and well worth a visit, do check the restricted Winter opening times.

An excellent track heads into open country from behind the mill, splendid views of the southern Wolds unfold. At a junction of tracks, fork right down into the western end of the village. The long main street is worth exploring.

Of particular note is the church, which may well be open, the former school nearby and fine Georgian & Victorian farmhouses.

Across from the church, a lovely path goes through fields and skirts a wood on a pleasant mile to the lane at Risby. Go left and soon a signed path takes you back to the village, with good views all the way.

The adventurous may seek out longer routes from the village.

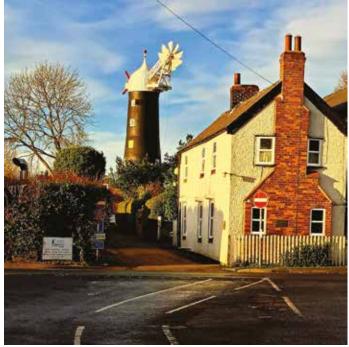
These two are both under 2 miles and each can be done comfortably in an hour.

Within a few weeks the snowdrops and daffodils should be out on your walk, sure signs that Spring is on its way.

Ian Richardson, January 6th 2025.

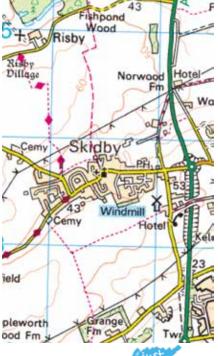


www.justbeverley.co.uk









IN THE PICTURE WITH JOSH

February can offer a range of photography opportunities, although the weather is still very unpredictable, when the sun is out the light is very vibrant!

For those who like motorsport, the East Riding Stages Rally will be returning on the 23rd of February which is a great event to hone your photography skills both on fast moving rally cars or some street photography of the crowds enjoying the show.

If you prefer a quieter setting, then you can get out to explore nature, whether that's capturing the snowdrops in the woodlands or some long exposure photography at one of Yorkshire's many impressive waterfalls.

Wildlife is becoming more visible with hare



and deer more active in the fields in East Yorkshire as we head into Spring. There may also be rarer visitors to see



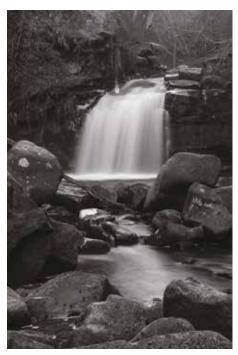
with the now almost regular storm systems blowing birds off course so it's always worth heading out to your local nature reserve as you never know what you might see.



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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THE CURIOUS CASE OF FEBRUARY: WHY THE SHORTEST MONTH?

February, the odd one out in our calendar, stands alone with its 28 days (and a bonus day everyvfour years).

But why is this the case? The answer lies buried in a mix of Roman superstition, ancient calendar reform, and the ongoing struggle to reconcile the lunar and solar cycles.

A Calendar in Flux:

The early Roman calendar was a far cry from what we use today. It began with just ten months and a total of 304 days, leaving the Winter months unaccounted for.

Around 713 BC, King Numa Pompilius decided to bring order to the chaos, adding January and February to the calendar's tail end.

To align with the lunar cycle, months alternated between 29 and 31 days. But here's where superstition kicks in: the Romans considered even numbers unlucky. To appease the gods, one month had to be sacrificed.

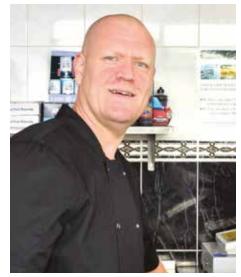
February, associated with rituals honoring the dead, drew the short straw, landing with an even 28 days.

Caesar's Influence:

Fast forward to 45 BC, and enter Julius Caesar. His Julian calendar sought to align the calendar with the solar year (365.25 days). While he adjusted the lengths of various months, February remained largely untouched, likely due to its established role in Roman rituals

Leap Years and the Quest for Accuracy:

To account for the extra quarter day in the solar year, a leap day was added every four years. And where did this extra day



land? You guessed it - February. This brings its total to 29 days in leap years, a temporary reprieve from its usual brevity.

A Legacy of Superstition and Reform:

In the end, February's short length is a fascinating blend of Roman superstition and the practicalities of calendar reform. It serves as a reminder of the long and complex history behind our modern timekeeping system.

So, the next time you flip your calendar page to February, take a moment to appreciate the curious history behind its unique length.

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

SSAFA SAVE LIVES AND SUPPORTS THE COMMUNITY -CAN YOU HELP?

SSAFA, the Armed Forces charity, plays a vital role in saving lives and strengthening communities. With over 135 years of experience, SSAFA supports serving personnel, veterans, and their families, providing crucial assistance during challenging times.

As we look forward to the arrival of Spring we still need to be aware of the vulnerable and those who require help. SSAFA'S work extends to mental health support, helping individuals cope



with PTSD, anxiety, and depression. SSAFA's dedicated network of volunteers offers practical guidance, emotional support, and access to essential services, ensuring no one in the Armed Forces community feels isolated or forgotten.

Michael Menzies Baird mentioned, "SSAFA provides grants, housing assistance, and advocacy, helping people regain stability and independence. Their family-focused services, including mentorship and support for bereaved families, build resilience and stronger community bonds. SSAFA not only saves lives but also empowers individuals to thrive."

SSAFA, more so than ever need your help. Support them if you can. Tel: 01964 552 837 Email: eyorks.branch@ssafa.org.uk Website: ssafa.org.uk



Your Veterans Need You!

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

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

SSAFA urgently need a Branch Chair, 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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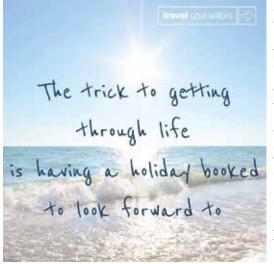
THE MONTH OF LOVE - DO MORE of what you love to do!

Somehow it is already the second month of the year - perhaps a time to reflect on our progress on our New Year Resolutions.

I say progress as they are usually resolutions for the year rather than just for January. Keeping to a resolution can gradually make a huge impact on your life - I am reliably informed that real change comes about by making small incremental changes on a daily basis.

It is more about the discipline rather than the motivation - we might not always feel motivated to do the task however if we discipline ourselves to do it regardless then we will achieve the results.

It would likely depend on what the task is, and no doubt the type of person you are, as to how long it takes to create a new habit. When the action is a habit then we no longer feel like it is an additional task to fit in - on auto pilot we do this as part of your daily routine. Small positive changes to create a healthier life - both physically and mentally. I am most certainly in the "work in progress" category in terms of my personal objectives.



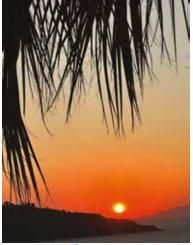
One of the ways to help us through the year is having a holiday to look forward to - to allow us the time to do more of what we love - to allow us some time to reset our bodies and minds every so often.

As often as time and money allows a holiday

is the perfect "control alt delete" enabling us to switch off and then switch back on and be that little bit more productive. One of the most rewarding aspects of my job is the variety - I book itineraries to all over the globe so there is such a variety in what there is to see and do and also so many different clients in different stages of life all wanting different experiences.

Despite having worked in this wonderful industry for over 30 years I still get that fluttery butterflies in my tummy feeling for each of my clients when they get booked on their next adventure. It is an absolute pleasure and a privilege to be of support and assistance to my clients in arranging

some wonderful experiences.



Some of the holidays I arrange give you the opportunity to spend more time doing a hobbie or special interest in a new destination.

So if there is a new you that is learning a new skill, developing a new interest then you can expand on this by including this on your holiday. Or you might have been enjoying this skill for many years and cant get enough of it so would like to include this on your holiday. For example I arrange golfing holidays, cycling holidays, walking holidays, classical music events, cooking holidays, spa breaks, photography, wildlife itineraries, ski holidays. The holidays I arrange are all built around the client and what their interest is.



Apparently the Dalai Lama said, "Once a year, go someplace you've never been

before". So my new destinations (some a fleeting port visit on a cruise) for last year was Lisbon, Seville, Valencia, Cartagena, Corsica, Vietnam, Santorini, Mykonos, Sicily, Malta, and Athens.

So perhaps exceeding the target of one place, however I am a firm believer in tomorrow is never promised and where time, health and money allow you to do so then lets get out there and enjoy the world and do more of what you love.

If what you love is travel and you fancy somewhere new and inspiring for 2025 or beyond then I would be more than happy to assist you.

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

WHAT MAKES VALENTINE'S DAY SPECIAL?

Valentine's Day is a celebration of love, affection, and connection, making it a unique day to show appreciation for the special people in our lives.

While often associated with romantic relationships, it's also a time to honor love in all its forms - between friends, family, and even self-love. What makes Valentine's Day truly special is the personal touch. From heartfelt cards and thoughtful gifts to surprise gestures and quality time, it's an opportunity to express feelings that might otherwise go unspoken in the busyness of everyday life.

The day also brings a sense of joy and togetherness, as people worldwide celebrate love in their own meaningful ways. Whether it's a candlelit dinner, a simple "thank you" note, or spending time with loved ones, Valentine's Day reminds us of the importance of connection. Ultimately, it's a day to cherish relationships and create lasting memories filled with love.



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Telephone: 01482 869111 sales@rosesofbeverley.karoo.co.uk



The Kitchen Factory, The Courtyard, Tokenspire Business Park, Beverley HU17 0TB

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Roses Kitchens – proud to serve Beverley for the last 25 years



Please call 01482 869111 to book a viewing

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Visit **www.roseskitchens.com**

to see our customers kitchens and read what they have to say about us



Telephone: 01482 869111



THE VALUE OF A HANDYMAN: PREPARING FOR THE YEAR AHEAD

As we look forward to months ahead, we start to think about those little jobs that need doing and our thoughts are, "a Handyman would be useful!"



lan Harrison a skilled handyman, becomes invaluable, providing a crucial role in maintaining and enhancing your home. Whether it's tackling seasonal repairs,

preventive maintenance, or small upgrades, lan can save you time, effort, and potential headaches.

lan can repair damaged decks, fencing, gates, garage doors, erect sheds, and do those small jobs which make all the difference to the presentation of the home and garden.

lan mentioned, "Early in the year most jobs are indoors, hanging pictures, putting blinds up, assembling flat pack furniture, while outside work to install or repair outdoor fixtures like sprinklers, garden fences, and lighting usually comes in March and April after the bad weather".

If you are thinking of planning ahead, get in touch with lan, to ensure these tasks are completed efficiently and professionally, giving you peace of mind.

You can contact lan on: Mobile: 07970 332373 Email: ianharrison68@icloud.com Website: www.ian-harrison.com







BEVERLEY







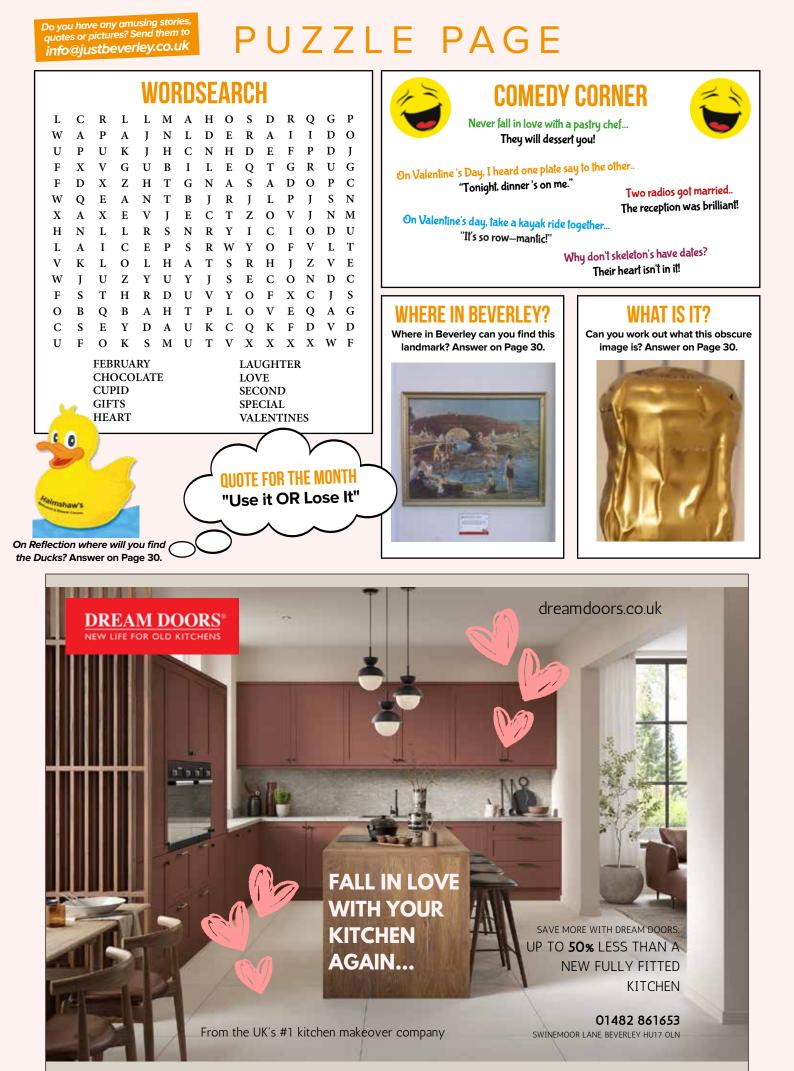




For all your jobs around the home

- 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





WILSONS WHEELS -CYCLING IN FEBRUAR

Cycling on and off the road in February presents unique challenges and rewards. The colder temperatures require preparation, with layered clothing, windproof jackets, and thermal gloves being essential.

Roads can be slick from rain, snow, or ice, so choosing tires with good grip is crucial for safety. Off-road trails, often muddy this time of year, demand wider

tires and proper bike handling skills to navigate uneven terrain.



Cyclists are vulnerable on the road to other road users. Visibility is a key safety consideration. Shorter daylight hours and unpredictable weather mean lights and reflective gear are nonnegotiable. Cyclists should also be mindful of their routes - sticking to less busy roads or

trails can enhance safety and enjoyment.

February rides offer peaceful landscapes, fewer crowds, and the satisfaction of braving Winter conditions. Whether commuting, training, or riding for leisure, the right preparation makes cycling in February a challenging but rewarding adventure.

For all your cycling needs, with the excellence that is Wilsons Wheels, you know when you buy your bike or accessories from them you are in safe hands, they are there to help.







 Adult Bikes
 Children's Bikes
 Electric Bikes Clothing for all cycling weather
 Parts and accessories

> 89a Grovehill Road, Beverley, East Yorkshire HU17 0EJ NOW OPEN: Monday - Saturday 9am - 5pm Sunday: CLOSED - Out riding our bikes



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

> All films shown at Parkway Cinema

Sign up in February and enjoy a FREE bonus film on the 10th July

'Alcarràs' a Spanish family drama set in the beautiful Catalonian countryside.

www.beverleyfilmsociety.org.uk

Welcome to

SPORTS ABILITY

Sportsability Yoga & Pilates Studio is a welcoming, unique, private studio, specialising in Yoga, Pilates, Balance & Aqua Fit

Sportsability Swim School offers swimming lessons in a private pool for children, of all ages and abilities, including special educational needs and disabilites







SPORTS ABILITY



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THEO APPOINTED HEAD PRO AT Beverley & East Riding Golf Clue

Theo Blake is a local lad who attended Beverley Grammar School, and having completed his GCSEs took the opportunity during the long Summer to try something new and "have a go at Golf". Theo was hooked.

His passion and desire led him to represent East Riding at U18 level and turn pro when he was just 20.

Theo commented, "I have worked at Beverley Golf Club since I was 16 and I am delighted to have the position of Head Professional after 8 years at the Club. It has been a pleasure to work and develop under the supervision of Paul Gibson, I wish him well in his new venture".

Theo went on to say, "Working as the Assistant Professional under Paul Gibson I had the opportunity to learn about all aspects of the job from retail and customer service to coaching. Paul presented me with a key role in developing the junior section, going into multiple schools and offering children the chance to give golf a go. Paul has been influential in building my confidence, and now I feel I can put all my experience to good use, continue pushing our great golf club forward, I look forward to the challenges ahead".

Theo is keen to point out to any golfer, or potential golfer, not to be shy and give it a go! Give it your best shot, learn the basics, you will be surprised how addicting the game can be. Theo said, "It is a game unlike any other, it is a sport that multiple

generations can enjoy and compete together. The handicap system means everyone is on a level playing field no matter your ability.

"I strongly believe Beverley & East Riding Golf Club is the perfect place to be. With a unique course, a stunning setting and fantastic view of Beverley, a very friendly atmosphere there is really no better place to play and learn golf".

Beverley and East Riding Golf Club have reaped the rewards hiring a local person and promoting them to a full-time golf pro, it brings numerous benefits. Theo understands the community, culture, and course dynamics, enabling better connections with members and guests. Over the years, he has developed skills, gained experience, and built relationships crucial to his role as a fulltime pro.

Theo commented, "I would like to thank Hodgson's Sealants, who are a Beverley based company, who have provided me financial support and will continue to do so this year with my competition entry fees".

If you are interested about "Getting into Golf", give Theo a call.

Beverley & East Riding Golf Club, HU17 8RG. Tel: 01482 868757, 07791 904100. Email: theo@beverley.golf



T C Patisserie Valentines 3 course reheat at home menu £30.00 pp Friday 14th or Saturday 15th February 2025



Minestrone Soup served with a bread roll



King prawn crepe

King prawns, onion & mushroom in bechamel, wrapped in a crepe parcel. Served with a seafood sauce

Pan fried Duck breast Served with a mixed red fruit sauce

Salmon and spinach roulade Served with a lemon and chive cream

Main courses served with a selection of vegetables and gratin dauphinoise potato



******** Passion fruit Cheesecake



White Chocolate Cup A teacup made of white chocolate, filled with raspberry cream and fresh raspberries.

To pre order please call us on 01482 860884 with your menu choices. Collection from our shop between 10 am - 4 pm. Full reheating instructions included.

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, desse<mark>rt</mark> tables or full 3 course meals

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



10 Lairgate, Beverley, HU17 8EE Tel: 01482 860884



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

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.

Monday 3rd February Beverley Flower Show

Beverley Baptist Church, The Armstrong Centre. 7.30pm. Taster Evening £5. For more information facebook.com/beverleyflowerclub. Email: Beverleyflowerclub@gmail.com

Saturday 8th February

Deep Six Blues

Deep Six Blues are following their UK Top 20 Blues album 'The Devil's Hand' with a string of intimate close up and personal shows in beautiful venues. East Riding Theatre. Doors Open 7.10pm. Show Starts 7.30pm. Ticket Price: £20.00 Standard.

Shout Out To The 60s

Beverley Memorial Hall - Tickets £18 from Beverley Tourist Office.

Sunday 9th - Sunday 16th February Stage4Beverley Winter Festival

BY LUXMURALIS

The Stage4Beverley Festival will be hosted

across six venues: East Riding Theatre, Parkway Cinema Theatre, Monks Walk Inn, Memorial Hall, Toll Gavel Church & Cafe Wild, bringing a celebration of music to the town to appeal to all tastes and ages.

Tuesday 18th February Beverley Anglo-French Society

The Beverley Anglo-French Society gives you the opportunity to learn more about France, its language and culture. It is French film night at the Beverley Anglo-French Society. Next meeting: 18 Février 2025. Film: On Connaît la Chanson (Same Old Song). Venue: The C Club, Wylies Rd, Beverley. 7.30pm. Non members £3. For more information and contact details please visit: www.beverleyanglofrenchsociety.org.uk

Thursday 20th February The Ultimate Bubble Show

February

Join Ray, International Bubbleologist and Guinness World Record Holder, in his quest to make the ultimate bubble. East Riding Theatre. Show Starts 2pm. Ticket Price: £14.00 Standard. £10 Concession (Under 16).

Thursday 20th & Friday 21st February Photo Finish - An Exhibition Of Photographs Celebrating Beverley Race Course

10am to 4pm. This exhibition concentrates on three aspects of life at a racecourse including the course itself and the staff (mainly temporary) who make things happen and the events which are additional to the races such as weddings and fairs: the runners and riders without whom there would be no point and last, but not least, the booted and suited aficionados who come along to have a fun time. Paddock Bar at Beverley Race Course.

Friday 21st February

FUN! with Barbara Nice Join ordinary housewife extraordinaire Barbara Nice for a laugh-out-loud joyful get-together. East Riding Theatre. Doors Open 7.10pm. Show Starts 7.30pm. Ticket Price: £17.00 Standard.

Sunday 23rd February East Riding Stages Rally

Competitors will start from the beautiful market town of Beverley, before tackling the fast stages through the Yorkshire countryside. Once again there will be a Superspecial Stage on Beverley Westwood, just ten minutes walk from the FanZone in Saturday Market. 9am - 5.30pm.

Friday 28th February Nine Below Zero

Nine Below Zero are an English rock band who have a cult following throughout Europe. They became popular during the period 1980- 1982 and are still performing currently throughout the UK, Scandinavia and Europe. East Riding Theatre. Show Starts 7.30pm. Ticket Price: £27.00 Standard.

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.

Saturday 8th March

Hannay Stands Fast

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

WHAT IS IT ANSWER

It was the top of a Champagne bottle.



WHERE IN BEVERLEY ANSWER

It was the the ERYC Wall on Champney Road



FIND THE DUCKS ANSWER You should have found those ducks on the Halmshaw advert on Page 23.





FLIPPING 'ECK! IT'S THE BIG Beverley Pancake Race -Sunday 2nd March 2025 12PM

Restaurants, cafes, shops, businesses and groups - it's time to get a team together! Assemble a team of four willing pancake tossers, get sponsors or just run for fun and enter the relay race over an 80-metre course designed to encourage a sensible mix of skill and speed.

Fancy dress is encouraged, however non-slip training shoes are required. Frying pans and pancakes will be supplied. The event is supported by Beverley Town Council and organised by The Rotary Club of Beverley and is aimed at bringing townsfolk and businesses together to celebrate an old custom of the town for some Winter cheer.

Teams are encouraged to obtain sponsorship to raise money for their own good causes and the Rotary Club will be having a bucket collection for their own registered charitable trust, but the emphasis is on fun. Entry forms



Rotary BEVERLEY

for the team event can be obtained from the Beverley Tourist Information Centre in Champney Treasure House (see below for opening times), downloading from: **www.beverley.gov.uk/pancakes**

The final date for entries is 23rd February and they will be accepted on a strictly first come, first served basis.

Tourist Information: Monday -Thursday 09:30 - 17:00, Friday 09:30 - 16:00, Saturday 09:00 - 16:00.

WINTER MUSIC FESTIVAL 9-16TH FEBRUARY 2025

February sees the return of the Stage4Beverley Winter music festival which has become a major event in the town's calendar, bringing music, comedy, the spoken word and for the first time dance (Northern Soul) to venues around the town.

Workshops, the Horizon Stage for young emerging musicians, a special concert featuring local Ukrainian musicians and singers, and finishing off the weekend evenings with a Late Night Festival Club, all provide more informal events at prices that everyone can afford.

Venues for the festival include the East Riding Theatre, the Parkway Cinema, Toll Gavel United Church, The Memorial Hall, Monk's Walk Inn and Wild Organic Eatery. With events now selling out it is advisable to book tickets now to avoid disappointment.

Box Office: www.stage4beverley.com or 01482 874050.



BEVERLEY AC - RUNNING INTO 2025!

Unfortunately the recent spate of cold and windy weather saw many events cancelled or postponed, it is good to see many members keeping busy and active.



The regular Tuesday evening El Torchio headlight torch runs

around Beverley Westwood see a regular turnout of members as they run around the Westwood, as well as the regular Club runs around Beverley on Wednesday evenings, the speed training sessions on Thursday evenings and the strength and conditioning sessions on Monday evenings at Beverley Leisure Centre.

Beverley AC looks forward to the Club's calendar:

To help everyone with their health and fitness-related New Year's resolutions, the Club starts its 8th Couch25k programme on 24th February. This popular running programme takes people from being non-runners to completing their first 5kms event in 12 weeks of training and will culminate in a graduation run at Beverley Westwood Parkrun on 10th May.

The cost of taking part in this programme is £15, which includes a T-shirt and discounted membership to Beverley AC for the year. Details on how to register and further information is available on the Club's website.

Important 2025 dates for your diaries:

The iconic Pittaway Beverley 10k race and Westwood Mortgage Advisors short race take place on Sunday 11th May whilst the Viking Pest Control Walkington 10k race and Westwood Mortgage Advisors fun run will take place on Friday 11th July.

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

FALL FOR A CAUSE

Did you know that St. Valentine was the patron saint of love, beekeepers and... epilepsy?

That's right; the man responsible for giant teddy bears and edible underwear was also a champion for brain health!

He can be found in numerous paintings helping those with "the falling sickness", as it was known in ancient times.

This Valentine's Day we're falling for Gemini Chocolate's Rebecca Walker-Roberts, whose epilepsy is close to her heart.

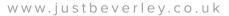


Diagnosed at 19, Rebecca wants the world to know the struggles of the condition: from medication shortages to trouble driving, and the misconceptions around what an epileptic fit can look like.

This February, in the name of charity, Rebecca and her colleagues will be fundraising by participating in various challenges, serving up a limited edition Purple Latte, and having a raffle at the Gemini cafe on North Bar Within.

Head on down from Tuesday 11th - Saturday 15th and contribute to this worthy cause!

To find out more information visit: https://epilepsysociety.org.uk/





TICKETS ARE NOW ON SALE FOR OUR "WORLD PREMIERE" SPRING PRODUCTION

THE ONE GOOD THIS or "Are Ya Patrick Swayze?"

WRITTEN BY JOE BRAVACO Directed by Richard Avery



"Non-local Winner of the New Works Festival 2025" Long Beach Playhouse, California "International Playwriting Competition Winner 2024" Stables Theatre, Hastings

"PlayLab Finalist 2024" East Riding Theatre, Beverley

Two Irish brothers living in Southern Ireland, dealing with love, forgiveness, and the afterlife, discover that the eternal exists in their fraternal bond... But Heaven isn't always what you'd expect!

Gabriel Winter

Declan Sammon

Thursday 24th April - Saturday 10th May 2025 Show Starts 7.30pm & Selected Matinees Including Relaxed Performance



BOX OFFICE TELEPHONE 01482 874050 ONLINE TICKETS & INFO www.eastridingtheatre.co.uk East Riding Theatre, 10 Lord Roberts Road, Beverley, HU17 9BE