

FREE

**ISSUE 141
OCTOBER**

just BEVERLEY

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RM JOINERY
KITCHENS & BEDROOMS

RM JOINERY **REFLECT ON 18 YEARS IN BUSINESS**

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

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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.

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On Sunday 25th October the clocks go back one hour at 2am. This marks the end of British Summer Time (BST) and a return to Greenwich Mean Time (GMT), so we can all look forward to an extra hour either in bed or to enjoy the autumn colours, the fresh mornings and early nights. Mornings will be brighter, but evenings will get dark earlier.

The nights start to draw in and temperatures start feeling cooler. Astronomical autumn is based on the Earth's axis and orbit around the sun, beginning at the autumn equinox. This year in the Northern Hemisphere, the equinox fell on 23rd September 2026 and the season runs until the winter solstice ending 21st December 2026.

At this time of the year people have wardrobe changes, so it is time to start to layer up, and make the most of the crisp fresh air and look forward to Halloween and the spooky season ahead!

As a reminder, if you get up early and cycle to work, school or recreation cycle, remember to check your lights, layer up, stay bright, be seen and be safe.

So whatever you do, stay safe, relax and enjoy our publication.

Have a great October and keep the photos and stories coming in.

Julian.



GET IN TOUCH WITH US:

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ROTARY CLUB OF BEVERLEY - HELPING MAKE A DIFFERENCE

Proms in the Pub

September 12th 2026 and Ferguson Fawsitt, Walkington was the place to be.

Members and friends joined 8.3 million others streaming the event and 10.2 million watching on TV, by holding a live screening of the prestigious 'LAST NIGHT OF THE PROMS' from The Royal Albert Hall, meeting together for a red, white and blue themed night of classical music and patriotic songs.

Union and Romanian flags adorned the hall acknowledging that the proceeds of this event were supporting the cultural visit to Beverley next year by members of our twin Rotary club in Romania.

We were enthralled by the British Symphony Orchestra and the tartan clad Tenor Nicky Spence, with his awe inspiring Nessun Dorma, Rule Britannia and a hysterically funny medley of Scottish classics, including 'The Bonnie Banks O' Loch Lomond' and 'Donald Where's Your Trousers?'

There was something for all music tastes from world renowned pianist Yuja Wang to Sheridan Smith's moving tribute to the late Dolly Parton and excerpts from 'Guys and Dolls' and Holst's 'The Planets'.

The traditional finish wrapped the evening up with patriotic songs... and yes... we too sang along, rowdily waving flags, jumping up and down to sea shanties, the laying of a laurel wreath around our own bust of Henry Wood and what's more... you don't get pie and peas in the Royal Albert Hall, do you?

Date for your diary... Saturday 11th September 2027... Centenary of the Proms and Beverley Rotary's own centenary, so 'Proms in the Pub' will return, come and join us!

Culinary fun with the 'Tickton Tarts'

The club is fortunate in having two former Home Economics teachers as members who regularly entertain us with food related talks, often with audience participation.

Julie Booker and Yvonne Johnson, as the 'Tickton Tarts', give amusing and informative talks to meetings of WI and similar groups. At the club's meeting on 9th September members were a test bed for their latest offering, the story of Bettys Tea Rooms, before they take it out on the road.

Everyone thoroughly enjoyed their presentation which, without too many spoilers, traces the life story of young Swiss chocolatier Fritz Bützer, who inadvertently finds his way to Yorkshire.

Changing his name to Frederick Belmont, he eventually opens his first Bettys Café Tea Rooms in Harrogate, paving the way for the famous Yorkshire institution Bettys is today.

Julie and Yvonne are available for bookings and may be contacted via the club.

Wrap Up Charity

Wrap Up is a seasonal charity campaign that collects unwanted winter coats and redistributes them to vulnerable people in the community.



Its sole aim is to provide coats, that go directly to people across the UK, who struggle to keep warm during the winter months. The club will be running the campaign throughout October and November and is asking the public to donate their unwanted clean, warm coats in good, wearable condition for men, women, and children.

We ask that only coats are donated rather than general clothing so our volunteers can process and deliver them quickly before winter sets in.

Collection boxes for donations will be available from 1st October at Tesco and Morrisons Supermarkets, Beverley Travel in Flemingate and Forthman Barbers, Windmill Walk.

If you are interested in joining Rotary or would like more information, please go to our website at <https://tinyurl.com/RCBeverley> for a contact form, or scan this QR code.



THE WEDDING MURDER MYSTERY

The Quirky Murder Crew are bringing you a Halloween special at The Ferguson Fawsitt! Saturday 31st October, 7:30pm, The Ferguson Fawsitt, Walkington. £39.95 per person - includes a two-course meal. Come dressed in your Halloween best and get ready for an evening of mystery, murder and mayhem... To book tickets and pre-order food: 01482 526317.



MAINS TO DIE FOR

The Smoking Gun (GF)
Chicken supreme with dauphinoise potato, tender stem broccoli served with a white wine and cream sauce.

The Perfect Alibi (GF)
Fried salmon with crushed new potatoes, asparagus and lemon and dill butter sauce.

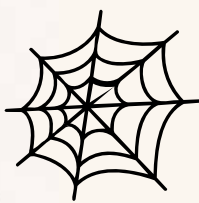
The Open and Shut Case (GF & Vegan)
Wild mushroom and truffle risotto with parmesan crisp and toasted pumpkin seeds

POISONOUS PUDDINGS

Death by Chocolate (Vegan & GF on request)
Warm chocolate fudge brownie with salted caramel sauce, vanilla bean ice-cream and brandy snap tuiles.

A Spoonful of Suspicion (GF)
Baileys creme Brulee with homemade shortbread and winter berries

The Evidence Board
A selection of 3 Yorkshire cheeses, (Yorkshire blue, vintage cheddar, wensleydale) bracken hill arison thyme with grapes, celery, apricots and crackers



THE WEDDING

HALLOWEEN SPECIAL

Murder Mystery

SATURDAY 31 OCT @ 7:30PM
THE FERGUSON FAWSITT,
WALKINGTON
TICKETS £39.95
INCLUDES TWO-COURSE MEAL

TO BOOK TICKETS AND
PRE-ORDER FOOD, PLEASE CALL
~ 01482 526317

ADULT THEMES
COME DRESSED IN YOUR
HALLOWEEN BEST




TURNING A BAD DEAL INTO BETTER ADVICE

I got the wrong advice from an energy broker. That's exactly why I set up Link Utility Consultants - too many local businesses are unknowingly trusting the wrong people with their energy costs.

With prices rising yet again, here's what every business can actually do about it:

1. Meter reads.

Submitting regular meter reads ensures you're on track, not over paying, or worse underpaying which will result in an unexpected bill in the future.

2. Check your kVA.

This is the electrical capacity reserved for your site - many businesses pay for far more than they'll ever use, and turning it down can save thousands a year.

3. Look at Voltage Management.

Most UK sites are supplied with more voltage than their equipment needs. We have equipment that brings that down to the right level, cutting electricity bills by up to 20%, reducing CO2 and prolonging the life of your equipment.

4. Get a free bill review.

We regularly find VAT and Climate Change Levy charged at the wrong rate - an easy win, at no cost.

5. Let us take a look.

We offer a Free review for **Just Beverley** readers.

Tel: 07895 113519

Web: www.linkutility.co.uk

Email: Matt@linkutility.co.uk



JOCK'S LODGE IMPROVEMENT SCHEME IN BEVERLEY IS OPEN

It is a major milestone as the £86.9m highway scheme, two and a half years in construction, an East Riding highway improvement project, is now fully open to the public.

The £86.9m A164 and Jock's Lodge Improvement Scheme, just outside Beverley, has been the largest development ever carried out by East Riding of Yorkshire Council and was designed to transform one of area's most congested road junctions for the benefit of drivers and the local economy. The Department for Transport awarded £40.7m to the project, with the council investing £46.2million.

Work began on the mammoth scheme in January 2024 involving two of the area's busiest roads - the A164 Hull to Beverley and the A1079 Hull to York roads. Since that time, motorists eagerly watched the creation of a new dual carriageway on the A164 between Beverley and Skidby roundabout, the erection of a new road bridge at Bentley to carry traffic over a new link road, and the building of a roundabout on the A1079.



Working on behalf of the council, contractor GRAHAM has shaped the new landscape by moving more than 660,000 tonnes of earth to carve out along the 4km length of the project.

SUNDAY 25TH OCTOBER - THE CLOCKS GO BACK

On Sunday 25th October it is the end of British Summer Time, when at 2am the clocks go back one hour and we return to Greenwich Mean Time (GMT).

It means an extra hour in bed for many of us, but it also signals noticeably shorter days and darker evenings.

For motorists, cyclists and pedestrians, the change is a useful reminder to take extra care as journeys home may now be made in darkness.



Check your car lights, make sure bicycles have working front and rear lights, and wear bright or reflective clothing when out and about.

At home, the darker evenings are also a good opportunity to check outdoor lighting, security and pathways.

BEVERLEY LADY COMPETES IN MISS ENGLAND

Katie Dulson from Beverley is preparing for a bright future ahead and raising money for charity along the way. She will be competing in the Miss England semi final which will be held on Sunday 11th October, at Melton Theatre, Leicestershire.

Katies commented, "I'm raising funds for charity, I have submitted an acting monologue and will be using preloved clothing".

"My goal is to bring more recognition to smaller towns that don't feel they have the same opportunities, to show anything is possible if you put your mind to it and keep dreaming.

"I've got a Just Giving page called Creative Arts, which is the charity I am raising funds for, they do

free performing art workshops for young people who can't afford it or are struggling with mental health".

In addition, for the talent round, Katie has submitted an acting monologue. This is based on the subject of not giving up on your dreams and not listening to people who don't support you.

To accompany this Katie has submitted a video on exploring Beverley, highlighting all the famous landmarks.

If Katie is successful the final will be in November.

Get behind Katie and support her if you are able. An attitude that inspires.

[Justgiving.com/page/katie-dulson-creativearts](https://www.justgiving.com/page/katie-dulson-creativearts)



Photography: @neilbarrettclicks from Pocklington

18 YEARS OF RM JO

Eighteen years in business is a fantastic milestone and a great opportunity to celebrate how far RM Joinery has come. What began as a small, one-man operation has steadily grown into an experienced team, built on craftsmanship, reliability and customer recommendations.

Over the years, RM Joinery has developed its skills and services, creating bespoke kitchens, bathrooms, media walls, fitted furniture and individual solutions designed around each customer's needs. Combining traditional joinery expertise with modern techniques and state-of-the-art features, the team continues to evolve.

After 18 successful years, the future looks just as exciting, with quality craftsmanship remaining at the heart of everything they do.

From a one-man company to a bespoke joinery team



Every successful business has a story, and for RM Joinery it began with little more than a van, a large toolbox and one person with a passion for craftsmanship.

Rich Mackay, founder and MD commented, "I started my working career in joinery in 2001 working in modular buildings and park home lodges. RM Joinery started in July 2008, initially delivering general domestic joinery, fitting trade



kitchens and bedrooms working from my fully equipped van. In 2019 we took on premises and started manufacturing our own furniture, with quite a quick expansion into an additional workshop building and a showroom."

What started as a one-man operation has grown into an established team, Rich the Managing Director, Jamie the General Manager, Chris and Adrian run the workshop and produce everything ready for the fitters. Clive and Alan make up 2 fitting teams.

RM Joinery combine traditional joinery skills with modern techniques, innovative ideas and an eye for detail. The journey demonstrates how dedication, quality workmanship and listening to customers can turn a small venture into a thriving business.



Today, the company delivers a wide range of bespoke solutions, creating spaces that are designed around the individual needs and lifestyles of its customers. From beautifully fitted kitchens and practical, stylish bathrooms to impressive media walls, every project is approached with the same attention to detail.

The team can take an idea from an initial concept through to completion, helping customers make the most of their available space while ensuring the finished result looks and feels unique. Bespoke furniture, clever storage and carefully



considered finishes can transform an ordinary room into something genuinely special.

Technology has also become an important part of RM Joinery. State-of-the-art features can be incorporated into projects, including integrated lighting, smart storage solutions, hidden wiring, contemporary materials and technology designed to make everyday living easier.

Jamie added, "So from the 1st enquiry we make an appointment to do a home visit where we will have a brief chat about the customers requirements. We will measure the entire room and then go away and build the room in the design software and design the furniture in it. We will then email a floor plan and elevation rendered drawings to the customer."



Rich continued, "We invite the customers to the showroom for refreshments and a presentation to choose final finishes and make any final amendments in order for us to price everything up. Once the customer accepts the quote we will then produce a production drawing that will go through to the workshop to be manufactured with install dates agreed. The fitting teams will then fit on the dates that are booked in the diary".

Despite the growth of the business, the foundations remain the same: quality, craftsmanship and personal service. The

INERY EXCELLENCE

knowledge and experience developed over the years is now shared across the team, allowing the company to take on larger and more ambitious projects without losing the personal approach that helped establish its reputation. RM Joinery also create media walls, home bars, office furniture, studies, bathrooms and project manage all of their jobs from start to finish, taking care of building work, plumbing, electrics, plastering, tiling, flooring and decorating. Check out the 5* rating from 89 Google reviews.



From a humble beginning, this is a story of growth built on hard work and craftsmanship.

With bespoke kitchens, bathrooms, media walls and innovative solutions, the company continues to combine traditional skills with modern living - creating spaces that are built not just to look good, but to be enjoyed for years to come.



After 18 successful years, the future looks just as exciting, with quality craftsmanship remaining at the heart of everything RM Joinery delivers.

RM JOINERY KITCHENS & BEDROOMS

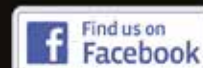
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EVERY THURSDAY

(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 October -

Pressure (£6)

Starring: Andrew Scott, Brendan Fraser, Kerry Condon, Chris Messina, Damian Lewis.

Practical Magic 2 (£6)

Starring: Sandra Bullock, Nicole Kidman, Joey King, Lee Pace, Maisie Williams.

De Gaulle: Part 2 - Liberte (£6)

Starring: Simon Abkarian, Niels Schneider, Thierry Lhermitte, Karim Leklou.

Thursday 8th October -

De Gaulle: Part 2 - Liberte (£6)

Starring: Simon Abkarian, Niels Schneider, Thierry Lhermitte, Karim Leklou.

Heart of the Beast (£6)

Starring: Brad Pitt, J. K. Simmons.

Sense and Sensibility (£6)

Starring: Daisy Edgar-Jones, Esmé Creed-Miles, Caitríona Balfe, Frank Dillane.

Thursday 15th October -

Heart of the Beast (£6)

Starring: Brad Pitt, J. K. Simmons.

Sense and Sensibility (£6)

Starring: Daisy Edgar-Jones, Esmé Creed-Miles, Caitríona Balfe, Frank Dillane.

Digger (£6)

Starring: Tom Cruise, Sandra Hüller, John Goodman, Jesse Plemons.

Thursday 22nd October -

Digger (£6)

Starring: Tom Cruise, Sandra Hüller, John Goodman, Jesse Plemons.

Verity (£6)

Starring: Anne Hathaway, Dakota Johnson.

The Uprising (£6)

Starring: Andrew Garfield, Jamie Bell, Stephen Dillane, Tom Hollander.

Thursday 29th October -

Verity (£6)

Starring: Anne Hathaway, Dakota Johnson.

The Uprising (£6)

Starring: Andrew Garfield, Jamie Bell, Stephen Dillane, Tom Hollander.

The Social Reckoning (£6)

Starring: Mikey Madison, Jeremy Allen White, Wunmi Mosaku, Betty Gilpin.

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



Verity

From 2nd October

Starring: Anne Hathaway, Dakota Johnson, Josh Hartnett, Ismael Cruz Cordova.



Digger

From 2nd October

Starring: Tom Cruise, Sandra Hüller, John Goodman, Jesse Plemons.



The Social Reckoning

From 9th October

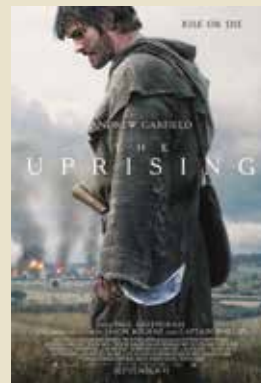
Starring: Jeremy Strong, Jeremy Allen White, Mikey Madison, Bill Burr.



Other Mommy

From 9th October

Starring: Jessica Chastain, Jay Duplass, Arabella Olivia Clark, Dichen Lachman.



The Uprising

From 9th October

Starring: Andrew Garfield, Jamie Bell, Stephen Dillane, Tom Hollander.



Forgotten Island

From 16th October

Starring: Liza Soberano, Dave Franco, H.E.R., Lea Salonga, Manny Jacinto.



Street Fighter

From 16th October

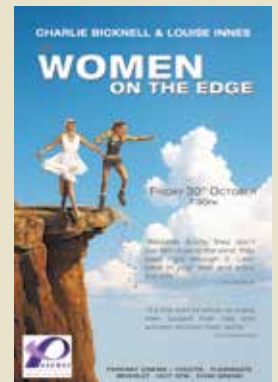
Starring: Noah Centineo, Andrew Koji, Callina Liang, Roman Reigns, David Dastmalchian.



Clayface

From 23rd October

Starring: Tom Rhys Harries, Naomi Ackie, Max Minghella, Eddie Marsan, David Dencik.



Women on the Edge

LIVE ON STAGE

Friday 30th October

Starring: Charlie Bicknell and Louise Innes.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS AUTUMN

VERITY

Adapted from Colleen Hoover's best-selling novel, this seductive, psychological thriller follows renowned author Verity Crawford (Anne Hathaway) and Lowen Ashleigh (Dakota Johnson), a struggling writer who relocates to the remote Crawford estate to ghostwrite for Verity.

From 2nd October.



DIGGER

The most powerful man in the world embarks on a frantic mission to prove he is humanity's saviour before the disaster he's unleashed destroys everything. An unrecognisable Tom Cruise is Oscar-tipped as a monstrous oil boss - and that's just one reason to watch Digger.

From 2nd October.



THE SOCIAL RECKONING

A companion piece to the hit film The Social Network, the film is inspired by the true story of how Frances Haugen (Madison), a young Facebook engineer, enlists the help of Jeff Horwitz (White), a Wall Street Journal reporter, to go on a dangerous journey that ends up blowing the whistle on the social network's most guarded secrets.

From 9th October.



STREET FIGHTER

Estranged street fighters Ryu and Ken Masters get thrown back into combat when the mysterious Chun-Li recruits them for the next World Warrior Tournament - a brutal clash of fists, fate and fury. However, behind the battle royale lies a deadly conspiracy that forces them to face off against each other and the demons from their past.

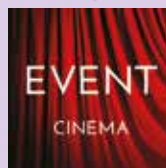
From 16th October.



WOMEN ON THE EDGE

Charlie Bicknell and Louise Innes take on life, maturity and modern madness in a show which doesn't just sail close to the wind, but blasts right through it. A kaleidoscope of songs peppered with irreverent radio broadcast detours, inevitable surprises and is accompanied by pianist David Harrod featuring Solomon Bain. Lean way back in your seat and enjoy the ride.

Friday 30th October.



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 3rd October, 6pm &
Tuesday 23rd February 2027, 6.45pm -**

The MET: Così fan tutte

Phelim McDermott's colorful and inventive staging, inspired by Coney Island in the 1950s.

Saturday 17th October, 6pm -

The MET: Macbeth

Two of opera's most extraordinary artists return to The Met.

Tuesday 27th October, 7.15pm -

RBO: Manon

In the seedy underbelly of 18th-century Paris, money is king.

Thursday 5th November, 7pm -

Golden Boy

Josh O'Connor leads the cast in this searing revival of Clifford Odets' knockout American classic.

Tuesday 10th November, 7pm -

RBO: Carmen

The fiercely independent Carmen attracts the attention of Don José.

Tuesday 1st December, 7.15pm -

RBO: The Nutcracker 2026

Clara meets the mysterious magician Drosselmeyer.

Saturday 5th December, 5pm -

The MET: Samson et Dalila

Saint-Saëns's spectacular take on the biblical hero of legendary strength.

Sunday 6th December, 1pm -

Andre Rieu's 2026 Christmas Concert: Let It Snow

Andre Rieu and his Johann Strauss Orchestra return with a brand-new Christmas concert.

Tuesday 26th January 2027, 6pm -

The MET: La Fanciulla del West

Soprano Sondra Radvanovsky makes her role debut as Minnie.

Wednesday 3rd February 2027, 4.45pm -

RBO: Götterdämmerung

Deception leads to treachery, then devastation, when Siegfried is tricked into betraying Brünnhilde.

BEVERLEY BUILDING SOCIETY FOLLOWS UK SAVINGS WEEK WITH A NEW CASH ISA OPTION FOR SAVERS

Following another successful UK Savings Week, Beverley Building Society is encouraging people to continue building positive savings habits and making their money work harder for them.

The annual UK Savings Week campaign, led by the Building Societies Association, aims to help people improve their financial resilience through greater awareness, education, and engagement with saving. Throughout the final week of September, the Beverley's Savings team joined organisations across the UK in delivering a range of fun and educational activities designed to inspire customers to think positively about saving.

As part of its ongoing commitment to helping members achieve their financial goals, the Society has also recently launched a new 180 Day Notice Cash ISA, available exclusively online.

Developed with customer feedback in mind, the account provides another option for eligible savers who want to use their ISA allowance and are comfortable giving notice before accessing their money. Interest is paid annually.

Customers must normally give 180 days' calendar notice to withdraw or transfer money or close the account. Earlier access is available, but an early-access charge will apply in accordance with the account terms and conditions.

The launch is the latest development following the Society's investment in a new digital savings platform, which has been introduced to enhance the customer experience and provide greater flexibility for those who prefer to manage their savings online.

However, while embracing modern technology, the Society remains committed to its traditional values and personal approach to customer service. A wide range of savings products continue to be available both online and in branch, allowing customers to choose how they manage their money.

Celebrating its 160th anniversary this year, Beverley Building Society remains proud of its longstanding place at the heart of the local community. Open six days a week, the branch continues to offer its popular savings passbook, alongside the opportunity to speak directly with knowledgeable members of staff for face-to-face support and guidance.

Ultimately, the Society's aim is to give customers more choice, combining modern digital convenience with the personal service that has defined Beverley Building Society for generations.

Kat Kitson, Chief Customer Officer at Beverley Building Society, said: "UK Savings Week is a fantastic opportunity to encourage conversations about saving and financial wellbeing. We know that everyone's saving goals are different, which is why we're committed to offering a range of options that provide both flexibility and value. Our new 180 Day Notice Cash ISA reflects feedback from our members and forms part of our ongoing investment in improving



*the customer experience, while continuing to deliver the personal service and trusted support that our customers tell us they value most."*¹

Source: ¹ <https://smartmoneypeople.com/beverley-building-society-reviews/product/savings-account>

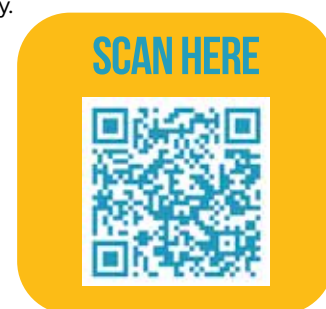
The 180 Day Notice Cash ISA is available online only and is subject to availability. You must normally give 180 days' notice to withdraw or transfer money or close the account. Earlier access is available, but a charge will apply.

Tax treatment depends on individual circumstances and may change. Terms and conditions apply.

Visit beverleybs.co.uk for the current interest rate and full product details.

Scan the QR code to apply for our 180 Day Notice Cash ISA.

**01482 881510
savings@beverleybs.co.uk**



Beverley Building Society is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered Number 206064.



WHATEVER THE SEASON, SSAFA IS THERE

For veterans, serving personnel, and their families, life's challenges do not follow a calendar. They arrive without warning and in every season. That is why SSAFA is here all year round.

Spring & Summer: Longer days bring opportunities to reconnect with friends, with family, and with the wider community. SSAFA's volunteers help veterans take part in activities that build confidence, reduce isolation, and restore a sense of belonging after the structure of military life.

Autumn: As the nights draw in and household bills begin to rise, financial pressures can mount quickly. SSAFA can provide practical guidance and financial assistance to veterans and families facing difficulty, from emergency grants to welfare advice and help accessing the services they are entitled to.

Winter: can be the hardest season of all, particularly for older veterans living alone, struggling with heating costs, or facing the quiet that comes with shorter days. SSAFA ensures no one in our Armed Forces community faces those challenges without support.

Whatever the season, SSAFA's commitment never wavers.

Through a dedicated network of trained volunteers and professionals right here in East Yorkshire, SSAFA provides practical, financial, and emotional support with dignity, compassion, and respect for every person who has served.

Could You Help in 2026?

SSAFA East Yorkshire is always looking for compassionate volunteers to join our local team, whether as a caseworker, Branch Secretary, or in an admin support role. If you have time to give, we would love to hear from you. Get in touch with SSAFA East Yorkshire:

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

Website: ssafa.org.uk

Proudly supporting the Armed Forces community across East Yorkshire - in every season.

ssafa | the
Armed Forces
charity

2026 - Your Veterans Need You!

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

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

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



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

Tel: 01964 552 837

Email: eyorks.branch@ssafa.org.uk

Website: ssafa.org.uk



**The
Ferguson
Fawsitt**



OPENING HOURS

MON & TUES:
12:00-LATE

WED-SAT:
09:30-LATE

SUN:
12:00-LATE

What's on at the Fergie

Monday Evenings (weekly, excluding the 3rd Monday of the Month and Bank Holidays) –

Viewfinder Photographic Society – a friendly Walkington based club for photography enthusiasts of all abilities.

Saturday 31st October – The Wedding Murder Mystery

1st Wednesday of the Month – Porsche Club

1st Thursday of the Month – Bingo from 2pm

Last Thursday of the Month – Fergie Live Lounge –

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



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WHOLE OF LIFE ASSURANCE: THE QUIET SOLUTION TO THE IHT LANDSCAPE

From April 2027, most unused pension funds will be included when calculating the value of someone's estate for inheritance tax (IHT) purposes. This will push more people into the scope of this tax.

When thinking about estate planning, most people typically explore ways to pay for their IHT bill. But an often overlooked detail is the liquidity available to pay the bill on time. With probate often taking longer than the six-month deadline to pay IHT, executors may find themselves with a bill to pay but no immediate money to settle it. But there are ways to help your loved ones after you've gone, ensuring they can pay an IHT bill on time.

A whole of life assurance policy, written in trust, can ensure your family can meet part or all of the IHT payable on your estate on time. It can remove the worry of selling off assets in a hurry, or borrowing to pay the tax bill.

IHT and the cashflow crisis

Dealing with an estate after a loved one has died can feel complex and overwhelming. And there can be financial pressures too. That's because any IHT due on an estate must be paid to HM Revenue and Customs (HMRC) by the end of the sixth month after the death.

If the IHT isn't paid by this deadline, interest starts to accrue daily, at the Bank of England's base rate plus four percentage points. Experts say this problem is likely to become even more complex from April 2027. This is when pensions will form

part of someone's estate for the calculation of IHT. This change could push out the timelines even further, due to the complexity of pension calculations and transfers, causing families additional stress as they race to crystallise assets to pay the IHT bill.

Earlier this year, parliament rejected a proposal from the House of Lords to extend the IHT payment period from six to 12 months. The Lords argued that six months may not be enough time to locate multiple pension pots.

Applying and receiving grant of probate can also take longer than the six-month period within which an IHT bill is due. For some people, dealing with a loss may come with an enormous administrative burden on them. Obtaining grant of probate can sometimes take far longer than the deadline to pay IHT. When liquidity becomes a problem, the options available are rarely the most financially efficient.

Pitfalls of the IHT deadline

Your family may have to make difficult decisions about how they meet an IHT bill after you've gone. This can cause problems. When under pressure, families often look to fund their IHT liabilities by selling assets, dipping into their savings or borrowing. While doing this may solve the immediate problem, it may not be the most appropriate long-term solution. For example, being forced to sell assets, such as equity funds or shares, under pressure, can mean accepting a lower price due to poor market timing.

It's also important to remember that the sale of an asset (to pay IHT) may trigger a capital gains tax liability. Similarly, borrowing to fund an IHT bill comes with costs and risks, particularly given the uncertainty around future interest rates.

A quiet solution to help loved ones

If you know your estate will have an IHT liability, whole of life assurance is one way to help your loved ones meet the bill - and pay it before the HMRC deadline. This can remove stress and anxiety for your family at what is likely to be a difficult time.

IHT is paid at a flat rate of 40% over and above the relevant nil rate band threshold on an estate. The maximum nil rate band threshold will vary, depending on your circumstances. But for married couples and civil partnerships, where a couple passes on a main home to immediate beneficiaries, such as children or grandchildren, the total threshold can be up to £1 million.

Whole of life cover is a type of assurance protection policy which provides a guaranteed payout on death, whenever that happens. For couples a joint policy can pay out on the first or second death, whichever best suits your needs.

There are pros and cons to each type, so seeking advice can be helpful to work through your options. One of the major advantages of whole of life assurance is that policies are typically written in trust. This simple legal arrangement means the proceeds usually sit outside the policyholder's estate for IHT purposes. This means the proceeds are usually paid quickly to your loved ones following a claim. They won't need to wait for probate before accessing the money and it can be used to meet an IHT liability as



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soon as that is needed. But whole of life assurance policies are not suitable for everyone. You'll have to pay the premiums for life, which in some cases may mean a commitment lasting several decades. Cost is also an important consideration. If you are older or in poor health you may find premiums are expensive. This is because insurers price policies based on how long they expect the policyholder to live - or more importantly, how much they'll pay in premiums over their lifetime.

Part of a bigger picture

A whole of life assurance policy can form a core part of your wider estate planning. It can ease the administrative and financial burden on your loved ones after your death, particularly if your estate is large and the assets are complex and illiquid. But it is an option that needs careful consideration, looking at the relative pros and cons in your own personal circumstances. Talking to us can help clarify your options.

Many estate planning tools aim to reduce a future IHT bill. But a whole of life policy addresses a different challenge, one that should be considered when making an overall financial plan: to ensure that the money to pay the bill is available when it's needed, regardless of how illiquid an estate may be, this is why protecting the future should always be a core part of the financial planning conversation.

For more information on financial planning matters visit Navigation Wealth Management at www.navigationwm.co.uk or contact the team on **01482 379504**.

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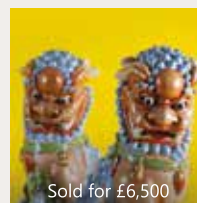
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CHERRY GROUP SHOWROOM LAUNCH DRAWS A CROWD IN BEVERLEY

More than 70 people visited Cherry Group's Beverley showroom on Friday 18th September, as the windows, doors and home improvement specialist celebrated the launch of its refurbishment with an afternoon of product demonstrations, local hospitality and plenty of conversation.

Visitors ranged from homeowners planning their next project to fellow business owners, all keen to see Cherry Group's latest ranges up close. Throughout the afternoon, the team was on hand to talk through options, answer questions and demonstrate how different products perform in real life, something that's hard to capture in a brochure or on a screen.

Chris Wilson, Managing Director of Cherry Group, said: "It was an unbelievable turnout. Having

over 70 people come along to support us means a great deal to the whole team. The showroom gives people the chance to see, touch and try the products, and that's exactly what we want: to help our customers feel confident in their choices. Thank you to everyone who came along and to everyone who helped make the day happen, including the team who worked tirelessly to get it ready in time."

Backed by leading brands

The launch was supported by Cherry Group's manufacturing partners, Origin, Comp Door and Quickslide. Working with established brands enables Cherry Group to offer customers genuine choice across a range of styles and budgets, from bi-fold and sliding doors to composite front doors and windows. Visitors also had the opportunity to see Kubu smart security sensors on display, following Cherry Group's recent appointment as a Kubu Pro Installer.

A true community effort

The event also showcased the strength of the local business community. Cherry Group was proud to be supported by members of the networking groups BNI, Beverley Referral Business Network and The Business Culture HEY, who turned out in force to show their support.

We were delighted to welcome Brown's Blinds, with their mini-showroom and



showcase of their offering, to our Leka Xi Modular Extension. Several other local businesses helped make the day special, including Andy Crozier from Insight Photography, Andrey Matos for keeping guests topped up with coffee, Elligantly Made Cakes with their branded cupcakes, Craig's Special Occasions for the show-stopping balloons, RW Decorators for support with décor, and Karen Livock of Surfhouse Interiors for her fantastic interior design support.

"It was important to us that the launch reflected who we are, a local business working with other local businesses," Chris added. "Every one of our suppliers on the day went above and beyond, and we'd recommend them all without hesitation."

Visit the showroom

With the launch now behind them, the Cherry Group team is looking forward to welcoming more visitors to the Beverley showroom. Whether you're considering new windows, a new front door, a conservatory roof upgrade, or a complete home improvement project, the team is happy to offer friendly, no-pressure advice. To find out more or arrange a visit, get in touch with Cherry Group today.

Photos: Andy Crozier from Insight Photography.



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www.cherrygroup.uk



PREPARING YOUR HOME FOR SALE AS THE SEASONS CHANGE

Jayne at Link Agency commented, "As the clocks go back and the evenings become darker, preparing your home for sale takes a little extra thought. First impressions matter, and a warm, welcoming property can make all the difference to potential buyers".



On Sunday 26th October at 2am, the clocks go back, we lose an hour of natural daylight, it is now the time to ensure the windows are clean and curtains or blinds are opened fully for viewings. Good lighting throughout the home can create a brighter, more inviting atmosphere, so replace any dim or faulty bulbs and consider lamps in darker corners.

As we move from autumn towards winter, it is also the perfect time to tackle those outside jobs. Keep paths, driveways and entrances clear of fallen leaves, tidy the garden and make sure outdoor lights are working.

Jayne added, "A clean well-maintained exterior gives buyers confidence before they even step through the door".

Indoors, think about warmth and comfort. Keep rooms pleasantly heated and add simple seasonal touches without overcrowding the space. Keep on top of your decluttering. The key to selling in the darker months - preparation, presentation and creating the right atmosphere.

If you are unsure about how best to present your property, Jayne is happy to advise and even give you a bespoke check list. As a Personal Agent, it's what she does and what sets her apart from your average high street agent.

Jayne Morgan MNAEA, Jayne at Link Agency - Personal Estate Agent.
Tel: 01482 699007
Web: www.jayneatlinkagency.co.uk

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IN THE GARDEN - CONTEMPLATING CHANGE

Walking around the garden very early in the morning is so uplifting, well it is until you see all the work that needs to be done!

But joking aside it is a positive thing to do, both the fresh air and the breaking through of the early sun gives you a good start to the day. On this particular morning when I was walking through the garden, there was a cool but gentle calming breeze. I find it's a good time, to sit down with a notebook and make plans for the coming year a positive thing to do.

Working in the garden, with nature and wildlife and the plants you have positioned over the past few years gives us inspiration especially when they have been successful and, in some cases, both increased and developed in size and shape. Always check when buying plants that you are aware of the final size that they grow to, obviously trees and shrubs take a number of years to get to this stage, but in doing so will provide the structure and image you were aiming for.

Also, another thing to note down are the aspects of which the garden faces, is there full sun or semi shade? And the final thing to note down is what is the soil pH? A simple kit can be purchased to analyse what soil type you have.

Adding new features to your existing garden might also provoke thoughts and from this adapting the planting so different areas will be able to cope with the fluctuations of the climate.

It has been an awkward summer for planting, the heat has been so intense which in turn made the soil very dry and hard and in doing so created a dilemma of when to plant. During the last month we have been fortunate to have had some rain, giving you the option to initially dig over the soil

and add manure or compost. Although again the weather has fluctuated over the last few weeks, the soil now will still be warm enough for planting.

I recently took a client to get some plants for a garden I had designed some months ago, and an hour later we managed to accumulate three large trolleys that will be planted over the next few weeks. These will then be able to establish themselves during the autumn and winter months and in the spring be able to cover the ground and hold onto the moisture if the heat returns.



A plant very suited to a woodland area and tolerant of shade is *Cyclamen hederifolium* var. *hederifolium* f. *albiflorum*. It gave me lift on the day I did my morning walk. The plant can flower between October and November, dying back below the ground level each year. Then the new growth appears, a very distinctive and attractive white flower.

It can be planted en-masse creating in effect a carpet of both colour and texture, combining the plant with ferns also heightens its image.

As you can see in the photograph it is planted with *Euphorbia amygdaloides* var. *robbiae*, which produces the most amazing display of lime green flowers in late spring. It grows in many areas, the

only problem you may find with the plant is that it spreads but you can easily remove the plants when they are not needed. Once the flowers have gone over then cut them back to base which in turn allows new flowers for the coming year. The evergreen foliage then stays throughout the year.

Do be careful however when cutting back the flowers that you wear gloves as the sap can often cause skin irritation.

Jobs in the garden

I have recently planted a lettuce called Winter Density which you can see to the left of the photograph below. To the right is Beet Bulls Blood, both are positioned in a semi shaded area and I have found that throughout the seasons they have always given me a good supply of salad crops for the house. When cutting leaves always harvest the outer ones leaving the inner leaves to develop a further crop. Keep on top of weeds, again with weather we have had growth on all levels is pushing forward.



<https://ordinarygardener.com>
Julie Dowding

IN THE PICTURE WITH JOSH

As we head further into autumn, the forecasters are predicting warmer than average weather, but if we end up with warm days and cold nights this could help create some amazing autumn colours on the trees, making places like the Westwood, Millington Woods or Allerthorpe Woods are a great place to visit this time of year.

With the darker nights, it's also an opportunity to do more night photography, from astronomical events to city scapes, fireworks and light trails.

There are lots of ways to be creative with long exposure photography. I find the key with most night photography is the foreground, so it's best to plan out some good locations, especially for



things like meteor showers or Northern Lights.

Photographing wildlife in autumn can create some great shots with the stunning autumn colours.

There are plenty of birds to see, sometimes even some rarer visitors along the East Coast and at the nature reserves.

It's a great time of year to see the red squirrels up in the Yorkshire Dales and there will be plenty of seals along the coast as well at places like Flamborough Head and Donna Nook, as they head into the breeding season.

So get out and forage around the undergrowth to find some insects to photograph.

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

Instagram: [@joshharrison.photography](https://www.instagram.com/joshharrison.photography)
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Ageing Well in Beverley Shape a Good Life

Regular communication with our residents here at Beverley Housing Charity reminds us why community matters.

Recently, a new resident told me why they had chosen to move: "We lived in a busy area of the town, but no one spoke to us, despite our best efforts. People were just too busy and at our age, we began to feel, well I suppose, invisible. But in just a few days of moving here, we feel settled, we have privacy but in equal measure now feel part of a community".

Those words capture something many people understand instinctively: ageing well is not just about where we live, but how connected, valued and supported we feel. As we approach the **International Day of Older Persons on 1 October 2026**, I have been reflecting on what a good later life means and what it should mean here in Beverley.

I am incredibly proud of the work **Beverley Housing Charity** is doing to invest in homes and services for local people. Regular readers will know about the remodelling of Charles Warton, Railway Street and Ann Routh, alongside our ambition to provide more than 50 new homes across two sites over the next three to five years.

But the older I get myself and the more conversations I have with residents and families, the more convinced I become that a good later life cannot be measured just the physical elements alone.

It is found in true purpose - friendship, independence, access to services, places to meet, opportunities to stay active and the simple but powerful feeling of belonging.

That is why we invested in community space, resources and social connections through our Morton House offices, and supported the return of **Age UK Hull & East Yorkshire** to Beverley.

We are now reaching out to hear from more Beverley residents - including people who do not currently live in, or use, our services.

As Chief Executive of a housing charity, I will of course always champion safe, comfortable and affordable homes as a priority. But I also know that ageing well depends on much more: good friendships, reliable transport, accessible services, opportunities to volunteer or work, and the chance to continue playing a valued role in community life.

I regularly see those who appear to be the healthiest with strong purpose in their life, from the 97-year-old who volunteers three or more



ing Charity ck.



Beverley: Can you Help Later Life for All

times a week to those with daily or weekly activities booked in with Community lift or the WI and U3a, others have caring responsibilities from grand children an allotment or a golf handicap to maintain.

For me, the question is both simple and deeply important: **what do we want ageing in our town to look like - not only today, but for the future?** It is a question I believe belongs to all of us, not just those already at, or approaching, retirement.

I was struck by the Centre for Ageing Better's principle of **"Action today for all our tomorrows."** It feels especially relevant here in Beverley, because the choices we make now about homes, services, transport, neighbourhoods and community life will shape how all of us experience later life, physically, mentally and socially.

That is why we are asking readers of Just Beverley to be part of this conversation. Over the coming year, we will be working with charities, the NHS, the Council, local and national funders, and community partners to explore new ideas for Beverley, while building on the things that already work well. As well as Beverley Housing Charity wishing to gain these voices, our work is also connected into the Age friendly Community work across the East Riding of Yorkshire.

Could you share your experience?

We are inviting people from across the community to come together and talk honestly about ageing in Beverley. I would like residents to register their interest in joining conversations that will help shape future discussion, priorities and action plans.

What will we discuss?

The first session will help agree the priorities. We won't be dictating the agenda; We will be actively listening, with a view to facilitating and investing in the ideas that emerge. Topics might include health, housing, transport, community activity, accessibility, age-friendly employment, volunteering, benefits and more.

What is the purpose?

Put simply, we are hoping this work will help to shape a better future for ageing well in Beverley. As an independent charity, we can bring people together to explore what works, what gets in the way, and where future investment, whether through funding, skills, partnerships or community energy could make the greatest difference.

How often will we meet?

We expect the group to meet once a month for around an hour and a half, on a regular date and time. Transport support will be available if needed,



through partners such as Beverley Community Lift.

Where will we meet?

• Beverley Housing Charity offices, Morton House, Morton Lane, Beverley.

Refreshments will be provided - including a good cuppa and cake!

Who is the lead for the group?

The group will be led by Beverley Housing Charity www.beverleyhousingcharity.org and Age UK Hull & East Yorkshire www.ageuk.org.uk/hulleastyorkshire.

What age groups are we looking for?

We would particularly like to hear from residents aged 40 and over.

Are there any other criteria for getting involved?

Participants should live within Beverley.

What if I would rather share my views another way?

In the next issue of **Just Beverley**, we will share a survey for residents about ageing in the town. It will be available to complete both online and offline, so people can take part in the way that suits them best.

Why is Beverley Housing Charity leading this work?

Beverley Housing Charity is an anchor charity in the town, with a history stretching back hundreds of years. We, as a charity, feel both proud and responsible to be part of that story. We have long provided homes and support for those in need, and we intend to be here for many years to come. Our commitment is to use our assets, our voice and our partnerships in ways that reflect Beverley's ageing population and respond to the real needs of our community. Our current work has opened up new opportunities for community investment, and we want local voices to be at the heart of what happens next.

If this matters to you, a family member or if you have experiences and ideas you would like to share, we would be delighted to hear from you:



Email: charity@beverleyhousingcharity.org

Call us: **01482 881052**

Write to us: **Andrew Barber OBE, CEO, Beverley Housing Charity, Morton House, Morton Lane, Beverley, HU17 9DD.**

Message us on Facebook:
BeverleyHousingCharity

By Andrew Barber OBE, Chief Executive, Beverley Housing Charity.



Award
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Join us for our next events

Beverley Parklands care home, Beverley

Connected in care

Thursday 29th October, 4pm - 7pm

Our panel of experienced professionals will provide practical insights into important topics, including funding care, mental capacity, Wills, and Lasting Powers of Attorney.

Chapter House care home, Beverley

Dementia Friends

Friday 30th October, 10am - 12 noon

Become a Dementia Friend and learn more about dementia with a range of community and dementia support groups on hand for guidance and advice.

**To attend please call 03301 623 783 or visit
careuk.com/hull**



Trusted to care



"Keeping in touch with my friends and family keeps me going, I love it."

Nora, care home resident



At Care UK's Beverley Parklands and Chapter House in Beverley, every resident is supported to live their life the way they choose. Our experienced teams take pride in offering quality residential, dementia and respite care.

Nora, a Care UK care home resident, shares how the team goes above and beyond to help keep her connected with loved ones.

'It keeps me going'

At Care UK, we understand how important it is to keep in contact with family and friends as we age. We're dedicated to helping residents stay connected to their community and the people they care about. For Nora, speaking to family and friends regularly is important for her wellbeing. "It just keeps me going, I love it," she says.

Every night after supper, she phones her loved ones to tell them what she's been up to and ask how everyone is. "One day I didn't have a phone, and I was completely lost!" Nora enjoys the convenience of having a phone in her room. "I remember years ago you had to go into the village to a red box to phone!" she reminisces.

'I couldn't wish for better'

Moving into a care home is a big step, so we support residents to choose how they'd like to keep in touch with their loved ones. We also keep relatives



informed through the Relish app, which is used by homes to provide an additional channel of communication. Nora, whose son uses Relish, says, "Everything like that keeps him in touch."

Celebrating special moments is another way homes encourage families to get involved. Nora recently celebrated her 100th birthday, and the care home hosted a party. "It was such a shock!" Family joined for a day of music and afternoon tea. "Everything went very well. I couldn't wish for better, really," she says.

The care home also hosted her son and daughter-in-law for a Christmas meal last year. "We had a starter and a main meal. It was all very nice, and well presented. This year, they're already fully booked!"

Trust us to care

We work hard to support residents to keep connected with their loved ones. We help families and friends to continue sharing special experiences whether that's in the home, through special trips and outings, or maximising technology so that distance is no longer an issue.

Care UK is a leading independent care home provider with some of the highest quality ratings of the UK's larger care providers, and over 40 years' experience of delivering high-quality care to older people.

For more information about Beverley Parklands and Chapter House in Beverley, call 03301 623 783 or visit careuk.com/hull

HOW DO HYPNOTHERAPY AND MINDFULNESS PUT YOU BACK IN THE DRIVING SEAT

Thought for the month... racing driver Max Verstappen once joked about stress: "Stress is very bad for you, and you're gonna die sooner if you have a lot of stress, so I'm gonna be 250 years old."



I like that. The reason I like it is the implication that stress is a choice and despite his high speed, high pressure, high-risk job, he seems to have grasped that whilst the causes of stress may be external, we can learn to make a choice about how we manage them internally. In the same way we build muscle/physical strength in the gym, we can get mental strength by practising mindfulness and meditation. Hypnotherapy can help us let go of external sources of stress such as fears or phobias (the spider I gently removed from the bedroom last night was massive... was I bothered?... not a bit!)... or eliminate stress-inducing habits such as smoking/vaping or excess alcohol.

The final September days have been warm and balmy; the autumn colours are beginning to appear everywhere with golden leaves gently floating down. With the beautiful, full Harvest Moon shining over Westwood, we have moved through the autumn equinox and into October.

As the world slows down and evenings draw in, it can be a good time to take stock of how you're feeling in life and spend some time knocking those stress-generating phobias such as spiders/daddy-long-legs/moths or reduce or completely stop habits such as smoking/vaping or drinking alcohol, ahead of the party season.

"Stoptober" is the NHS-run campaign to encourage stopping smoking for 28 days, a length of time shown to increase the success rates of quitting a habit. Of course, a hypnotherapy session can make the process much easier.

Re-setting your sleep pattern might be something that will help you reduce stress and sharpen the mind and again, is something hypnotherapy is renowned for assisting with.

Maybe your goal is to lose a few pounds before Christmas... what's the thing that could make the difference? Stopping eating crisps, chocolate or quitting snacking in general or giving up carbonated drinks or takeaways.

Build your own hypnotherapy session by including a suggestion go out for a daily walk across the Westwood, go to bed half an hour earlier and wake up at a certain time, only drinking alcohol at weekends, have a 10-minute meditation per day. Your subconscious mind is incredibly powerful and will take on the suggestions that increase your health and wellbeing and reduce those stress levels.



So, whilst you're mindfully carving your Halloween pumpkin, or savouring a gingerbread spiced latte, check in with your mind and body and notice what they are telling you. Is your mind racing or are you feeling calm? Is the body tense - neck, shoulders, backaches?

How can **mindfulness and hypnotherapy** help you to enhance the quality of your physical and mental wellbeing and even, like Max Verstappen's ambitions, increase the length of your life?

Every Monday, you can take time out for yourself with the free mindfulness session from 7.15pm to 7.45pm. 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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IAN HARRISON - THE RIGHT TOOLS FOR THE JOB

Beverley and the East Riding are looking forward to the fresh cooler weather and the run up to the festive season. At this time of the year, Ian takes stock of his tools, fixings and prepares for the handyman jobs indoors.

Ian, a professional handyman, knows that having the right tools for the job can make all the difference. From assembling furniture and putting up shelves to hanging mirrors, fixing doors or tackling those awkward household jobs, using the correct equipment helps achieve a safe, neat and professional finish.

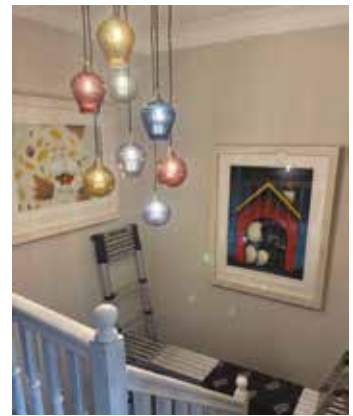
It is not just about tools, either. Choosing the correct fixings is equally important. Different walls, surfaces and materials require different screws, plugs, brackets and anchors. Getting this right helps ensure that whatever is installed remains secure and fit for purpose.

Ian commented, "Experience plays a vital role. Knowing which tool and fixing to use, understanding potential problems and planning the work properly can save valuable time and avoid unnecessary damage".

Ian continued, "Efficiency is also important, but protecting the customer's home comes first. Covering floors, protecting furniture and working carefully around existing surfaces, respecting customers' homes is as high as choosing the right equipment for the job".

A message for everyone, take a leaf out of Ian's book, remember the right tools, the right fixings, experience, efficiency and protection all work together to deliver a job that is completed properly first time.

Ian Harrison - Beverley's Handyman.
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THE ELECTRIC HEATER COMES OUT OF THE CUPBOARD...

It happens every autumn. You spend a couple of weeks refusing to put the central heating on, add another jumper, then eventually give in and dig the electric heater out of the cupboard.

But are electric heaters actually an expensive way to keep warm?

Generally, electricity isn't the cheapest way to heat a home, and anything that creates heat uses a fair amount of energy. It's the same reason your kettle, oven, tumble dryer, and electric shower are some of the more power-hungry things around the house.

However, that doesn't necessarily make a small electric heater a bad idea.

Think about the air fryer. It isn't performing some miracle that makes heat dramatically cheaper. Its advantage is that you're heating a relatively small space instead of warming an entire oven just to cook something small.

Electric heating can work on a similar principle.



If you're sitting in a reasonably well-insulated home office all day, do you really need to heat the entire house? A suitably sized electric heater with a thermostat may be perfectly sensible. Get the room comfortable, let the thermostat maintain it, keep the door shut and you're only heating the space you're actually using.

Problems start when you're effectively trying to heat the whole of East Yorkshire.

Leave doors open, have people constantly walking through, choose a heater that's too small for a large room or turn the thermostat unnecessarily high and that heater is going to spend much more time working.

There are plenty of choices too. Fan heaters, panel heaters, oil-filled radiators, infrared heaters, and storage heaters all deliver heat differently. Room size, insulation, ceiling height, how quickly you want to feel warm and whether you want permanent heating or something you can wheel out occasionally all make a difference.

And don't assume the smallest heater is automatically the cheapest option. An undersized heater running flat out for hours isn't necessarily better than appropriately sized heating that gets the room comfortable and then lets thermostatic controls take over.

For larger spaces, the answer might even be more than one heat source positioned sensibly rather than expecting one little heater in the corner to do everything.

The important bit is to heat the space you need, control the temperature, and keep the heat where you want it.

One final word of caution: electric heaters can be high-powered appliances. Be particularly careful with old extension leads, multiway adaptors and sockets that become warm during use.

Sometimes keeping warm simply costs money. The clever bit is making sure you're not paying to keep the rest of East Yorkshire warm at the same time.

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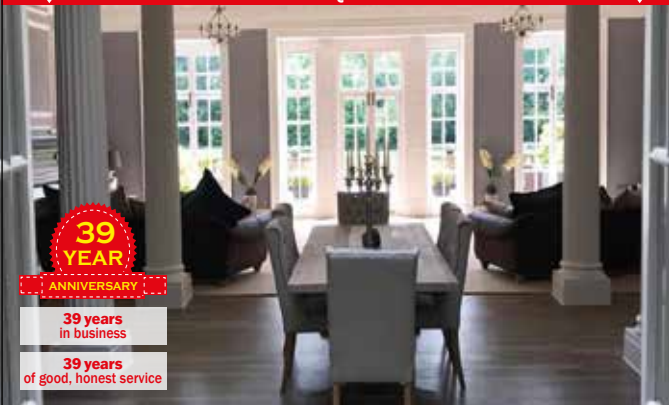
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FOX MOBILITY - MAKING A DIFFERENCE

As we look towards fresher, cooler days and nights, mobility aids, such as wheelchairs, walking frames, crutches and mobility scooters, can make a huge difference to people's lives, ensuring people get to enjoy the change in seasons rather than endure this time of year.

Anne at Fox Mobility commented, "Mobility aids provide support, independence and confidence, allowing people to move around safely and take part in everyday activities. With the right mobility aid, someone may be able to attend school or work, visit friends and family, go shopping, or enjoy hobbies that might otherwise be difficult. Gattine out and about in the Autumn is perhaps more important than those long summer days".

Mobility aids help to improve attitudes towards disability, people have more of a can do attitude, they help challenge the idea that people with disabilities are unable to be independent or active. Seeing people using mobility aids encourages greater understanding and acceptance of different needs and abilities, showing that a mobility aid is not a limitation, but a tool that helps someone live their life.

This Autumn, take a positive step forward, visit Fox Mobility. They will assist in improving your accessibility, help you to continue to get out and about and empower you to use the equipment and tools to live more freely and confidently.

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BEVERLEY & EAST RIDING GOLF CLUB: MONTHLY NEWS & UPCOMING EVENTS

Over the past month, Yorkshire's oldest inland golf club has celebrated the conclusion of its premier summer competitions alongside ongoing facility developments and national recognition.

Summer Knockout Champions

Congratulations to all the winners of this year's Summer Knockout events:

- The Rosebowl (36-Hole Scratch): Dave Jackson
- Summer Pairs: John Holmes & Tony Parkinson
- Singles: Ian Monaghan
- Foursomes: Dave Anderson & Graeme Kynman
- Deans Putter (Mixed Foursomes): Pam Woodall & Gary Evison

A special thank you to Ian Monaghan, John Seale, Carl Martinez, and Andrew Webster for volunteering their time to referee the KO Finals.

Course Feature & Video Highlight

The club was recently showcased in a YouTube video: www.youtube.com/watch?v=dyQ835vF5EQ by reviewer JonnyPlaysGolf, who praised the venue's landscape and character:

- Location & Setting: Situated on the Beverley Westwood pasture in East Yorkshire, offering scenic views of the town, historic landmarks, and the adjacent Beverley Racecourse. Jonny noted: "Beverley itself is a beautiful place... and that includes the golf course."

- Historic Landmarks: Features old windmills built directly on and around the course grounds ("One of the many mills here... You don't see that very often on the golf course").
- Course Character & Elevation: Described as a "wonderful and unique test" and a "phenomenal golf course" with "inland links-style conditions."
- Navigation & Layout: Summarised as an "unbelievably unusual, unique, and crazy but fun course" requiring strong navigational skills alongside shotmaking.

Jonny also extended a special thanks to club member Kenton Wright for hosting him, describing Kenton as a "lovely man" and a "walking encyclopedia for all things golf, terrain, everything."

Club Improvements & Sponsorship

Following a recent survey of supporters and members, the club has launched new corporate and personal sponsorship packages.

Work is also progressing on a unified new website to bring course operations, pro shop services, and clubhouse catering together under one online umbrella.

Photos: Jonnyplaysgolf.



Notable Upcoming Events & Fixtures

Members and visitors have plenty to look forward to over the coming weeks.

October marks the start of the winter season, which includes the kickoff of the Winter League Pairs competition.



There's never been a better time for women to join Beverley & ER Golf Club



Join Our Women in Golf Membership Initiative

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HISTORY FOR ALL TO SEE ON THE WESTWOOD - HOLES 13 TO 16

The history of Beverley & East Riding Golf Club is closely connected with the Beverley Westwood, an area of common pasture that has been part of the town's history for centuries.

Golf became established on Westwood in the late 19th century, providing a further sporting use for this historic landscape while respecting its traditional role as grasing land.

Over the years, both the golf club and the Westwood have evolved. The course has developed to meet changing expectations of golfers, while improvements to facilities and playing areas have helped the club continue to serve generations of members.

Westwood itself has also seen significant changes. Paths, trees, drainage and the surrounding landscape have altered over time, reflecting changing needs while retaining its character as an important green space.

The famous pasture continues to be enjoyed by walkers, runners, golfers and local residents. Often, people sit at the base of the Black Mill, "just passing the time of day".

Today, the Golf Club which is the oldest in the East Riding dating back to 1889 remains an important part of Beverley's heritage, demonstrating how sport and historic common land can exist together. Its presence adds another fascinating chapter to the continuing story of Westwood.

Following on from recent **Just Beverley** editions we continue with holes 13 to 16.

Hole 13, "Pond Hole":

Slight dog-leg right down then back up, par 4. Sometimes mistaken as an old bomb crater. This old watering hole was dug out in 1784 then lined with clay to hold water for the grazing cattle.



Although the land tends to drain rapidly due to its chalk base, the

natural contours of the Westwood allowed this watering hole to refill when the water table was high. In times of extreme rainfall, the so named



Hole 13, "Pond Hole"



Hole 13, "Pond Hole"

Newbald Valley area can become a river running off the nearby fields down the 14th then through the 13th, 7th and 4th holes into the outskirts of the town along the York Road.

Hole 14, "Plantation":

Slight dog-leg left par 4 to a statement elevated green. A magnificent course signature hole. Ahead from the tee there is an area of dense gorse. These prickly bushes were purposely



planted in abundance and used specifically to fire up the Westwood lime kilns. The Kilns were demolished in 1818.

Gorse which blooms a magnificent bright yellow is a typical feature on many links style golf courses and blends naturally into the course and remains a synonymous feature of the landscape's heritage.



Hole 14, "Plantation"

Hole 15, "Majuba Hill":

Dog-leg right par 5. Due to the similar topography, this hole was named after a historic battle during the Boer War in South Africa. The hole features a valley which then rises and plateaus out.



The Battle of Majuba Hill in 1881 was fought only 8 years



Hole 15, "Majuba Hill"

prior to the Beverley & East Riding Golf Club being founded in 1889.

The battle resulted in a most devastating defeat for the British Army. No doubt the naming of this hole was still fresh in the minds of golfers playing the then new Westwood course.

Hole 16, "The Whins":

Par 3. The whins (old Scottish name for Gorse or



Furze) were introduced to the Westwood to help fire up the old quarry pit lime kilns. It dries quickly, burns easily

and reaches extremely high temperatures and was ideal for extracting the lime from the quarried chalk.

The gorse lining the right hand side of the hole therefore creates a troublesome feature for those who play a slice shot off the tee.



Hole 16, "The Whins"

The East Yorkshire Golf Passport, allows golf societies and groups of golfers looking to experience East Yorkshire Golf courses in the most efficient and cost effective way.

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Kenton Wright



ED THOMPSON - AUTUMNAL WELLBEING

Can you feel it? The darker mornings and nights? Perhaps an extra chill in the air? Have you noticed any changes in your mood or energy? When autumn arrives, new challenges are brought to the front as it pertains to your wellbeing. This month, I will divulge into the remarkably important element of light exposure.

As the days become shorter, our exposure to natural daylight decreases. For many of us, this can mean waking up in darkness, spending more of the day indoors and returning home from work or socials after sunset.



While this may seem like a simple seasonal change, light plays a surprisingly significant role in how our bodies function. It is one of the most powerful signals for our circadian rhythm - our body's internal 24-hour clock.

This rhythm helps regulate when we feel awake and alert, when we become tired, and even influences processes such as hormone production, body temperature and sleep. Morning light, in particular, provides an important signal to our brain that it is time to wake up and start the day.

So, what happens when that light becomes harder to find? One of the simplest things we can do during the darker months is to prioritise exposure to natural daylight whenever possible. Even on overcast days which are no doubt more frequently upon us, outdoor light is still much brighter than the lighting we experience indoors.

You don't necessarily need sunshine or a long intense walk to benefit from being outside. A short morning stroll, having your breakfast near a window, or simply stepping outdoors for a few minutes can help you make the most of the available daylight. If possible, try to get outside

earlier in the day. This can be particularly helpful if you work indoors or spend much of your day away from natural light.

And remember - you don't have to wait for perfect weather. Autumnal skies may be grey, but there is still valuable natural light available. Remember the Scandinavian mantra - 'There is no such thing as bad weather, only bad choice of clothing'.

Light exposure doesn't only affect how alert we feel during the day; it also plays an important role in preparing us for sleep. As evening arrives, our bodies naturally begin transitioning towards rest. Bright light, particularly close to bedtime, can interfere with this process and make it more difficult for some people to feel sleepy.

Creating a gentle transition between daytime and bedtime can therefore be beneficial. Consider dimming the lights in your home during the evening, reducing unnecessary bright screens before bed, and keeping your bedroom as dark as is comfortable. Rather than thinking of sleep as something that begins when your head hits the pillow, think of it as a process that begins several hours beforehand.

What about your mood? For some people, the reduction in daylight during autumn and winter can be accompanied by noticeable changes in mood, motivation and energy. Seasonal changes in mood are common, although the experience varies considerably from person to person.

If you find that low mood, tiredness or a lack of motivation is becoming persistent or is significantly affecting your everyday life, it's important not to simply put it down to "the winter blues." Speaking with a GP or another appropriate healthcare professional can help you understand what you're experiencing and explore what support may be available.

Small changes can make a big difference. When it comes to wellbeing, we can sometimes feel that we need to make huge changes to see an improvement. In reality, some of the most valuable habits are remarkably simple. This autumn, why not experiment with a few small changes?

Get outside in the morning, even if only

for a short period. Make the most of daylight by opening curtains and blinds as soon as you wake. Take a lunchtime walk where possible, particularly if you spend most of your day indoors.



Create a calmer evening environment by gradually reducing bright light before bed. Keep your sleep routine consistent, including your wake-up time. Pay attention to how you feel. Notice changes in your energy, mood and sleep rather than dismissing them as simply part of the season.

Autumn doesn't have to mean retreating indoors and waiting for brighter days to return. It can instead be an opportunity to become more intentional about how we look after ourselves. So, as the mornings become darker and the evenings arrive sooner, take a moment to ask yourself: Am I getting enough daylight?

Am I giving my body the signals it needs to feel awake during the day and ready to rest at night? Sometimes, wellbeing at this coming time of the year starts with something as simple as stepping outside and letting a little light into your day. This autumn, don't underestimate the power of light.

I would appreciate any feedback on my articles! Feel free to reach out to me:
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OCTOBER
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SPOOKY



Where are the Ducks?
Answer on Page 34.

THOUGHT OF THE MONTH

If you don't like the road you
are on, pave another one.

WHAT IS IT?

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



WHERE IN BEVERLEY?

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



SPOOKY COMEDY CORNER

What do birds say on Halloween?
Trick or Tweet.

Why was the skeleton lonely?
It had nobody to go out with.

What's a monster's favourite pudding?
Ice Scream!

How do you get a skeleton to laugh?
Tickle its funny bone.

What's a skeleton's favourite musical
instrument?
The from-bone.



EXPRESSIONS

What do they mean and
where did they come from?

Skeleton in the closet:

This is not a doctors skeleton model
that they use to explain bone structures,
injuries, and treatments.

It means someone is keeping a secret that
they are not proud of, keeping
something hidden.

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PRAGUE - SHADOWY MEDIEVAL ALLEYS, HAUNTED SITES PERFECT FOR HALLOWEEN



I have recently visited Prague on an exploratory trip for clients and I absolutely loved this city and would happily return again to explore it in more detail.

It is up there with Budapest and Krakow as one of my favorite places to visit. The weather early September was glorious however I do feel it makes a perfect city break year round.



As we approach autumn and the Halloween celebrations that some enjoy, it got me thinking about the way Prague would lend itself very well to this season. As October deepens and the evenings draw in, its baroque facades and cobbled lanes take on a theatrical, slightly eerie quality: mist curling over the Vltava, church spires silhouetted against a bruised-purple sky, the clatter of a passing tram echoing like a ghost from another century. It is the perfect time to explore a city where history, legend and a touch of the macabre sit just beneath the surface.

Start in the Old Town at dusk, when the crowds thin and the astronomical clock glows gold against the stone. Its procession of figures, some representing Death and Vanity, were once viewed with genuine superstition. From here, lose yourself in a knot of side streets where the past feels close enough to touch: medieval courtyards, flickering lanterns, tiny bars tucked into vaulted cellars. This is the Prague of alchemists, astrologers and storytellers.

For a deeper sense of the city's darker history, cross the river to Prague Castle. By day, it is all sweeping courtyards and grand vistas, but as the light fades the mood shifts. St Vitus Cathedral looms with its gargoyles and stained glass, and legends cluster here: imprisoned noblemen, executed heretics, secret passages built for kings in fear of their lives.

From the castle walls, the city below looks almost unreal, a stage set of red roofs and spires, inviting you to imagine all the lives that have played out along its streets.

Halloween visitors with a taste for the uncanny should spend time in the former Jewish Quarter, Josefov. Here you will find the Old Jewish Cemetery, its crooked tombstones packed tightly together like teeth. It is one of the most atmospheric places in Prague, heavy with memory and myth. Tales of the Golem, the clay creature said to have been brought to life by Rabbi Loew to protect the community, have lent the district a powerful folklore that lingers still. Wander quietly, and it is easy to see how these stories were born.

Literary Prague offers its own kind of spookiness. Fans of Franz Kafka will feel a shiver of recognition in the city's narrow staircases, sudden courtyards and looming offices, places that seem perfectly ordinary at first glance yet faintly oppressive on reflection. Seek out a cafe in Malá



Strana, order a glass of Czech red or a dark beer, and watch the shadows lengthen on the baroque facades. It is that mix of beauty and unease that makes Prague so distinctive.

Of course, the city balances its darkness with warmth. Jazz drifts from riverside clubs, patisseries glow with trays of apple strudel and koláče, and cosy wine bars offer refuge from the chill. Yet even as you settle into a candlelit corner, you are never far from a story: a house said to be haunted, a mysterious symbol carved into a doorway, an execution once carried out in the square outside.

In Prague, Halloween is not a borrowed celebration but an accent on what is already there: centuries of history, layers of legend, and an architecture that seems designed for shadows. Come with an open mind and a curious spirit, and you will find a city that is both inviting and unsettling, elegant and eerie, where every evening stroll feels like stepping into your own gothic tale.

If you would like a short European city break - to Prague or perhaps an alternative option - that is not a scary price and fills your heart with warmth then please do get in touch.



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WILSONS WHEELS - CYCLING AS THE CLOCKS GO BACK

When the clocks go back, cyclists need to remember that shorter days bring darker mornings and earlier evenings. It is a good time to prepare your bike and adjust your routine so you can continue cycling safely and confidently.

Check that your front and rear lights are working correctly, are fully charged and clearly visible to other road users. Reflective clothing and accessories can also make a real difference, particularly on darker roads and in poor weather.

Autumn can bring wet leaves, slippery surfaces, puddles and mud onto cycle routes, so reduce your speed and allow extra stopping distance.

Cooler temperatures mean gloves and suitable layers can make your journey more comfortable.

Nathan from Wilsons Wheels commented, "Make it a habit to check your tyres, brakes and chain before heading out. Plan your route with visibility and road conditions in mind, and take extra care at junctions and crossings".

With a little preparation and awareness, the changing clocks do not have to put the brakes on your cycling.



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Monday - Friday 8.30am - 5.30pm
Saturday 9am - 5pm Sunday: CLOSED - Out riding our bikes

MILESTONES, T-SHIRTS, AND SHOWING OFF

There comes a point in every parkrunner's life when you realise you've done rather a lot of parkruns.

25? Very impressive.

50? Getting serious.

100? Now you're allowed to mention it in almost every conversation.

250? We probably need to check you're not secretly living at the Westwood.

And 500? Frankly, you should probably have your own bench. I'm looking at you David Butt!

parkrun milestones are a wonderful way of celebrating **runners, walkers and volunteers**, with



5K milestones including 10 for juniors, followed by 25, 50, 100, 250, 500 and the rather magnificent 1,000.

Volunteers have their own milestones too, recognising the people who give their time to make parkrun happen every Saturday.

And then, of course, there are the milestone T-shirts. The shirts have recently had a refresh, with a whole bunch of new milestone numbers in different colours.

Are they essential?
Absolutely not.

Are they lovely to have?
Absolutely.

Because nothing says "I have voluntarily got up early on a Saturday morning hundreds of times" quite like a milestone T-shirt.

But it's not really about the T-shirt...

Your 50th parkrun is still your 50th parkrun if you turn up wearing an ancient rugby shirt and shorts that have seen better days.

Your 100th still counts without a medal. And your volunteering milestone doesn't become any less impressive if you don't buy the shirt.

The real achievement is the turning up. Running, walking, volunteering, cheering, tail walking, marshalling, scanning, timing, setting up and packing away, it all counts.

The medal or T-shirt is just the icing on the cake. And let's be honest, we like a bit of cake at parkrun.

Milestones at Beverley Westwood

One of the best things about reaching a milestone at **Beverley Westwood parkrun** is that you don't have to celebrate it alone.



Whether you're running your 25th, walking your 50th, volunteering for the 100th time or achieving a milestone that involves considerably more digits than most of us can count, there will be people ready to celebrate with you. There'll be cheers. There'll be photographs. There may even be applause. Well, there WILL be applause!

So, this Medal Monday, wear the milestone shirt. Take the photo. Enjoy the congratulations.

You've earned your moment of glory.

Just don't get too carried away. There are still 5K to do next Saturday.

Louise Barrett.



A black silhouette of a witch flying on a broomstick. She is wearing a pointed hat and a long dress. She is holding a spiderweb in her left hand. The background is white.

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

www.justbeverley.co.uk



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CHILDREN

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BASED ON THE BOOK BY EDITH NESBIT
DIRECTED BY RICHARD AVERY



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16th October



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23rd October





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