

just

ISSUE 134

BEVERLEY

IT'S YOUR MAGAZINE

FREE

**NEW PATHS MUSIC
CELEBRATING 10 YEARS
SPRING FESTIVAL
15TH - 19TH APRIL 2026**



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

New Minimum Wage Rates take effect from 1st April 2026 **Are you prepared?**



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6/7 NEW PATHS MUSIC - CELEBRATING 10 YEARS



just BEVERLEY

MARCH LETTER FROM THE EDITOR



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

International Women's Day - 8th March, a global day celebrating the social, economic, cultural, and political achievements of

women. The day also marks a call to action for accelerating gender equality - www.internationalwomensday.com

Mother's Day - Sunday 15th March. A day to get up and treat the mums in our lives, making Mother's Day extra special.

A day we all look forward to is when the clocks go forward, Sunday 29th March. This signifies the start of Spring. "Spring forward" at 2am which means 1 hour less in bed.

We trust that with Lent continuing until Thursday 2nd April, people are continuing to observe what they have given up. Lent is observed all over the world in various ways.

Those belonging to orthodox and traditional denominations typically follow a strict fast, which involves wearing ashes on Ash Wednesday and abstaining from meat, fish, eggs, and fats until Easter Sunday, while others may opt to give up a single indulgence for Lent, such as chocolate, meat, or alcohol.

Furthermore, it has become increasingly common for individuals to forgo other activities during this period, including watching television and even social media!

Have a great March and get prepared for a good Spring, Easter and the onset of Summer.

Julian.



O₂ Media Awards
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Shortlisted Nominee
2017 & 2018

REYTA
'Award Nominee 2016'
'Best Newcomer'

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Contributors:

Julian Minshall, Rich Manville, Lynne Auton, Andy Barber OBE, Louise Barrett, Emily Blake, Debbie Connolly, Andrew Cooper, Shane Cooper, Roland Dellar, Julie Dowding, Sam Drinkall, Fran Dunning, Jackie Hardman, Josh Harrison, Amanda McConnell, Navigation Wealth Management, Jayne Morgan, Jo Pinkney, Colin Raynor, Ian Richardson, Nathan Wilson.

REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. POLICE - Emergency 999, Non-urgent 101.

ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.

The magazine is available from outlets in Beverley and surrounding areas.

Disclaimer - All the information provided was correct at the time of going to print.
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Please pass your Just Beverley on or recycle it responsibly.
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BEVERLEY BUILDING SOCIETY RAISES OVER £10,300 TO SUPPORT MENTAL HEALTH ACROSS HULL & EAST YORKSHIRE

Beverley Building Society is proud to announce the outstanding success of its 2025 Charity of the Year campaign, raising more than £10,300 for Hull and East Yorkshire Mind and helping to support vital, lifechanging mental health services across the region.

Hull and East Yorkshire Mind, now marking its 50th anniversary, supports more than 25,000 people every year, offering counselling, group support, housing, and vital advocacy to ensure no one faces a mental health challenge alone.

A Year of Energy, Creativity, and Community Spirit

The Beverley team threw themselves into fundraising with an enthusiasm that captured the imagination of the public. From skydiving and golf days to raffles, bake sales, and dress-down days, staff found inventive ways to raise money and awareness. The standout moment of the year was the Society's much-loved Exercise Bike Challenge, a Summer tradition that once again drew crowds outside the Beverley branch.

Local partners including Just Beverley magazine, Beverley RUFC, and Hull and East Yorkshire Mind joined the relay effort, helping to smash the cycling target and raise an impressive £2,000.

A Partnership That Changes Lives

Hull and East Yorkshire Mind's Head of External Relations, Jack Moore, also shared his appreciation for the Society's support: "We're incredibly grateful to everyone at Beverley Building Society for choosing Hull & East Yorkshire Mind as their Charity of the Year and for the time, energy and commitment that has gone into raising such a fantastic amount.

"As we mark our 50th anniversary, support like this feels especially meaningful, helping us continue a legacy of providing counselling, housing support, engagement and other vital mental health services for people across Hull and East

Yorkshire. Partnerships rooted in genuine community spirit enable us to reach more people, challenge stigma and ensure that no one has to face a mental health problem alone."

"The team at Beverley Building Society present a cheque for £10,321 to Jack Moore, Head of External Relations at Hull and East Yorkshire Mind for the funds raised through its 2025 Charity of the Year Campaign."



FINNIES - MAKING TAX DIGITAL FOR INCOME TAX



Making Tax Digital (MTD) for Income Tax is part of the UK governments initiative to modernise the UK tax system by using technology to make it easier for taxpayers to get their tax right.

Who is impacted?

You will need to follow MTD for Income Tax rules if you are an individual registered for Self-Assessment and get income from self-employment or property, or both.

- **Sole Traders** - You'll need to record all your sales and business expenses digitally and send four summaries to HMRC each year.
- **Landlords** - You'll need to record all your rental income and allowable property expenses digitally and send four summaries to HMRC each year.
- **Sole Traders and Landlords** - Your mandatory start date is determined by the combined total of your income from both your sole trade and your property business.

Impact dates:

This change is being rolled out in phases, based on your Turnover from self-employment and/or property rental:

- **Phase 1:** Turnover above £50,000 = 6 April 2026
- **Phase 2:** Turnover above £30,000 = 6 April 2027
- **Phase 3:** Turnover above £20,000 = 6 April 2028

What's Changing:

Instead of doing one big Self-Assessment tax return each year, Sole Traders and Landlords who are subject to MTD will need to:

- **Keep digital records:** Use software to record your income and expenses digitally
- **Send quarterly updates:** You'll need to send a simple summary of your income and expenses to HMRC four times a year
- **Submit a final tax return:** Once a year, you'll finalise your tax position with one final declaration, replacing your current annual income tax return

Need Help?

If you are affected by MTD and want to discuss how Finnies can assist with meeting your obligations and help ease the burden, please contact **Jonathan Parkin or Lynne Auton at Finnies Chartered Certified Accountants, 4-6 Swaby's Yard, Walkergate, Beverley, HU17 9BZ. Tel: 01482 861919. Photography: Josh Harrison.**



GROUP FOR YOUNG ONSET DEMENTIA

Alzheimer's Society have set up a brand-new group in Beverley for people with Young Onset Dementia. The group enables people to meet others in similar situations, find free support and advice and build links with the community through activities and talks.

The group meets on the 3rd Friday of every month at East Riding Theatre and is free to attend. 1pm-3pm, Friday 20th March, Friday 17th April.

Contact: Tarin Marie Puckering (she/her), Dementia Adviser.

Working hours: Monday to Friday, 9am-5pm.

Mobile: 07708 081680

Email: TarinMarie.Puckering@alzheimers.org.uk



LINKAGE COLLEGE'S FLEM TO WEM BIKEATHON - 216 MILES FOR A SENSORY GARDEN

On Thursday 26th March 2026, students at Linkage College's East Riding Campus will be taking on an exciting endurance challenge - cycling the full 216 miles from Flemingate to Wembley... all without leaving Beverley!

From 9:30am until 3:30pm, students will take part in a sponsored "Flem to Wem Bikeathon" at Flemingate, collectively cycling the equivalent distance to Wembley Stadium.

The event forms part of Linkage College's 50th Anniversary celebrations and is a fantastic opportunity for the community to come together in support of a very special project.

Students are raising money to create a fully accessible sensory garden at the end of their campus building.

The garden will provide a calm, inclusive outdoor space designed to support learners with learning disabilities and autism.

The aim is to develop an area that promotes wellbeing, independence, sensory regulation and social interaction - ensuring it is accessible for all students.

Throughout the day, students will work in teams, demonstrating determination, teamwork and resilience as they pedal towards the 216-mile target.

The event not only supports physical wellbeing but also builds confidence, employability skills and community engagement -



key aspects of the Linkage curriculum.

Members of the public are warmly invited to come down to Flemingate to cheer the students on.

Donations will be accepted on the day, and charity buckets will also be available in selected Flemingate shops.

Every mile pedalled brings the students closer to creating a meaningful outdoor space that will benefit current and future learners for years to come. We would love the Beverley community to join us in supporting this inspiring challenge.

A BRIGHT LIGHT IN DARK TIMES - WHO ARE CANDLELIGHTERS?

Candlelighters is a charity supporting families across Yorkshire who end up with the unthinkable - a child's cancer diagnosis.

With their base in Leeds Children's Hospital, the only hospital in Yorkshire where children with cancer can receive the necessary treatment, they manage bring unexpected moments of joy. From support workers, to music lessons, to accommodation for families travelling from across Yorkshire, they provide a lifeline in the darkest hours.

It's difficult to understand how anyone could bring light to these moments, but once you meet the team, you begin to understand just how special this organisation is.

Candlelighters receive no government funding, so rely heavily on support from businesses. But for this charity, it isn't just about taking donations; it's about collaboration, long-term partnerships, and mutual benefit. Investors in Community are fortunate enough to work with Candlelighters, and to attend the Business Collaboration events, where we can see businesses thinking outside of the box to help the team deliver their essential service.

These events are held regularly to bring businesses in a room to talk about how they can support a charity in a way that works for them - and it gives the opportunity to meet the team behind it, and people directly impacted by their work. It is important to us at IIC to shine a light on the charities such as this, changing the lives of people in our communities.

If you would like to see the different ways you can support Candlelighters in delivering these services, search them up on the IIC platform, and give in a way that works for you.

Email: emily.blake@investorsincommunity.org
Website: investorsincommunity.org



NEW PATHS MUSIC, CELEBRATING 10 YEARS

Pictured on this month's front cover is the pianist, Libby Burgess. In 2016, the trailblazing musician founded New Paths Music with her partner, Beverley man Roland Deller. An immediate hit with locals, their 'un-stuffy' classical music festival grew rapidly to become a major event.

Every year, the festival welcomes thousands of culture-seekers to Beverley from near and far, as well as stars from the world of classical music. But it remains firmly rooted in the community, with concerts for families, education opportunities for young musicians, and a love of the town itself.

With this year's Spring Festival (15-19 April) on the horizon, we sat down with Libby over coffee to find out more about her decade-long 'passion project'.

Of all the towns and cities in the UK, why Beverley?

Well it was the place which inspired the idea of a festival, not the other way round! When Roland introduced me to the town I was captivated by it, and just knew I wanted to put on music here. The Minster and St Mary's are breathtaking. Creatives need inspiration, and the East Riding offers that. I could instantly imagine musicians filling these beautiful spaces with sound, and festivalgoers pottering up and down Beverley's beautiful streets.

Plus the people here are so warm, and it has magnificent pubs and open spaces - things very much appreciated by musicians!

What do you remember about the early years?

In the very first year, having no idea whether the whole thing would work! - whether people would come, whether it would cover costs, whether the musicians would enjoy themselves. So the relief and the euphoria were strong when it became clear this was an idea that could thrive.

Two years later we ran a Takeover of the Town - music in all sorts of unusual spaces - in Flemingate shopping centre, on the Syntan boat on the Beck, in a wine shop - and it's still one of my favourite things we've done. Right from the outset I remember how warm and generous our audiences have been - it's a special atmosphere.

How has it matured or changed over time?

The festival was just reaching its maturity when the pandemic hit, so like all organisations we had to pivot and work out what was next. At the time I felt we were taking massive steps backwards, but now I realise it gave us time to think about how we wanted to do things.

We made virtual musical Postcards, but I'll never forget the intensity of the first live festival after lockdown: for lots of the performers and audience it was their first music in well over a year, and lots of tears were shed! I think we've always tried to stay true to our mantras of high quality and genuine approachability, and have continued to introduce new ways for people to hear music. The latest have been musical yoga, and a musical walk on the Westwood!

How do you programme the festival?

Lots of lists, scrapbooks, spreadsheets and post-it notes - and countless different drafts each time. I'm always on the lookout for the kernel of an idea which could become a programme - we often theme our events to give a particular perspective or tell a story. In our first decade we've only repeated six pieces of music: there's so much good music in the world, including a lot which has been hidden away because of the gender or race of the composer. So telling hidden stories alongside celebrating popular masterpieces is a key part.

We've given ten premieres of pieces written especially by current composers. And often our ideas start with the performers themselves - beautiful concepts they suggest to us. We always think about how the events will be suitable for different people: some daytime, some evening, some calm, some exhilarating, some pop-up, some family-focused, some ticketed, some free. We book musicians who are world-leading at what they do, but who also 'get' the spirit of the festival - they chat to the audience, and they fall in love with the town.

How did you get into music?

My parents are both keen amateur musicians, so there was always music around at home - something which I've only later realised was



a privilege. So many people have talent that's never discovered because they're never exposed to music, so we work hard at New Paths to make music available to all and share music in different contexts. I started piano lessons when I was about six, took up other instruments along the way, ended up studying music at university, and built a career from there.

Can you put the buzz of the festival into words?

No, so come and experience it for yourself! But if I were pushed: joy, escapism, friendship, atmosphere, enthusiasm, community, energy, space, inspiration, intensity, beauty, passion. And maybe: Nellie's! In a modern, digital world, something created live and 'in the room' is special - I think shared experience has become something to treasure. And it's been moving to see the friendships formed amongst our audience and our performers through New Paths.

What will you be doing between now and the festival?

A lot of preparation - musical and logistical! Finishing the schedule for festival week (a crazy tapestry of people and places). Writing the introductions to each concert, to help listeners understand background or context. I'll be travelling to Germany to rehearse with some of our performers who live there - plus rehearsals in London and Manchester. We have workshops with the youngsters on our Voyagers scheme for talented local teenage musicians. And I'll be juggling the rest of my work too!

When you're not working on New Paths how do you spend your time?

I give concerts in all corners of the country and beyond, so travelling and rehearsing. Sometimes I'm performing somewhere glamorous like London's Wigmore Hall, sometimes it's in a tiny

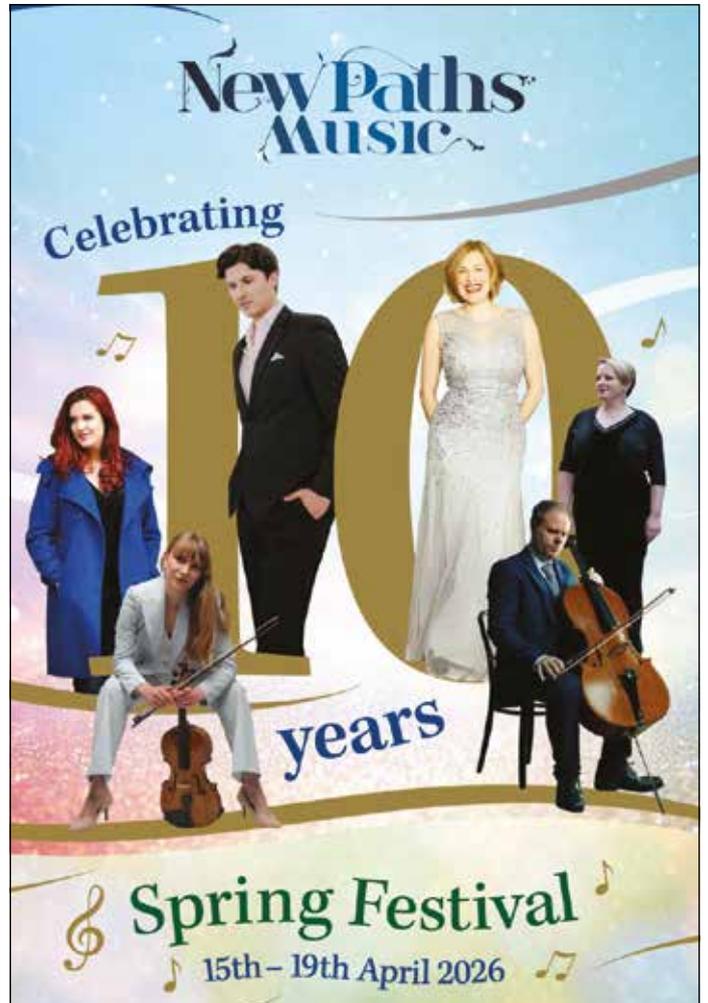
RS - SPRING FESTIVAL 15TH - 19TH APRIL

village hall! Much of my music-making is with other people, so there's rehearsal time together - a part of the creative process I love. I teach at the Royal Academy of Music in London, and work often with the BBC Singers.



There's a lot of admin that goes into running a freelance business and building creative projects, so I have to factor that in, but also ringfence time for personal practice, which is essential, lifelong. Aside from music, nothing beats spending time with friends, putting the world to rights - preferably with a view over the sea or a river, and a large glass of wine in hand.

New Paths Music's Spring Festival runs 15th - 19th April, featuring 35 events in venues across Beverley. For information and tickets visit www.newpathsmusic.com





EVERY THURSDAY

(Doors open 9.30am)

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

Thursday 5th March -

Kangaroo (£6)

Starring: Ryan Corr, Lily Whiteley, Deborah Mailman, Rachel House.

EPiC: Elvis Presley In Concert (£6)

Starring: Elvis Presley.

Blue Moon (£5)

Starring: Ethan Hawke, Margaret Qualley, Bobby Cannavale, Andrew Scott.

Thursday 12th March -

EPiC: Elvis Presley In Concert (£6)

Starring: Elvis Presley.

Wuthering Heights (£6)

Starring: Margot Robbie, Jacob Elordi, Hong Chau, Shazad Latif, Alison Oliver, Martin Clunes, Ewan Mitchell.

Sentimental Value (£5)

Starring: Renate Reinsve, Stellan Skarsgård, Inga Lidsdotter Lilleaas, Elle Fanning.

Thursday 19th March -

Wuthering Heights (£6)

Starring: Margot Robbie, Jacob Elordi, Hong Chau, Shazad Latif, Alison Oliver, Martin Clunes, Ewan Mitchell.

Train Dreams (£5)

Starring: Joel Edgerton, Felicity Jones, Nathaniel Arcand, Clifton Collins Jr.

The Testament of Ann Lee (£6)

Starring: Amanda Seyfried, Thomasin McKenzie, Lewis Pullman, Stacy Martin.

Thursday 26th March -

The Testament of Ann Lee (£6)

Starring: Amanda Seyfried, Thomasin McKenzie, Lewis Pullman, Stacy Martin.

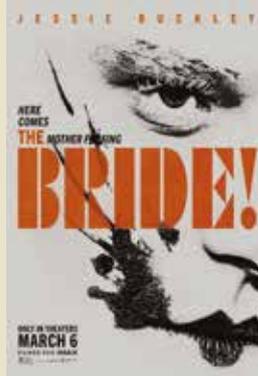
How to Make a Killing (£6)

Starring: Glen Powell, Margaret Qualley, Jessica Henwick, Bill Camp, Tophér Grace.

Mother's Pride (£6)

Starring: Jonno Davies, Martin Clunes, James Buckley, Gabriella Wilde, Mark Addy.

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



The Bride!

From 6th March
Starring: Jessie Buckley, Christian Bale, Peter Sarsgaard, Penélope Cruz.



Mother's Pride

From 6th March
Starring: Jonno Davies, Martin Clunes, James Buckley, Mark Addy, Gabriella Wilde.



Hoppers

From 6th March
Starring: Piper Curda, Bobby Moynihan, Jon Hamm, Kathy Najimy, Dave Franco.



How to Make a Killing

From 13th March
Starring: Glen Powell, Margaret Qualley, Jessica Henwick, Tophér Grace.



Project Hail Mary

From 14th March
Starring: Amy Pascal, Ryan Gosling, Phil Lord, Christopher Miller.



Ready or Not 2

From 20th March
Starring: Samara Weaving, Kathryn Newton, Sarah Michelle Gellar, Elijah Wood.



The Land of Sometimes

From 20th March
Starring: Helena Bonham Carter, Mel Brooks, Ewan McGregor, Terry Jones.



The Magic Faraway Tree

From 27th March
Starring: Andrew Garfield, Nicola Coughlan, Michael Palin, Jessica Gunning.



They Will Kill You

From 27th March
Starring: Zazie Beetz, Myha'la, Paterson Joseph, Tom Felton, Heather Graham.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS SPRING

MOTHER'S PRIDE

A comedy drama about a failing pub, a divided community and a grieving family whose lives are changed by brewing real ale and entering the Great British Beer Awards. Starring Jonno Davies, Martin Clunes, James Buckley, Mark Addy, Gabriella Wilde.

From 6th March.



HOPPERS

An animal lover seizes an opportunity to use technology that places her consciousness into a robotic beaver, uncovering mysteries within the animal world that are beyond anything she could've imagined.

From 6th March.



PROJECT HAIL MARY

Science teacher Ryland Grace (Ryan Gosling) wakes up on a spaceship light years from home with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out.

From 14th March.



READY OR NOT 2

Moments after surviving an all-out attack from the Le Domas family, Grace (Samara Weaving) discovers she's reached the next level of the nightmarish game - and this time with her estranged sister Faith (Kathryn Newton) at her side. Grace has one chance to survive, keep her sister alive, and claim the High Seat of the Council that controls the world.

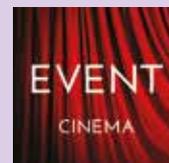
From 20th March.



THE MAGIC FARAWAY TREE

The Magic Faraway Tree follows Polly (Claire Foy), Tim (Andrew Garfield) and their three children - a modern family forced to relocate to the remote English countryside. As they adapt to their new lives, the children discover a magical tree and its extraordinary and eccentric residents. At the top of the tree, they are transported to spectacular and fantastical lands and, through the joys and challenges of their adventures, the family learn to reconnect and value each other for the first time in years..

From 27th March.



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

Tuesday 3rd March, 7.15pm -

RBO: Giselle

The peasant girl Giselle has fallen in love with Albrecht. When she discovers that he is actually a nobleman promised to another, she kills herself in despair.

**Wednesday 4th March, 7pm &
Sunday 8th March, 2pm -**

Othello

Shakespeare's OTHELLO rages to life like never before in a compelling new production starring David Harewood OBE (Homeland, Best of Enemies), Toby Jones OBE (Mr Bates vs the Post Office, Detectorists) and Caitlin FitzGerald (Succession, Masters of Sex).

Friday 6th March, 7.30pm -

James Acaster - Cinemagoers Welcome

Comedian James Acaster unleashes his infectious energy as he explores his love/hate relationship with stand-up - while welcoming a heckle or two.

Saturday 21st March, 6pm -

The MET: Tristan und Isolde

After years of anticipation, a truly unmissable event arrives in cinemas worldwide on March 21 as the electrifying Lise Davidsen tackles one of the ultimate roles.

Tuesday 31st March, 5.15pm -

RBO: Siegfried

Raised by a scheming dwarf and unaware of his true family origins, a young man embarks on an epic journey.

Tuesday 21st April, 6.45pm -

RBO: The Magic Flute

Princess Pamina has been captured. Her mother, the Queen of the Night, tasks young Prince Tamino with her daughter's rescue.

Tuesday 5th May, 6pm -

MET Eugene Onegin

Following her acclaimed 2024 company debut in Puccini's Madama Butterfly, soprano Asmik Grigorian returns to the Met as Tatiana, the lovestruck young heroine.

SSAFA EAST YORKSHIRE - LIFELONG SUPPORT FOR THOSE WHO SERVED

When serving personnel, veterans, and their families face life's most difficult challenges, SSAFA is there to help.

From physical injury and mental health struggles to financial hardship and the complex transition to civilian life, SSAFA provides practical, emotional, and financial assistance through a nationwide network of trained volunteers and welfare advisers.

Why SSAFA Matters in 2026

Demand for support services continues to grow, with more veterans and their families needing help than ever before.



SSAFA's programmes have already supported thousands of people through mentoring for service leavers and emergency grants for those in crisis. Whether it's family support schemes or programmes helping veterans rebuild their lives after service, SSAFA's consistent, compassionate assistance ensures that no member of the Armed Forces community has to face hardship alone.

Can You Help?

Whether you need support or want to volunteer, we'd love to hear from you.

Contact East Yorkshire SSAFA:
Tel: 01964 552 837.
Email: eyorks.branch@ssafa.org.uk
Website: ssafa.org.uk

Supporting the Armed Forces community across East Yorkshire and beyond.

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

MAYOR'S CIVIC DINNER RAISES OVER £2,000 FOR LOCAL YOUTH APPEAL

The Mayor of Beverley, Alison Healy, hosted a memorable Civic Dinner on Friday 20th February at Beverley and East Riding Golf Club, bringing together civic dignitaries, community leaders and invited guests for an evening that combined ceremony, generosity and great fun.

The event was held in support of St Mary's Beverley Church Lads' and Church Girls' Brigade and their minibus appeal.

Guests enjoyed a superb evening of dining and entertainment, with a lively auction and raffle helping to drive fundraising efforts.

Adding flair and humour to the proceedings was the Mayor's Consort, Councillor Denis Healy, who took on the role of auctioneer with considerable panache.

His energetic style encouraged spirited bidding from the floor, while the raffle featured an excellent array of prizes generously donated by a wide range of local companies and businesses.

Entertainment on the night was outstanding. Guests were treated to a wonderful performance from singer Kim Raw, whose vocals brought warmth and sparkle to the

evening. There was also a proud moment for the Brigade as several of its young musicians took to the floor to perform.

Some have only been learning their brass instruments for a matter of months, yet they played with confidence and enthusiasm, earning warm applause from everyone present.

By the end of the evening, an impressive £2,045 had been raised towards the Brigade's minibus appeal - a fantastic contribution that will directly support the young people involved in the organisation's activities.

Mayor Alison Healy said: "It was a wonderful evening that truly reflected the warmth and generosity of Beverley. I am incredibly grateful to everyone who attended, donated prizes, bid in the auction and supported the raffle.

"The Church Lads' and Church Girls' Brigade do outstanding work with young people in our town, and I am delighted that we were able to raise £2,045 towards their minibus appeal. It



was a civic occasion, but above all it was great fun and a real celebration of community spirit."

The Mayor extended her thanks to Beverley Golf Club for hosting the event, to Kim Raw and the young musicians for their fantastic performances, and to everyone who contributed to making the evening such a success.

CELEBRATE AND INDULGE MOTHERS AT THE FERGUSON FAWSITT

Book to join in the fun at The Ferguson Fawsitt for a beautifully indulgent Mother's Day Afternoon Tea on Saturday 14th March.

Enjoy a handcrafted three-tier selection from their pastry kitchen, homemade savouries, tea and coffee, with the option to add a little sparkle.



Starting at 12pm till 3pm, with live singer Lillie Kerman and stunning Mother's Day décor, it's the perfect way to celebrate in style.

£39.95 per head. Pre-booking required.

Tel: 01482 526317

Website: www.fergusonfawsitt.co.uk

Mother's Day
AFTERNOON TEA

Pre-Celebration Saturday 14th March

The Ferguson Fawsitt
WALKINGTON

Treat Mum a day early and celebrate in style.

*An indulgent three-tier Afternoon Tea,
lovingly handcrafted by our pastry kitchen.*

- ◆ Freshly baked pastries & Fergie sweet treats
- ◆ Homemade savouries
- ◆ Tea & coffee included
- ◆ Optional Prosecco upgrade available

Because one day simply isn't enough

£39.95 per head

Live singer Lillie Kerman
*All accompanied by stunning
Mother's Day decorations*

☎ Pre-booking required
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🌐 www.fergusonfawsitt.co.uk
✉ info@fergusonfawsitt.co.uk



The
**Ferguson
Fawsitt**



OPENING HOURS

MON & TUES:
12:00-LATE

WED-SAT:
09:30-LATE

SUN:
12:00-22:00

What's on at the Fergie

1st Thursday of the Month - Bingo from 2pm

4th Thursday of the Month - Live Music

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

**OPEN
7 DAYS**

Bookings being taken for Mother's Day, Sunday 15th March



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

*Mother's
Day*

Afternoon Tea -
Pre celebration
Saturday 14th March -
12pm to 3pm

FOOD HOURS

MON & TUES:
12:00-19:30

WED-SAT:
09:30-20:00

SUN:
12:00-18:30

THE TAX BENEFITS OF OWNING A HOME

Owning a home is a key milestone for many people. One that requires financial planning and preparation. However, ownership comes with additional responsibilities and costs - some of which can be avoided under certain circumstances. Here we outline some of the tax benefits of owning a home, from tax breaks for first time buyers, relief from capital gains tax upon sale and opportunities to minimise inheritance tax on your property when the time comes to pass it down to your loved ones.

Tax relief for first time buyers

Stamp duty land tax (SDLT) is paid when you buy a residential home in England and Northern Ireland. It operates on a tiered system where different rates apply to different price bands. Progressively higher rates apply to different portions of the purchase price as you move up through the bands. Those purchasing property for the first time benefit from one of the biggest tax breaks available to homebuyers across the UK. Provided the property value is below a certain threshold, the first slice is completely tax free, with SDLT (or the equivalent) being charged only on the balance. For first-time buyers in England and Northern Ireland, the rates and thresholds are shown in the table below. Different rates and thresholds apply in Wales and Scotland.

Portion of property value	SDLT rate for first-time buyers
Up to £300,000	0%
From £300,001 to £500,00	5%
£500,000 and above	No relief for properties above this price. SDLT rates for non-first time buyers apply.

For example, a first-time buyer purchasing a house in England worth £400,000 would pay £0 on the first £300,000 of the property value and 5% of the remaining £100,000. This results in a total SDLT bill of £5,000.

However, a first-time buyer purchasing a house worth £550,000 would obtain no first-time buyer relief and would be taxed at the usual residential rates. If purchasing a home with someone else, both will need to be first-time buyers to be eligible for this tax relief. It is also worth noting that property interests inherited or received by way of gift will affect 'first-time buyer' status for the purposes of the relief.

Earn tax free income from taking a lodger

The UK government's Rent a Room scheme allows homeowners to earn up to £7,500 per year tax free from renting furnished accommodation. If you are a joint owner, this limit is shared and split down the middle at £3,750 per person.

Some things to note if you are considering this as a way to make some additional tax-free income:

The room you provide must be furnished and in your main home (not an investment or separate rental property), you can't use the scheme as a way to rent a room while you live abroad and if your income is under the £7,500 threshold, you don't need to report it. If it's above this level, you will need to complete a tax return.

Tax savings when you sell your home

Capital gains tax (CGT) is charged on any profits made from the sale of a range of assets, such as shares, land, business premises and investment properties. However, there is no CGT payable on any profit made when selling your home - provided it is and always has been your main residence. This tax break for home sellers is known as private residence relief. To qualify, the home can't have been used for financial gain - i.e. either as a rental property or as a business premise. The property must also be less than 5,000 square metres, including the grounds.

If you move out of your home before selling it, the CGT relief typically only covers the period the homeowner has occupied the house as their home and the final nine months of ownership. If the period of non-occupation extends beyond this, some of the gain on sale may be subject to tax.

This ensures that the tax relief is restricted to main residences only and is not available to properties being used for financial gain, such as rentals. There are some exceptions. For example, if you are selling a home to move into residential care, this 'final period exemption' is extended to 36 months.

Minimising inheritance tax when passing down your home

Any property you own is included in your estate for inheritance tax (IHT) purposes upon your death. Where property is left to a spouse or civil partner, there is no IHT to pay, regardless of value. However, if property or other assets are passed to 'non-exempt' beneficiaries, such as children, grandchildren or other relatives, IHT may become payable if the value being passed to them exceeds the 'nil rate band'.



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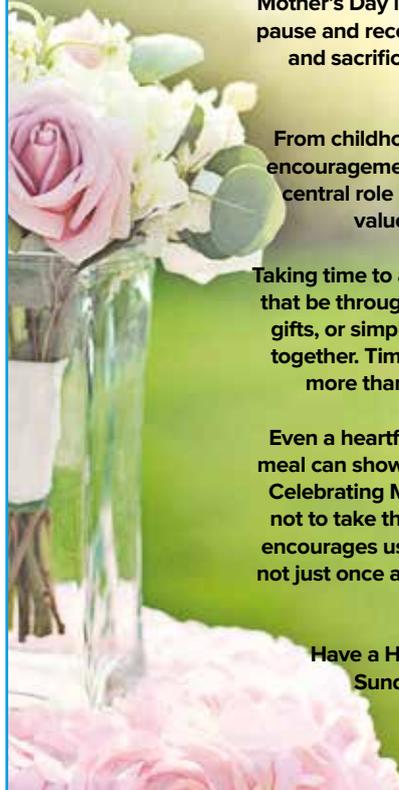
The nil rate band is currently £325,000. However, it rises to £650,000 in the case of a married couple or civil partners who leave everything to the survivor on first death and only pass their estate to non-exempt beneficiaries on the second death. If, however, the estate is below £2 million and the home is left to direct dependents, such as your children and/or grandchildren, an additional tax-free allowance of £175,000 - known as the residence nil rate band (RNRB) - may be available. As with the standard £325,000 nil rate band, both spouses are entitled to their own RNRB and it is transferable between spouses and civil partners if not fully used on first death.

Where one of a married couple or civil partners dies leaving their entire estate to the other, on second death it is possible for up to £1 million worth of assets to be passed to children free of IHT, providing the above conditions are met. These rules provide an opportunity for those who aren't homeowners but have an estate in excess of the standard nil rate band that they plan to leave to children or grandchildren.

The rules around inheritance tax can be complex and there are other factors that could impact on eligibility. Speaking to a financial adviser may help you understand your specific situation when estate planning. Contact Navigation Wealth Management on **01482 379504** or visit our website: www.navigationwm@spp.co.uk

The levels and bases of taxation, and reliefs from taxation, can change at any time and are generally dependent on individual circumstances. SJP Approved 28/01/2026

MOTHERS DAY - SUNDAY 15TH MARCH



Mother's Day is a special opportunity to pause and recognise the love, patience, and sacrifices that mothers make every day.

From childhood guidance to lifelong encouragement, mothers often play a central role in shaping confidence, values, and strength.

Taking time to appreciate them, whether that be through kind words, thoughtful gifts, or simply spending quality time together. Time together often means more than any grand gesture.

Even a heartfelt message or a shared meal can show gratitude for all they do. Celebrating Mother's Day reminds us not to take their care for granted and encourages us to express appreciation not just once a year, but throughout our lives.

Have a Happy Mothers Day - Sunday 15th March.

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Staff are also trained to notice changes in behaviour or health, ensuring each animal receives the attention it needs.

Owners, meanwhile, gain peace of mind knowing their pet is in safe hands. Leconfield Kennels and Cattery have a good reputation, and appropriate facilities.



Nigel added, "We follow strict welfare standards, maintain clean surroundings, and provide updates during a pet's stay. This reduces worry and allows owners to focus on work, travel, or family commitments without constant concern".

When owners visit the kennels, straight away it is evident that the kennels provide opportunities for enrichment through playtime, walks, and interaction with other animals. This mental and physical stimulation means owners can leave their



pets in a happy, relaxed environment so when they return home, both the animal and the owner enjoy a smoother, stress free reunion.

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Out of hours: 07946 193269.
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IAN HARRISON - YOUR PROFESSIONAL HANDYMAN HAVING THE RIGHT TOOLS FOR THE JOB

Ian is a professional handyman who can dramatically transform a home by combining skill, experience, and the using the right tools for each task.

Ian is proud to show off the tools he uses and has a genuine interest in new pieces of equipment that come on the market, regularly attending trade shows to keep up to date with what's new.

As a Handyman, Ian is aware that whilst regularly working in people's homes, it is equally as important to use top brands not only to protect customers carpets or furnishings whilst carrying small or even more complex repairs and upgrades, but making jobs faster, cleaner, and more precise.

Ian commented, "The right drill makes installing shelves effortless, a precision saw ensures perfect cuts for new trim, and modern measuring tools help achieve flawless alignment in every room. Using professional-grade tools also means fewer mistakes and longer-lasting results. For example, a reliable sander can restore worn wooden surfaces and quality electrical testers ensure safe installations".

Beyond individual repairs, Ian can tackle multiple projects in one visit, fixing doors, upgrading fixtures, and improving storage solutions. With the right tools and expertise, small improvements add up quickly, turning an outdated or damaged space into a more comfortable, functional, and visually appealing home.

Ian Harrison - Beverley's Handyman.
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WORKING FROM HOME - COMFORT, CONNECTIVITY AND COMMON SENSE

Five years ago, the spare bedroom was just that. Spare. Now, in many homes across Beverley and East Yorkshire, it's a full-time office.

Remote and hybrid working hasn't disappeared. For some, it's permanent. For others, it's a few days a week. Either way, the way we use our homes has changed. The question is, were our houses ever designed for it? Most older homes were wired with fairly simple needs in mind. A television and a few lamps. Not dual monitors, laptops, printers, phone chargers, broadband routers and desk heaters all running at once.

One of the most common issues we see is simply a lack of sockets. Extension leads end up trailing under desks and across floors. It works, but it's not ideal. Adding a couple of properly installed sockets in the right place can make a workspace safer, tidier and far more practical.

Then there's connectivity. WiFi is fine until you're on an important video call and the signal drops. In some homes, running a data cable from the router to the office space can dramatically improve reliability, especially if your work depends on it. Lighting is another overlooked area. A single ceiling light often isn't enough for long hours at a desk. Better-positioned lighting or a proper task light can reduce eye strain and make the space feel more comfortable. Heating matters too. Warming the entire house just to heat one room isn't always efficient. In some cases, an individual electric panel heater or zoned heating makes more sense.



Working from home is here to stay. It's worth asking whether your electrics have kept up. If you're adapting a space for work, a bit of planning now can save hassle later.

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TIME TO MOVE - SPRING INTO ACTION WITH JAYNE AT LINK AGENCY

Jayne at Link Agency, commented, "Spring is one of the most popular times to sell or buy a home, as longer days, better weather, and blooming gardens help properties look their best".

Buyers are often more motivated at this time of year, and families prefer to move before the Summer holidays or the new school term. As a result, the market tends to be more active, with increased viewings and quicker sales.

Working with an independent agent can make a significant difference during this busy season. Independent firms like Link Agency and Jayne provide a more personal service. Jayne has detailed local knowledge, and flexible marketing strategies, understanding neighbourhood trends, pricing, and buyer behaviour, which helps sellers achieve realistic valuations.

Jayne continued, "By advertising on major platforms such as Rightmove while offering tailored guidance, we as independent agents can create smoother, more successful Spring moves".

If you are looking to move in the near future, get in touch with Jayne, she will guide you through every step of the way.



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I'VE BEEN THINKING... SAYS COLIN RAYNOR

It has often been said that the UK and the USA are two countries divided by a common language and there is much to support that thought. However the way in which the two countries express themselves is not confined to speech.

Take Mothers' Day for instance. Did the two traditions grow up side by side? Are they even celebrated on the same day each year? The answer to both these questions is definitely, no.

In 16th century Britain it was the custom for people to return to the main church of their birth area for a service on what was called Rejoice Sunday. This custom was known as 'going a-mothering'.

Mothering Sunday became a day when domestic servants were allowed a day off to visit their mother church, usually with their mothers and family members. It was often the only chance for families to be together because on other days work dictated their movements.

When young people in service were given time off to head for home on Mothering Sunday they



would pick flowers along the way to decorate the church or to give to their mothers, a tradition that exists today.

So what of the American Mothers' Day? That evolved more recently and in a totally different way and for different reasons. During the 19th century women's peace groups in the USA tried to establish regular activities in favour of peace and against war.

In 1868 Ann Jarvis established Mothers' Friendship Day in order to reunite families divided during the American Civil War. Ann Jarvis had previously organised Mothers' Day work clubs to improve sanitation and health in both Union and Confederate encampments and she wanted to expand this work into an annual memorial for mothers. She died in 1905 before the celebration became popular but her devoted daughter Anna continued her mother's efforts.

There were several limited observations of Mothers' Day in the 1870s and 1880s. On June 2nd 1872 in New York City Julia Ward led a "Mothers' Day for Peace" anti-war observance accompanied by a world wide appeal to women now known as the 'Mothers' Day Proclamation'.

The observance continued in Boston for some years under Julia's sponsorship. During these celebrations mothers around the world worked towards peace.

In the early 1880s the Methodist Episcopal Church in Michigan set aside the second Sunday in May to recognise the special contribution to society of all mothers.

Meanwhile Anna Jarvis campaigned to establish Mothers' Day as a United States national holiday and later an international holiday. In 1910 this holiday was declared official by the state of

West Virginia and other States quickly followed.



On May 13th 1913 Congress passed a resolution calling upon all federal officials, including the President, to wear a white carnation in observance of Mothers' Day and in the following year Congress passed a law designating the second Sunday in May as Mothers' Day and inviting American citizens to display the national flag in honour of women who had lost a son in war.

So traditions in the United States on Mothers' Day include churchgoing, family meals and the distribution of white carnations. Anna Jarvis chose the wearing of a carnation on Mothers' Day because it was her mother's favourite flower. This custom spread widely although, partly because of a shortage of white blooms, the idea grew of wearing a pink carnation if one's mother was still alive, or if not, a white one in her memory.

Although Mothers' Day customs on the two sides of the Atlantic are so different there are still strong connections.

In 1914 Constance Penswick-Smith, daughter of the Vicar of Coddington in Nottingham, appealed for the revival of the Mothering Sunday Movement.

That revival came about through the influences of American and Canadian soldiers serving abroad during the second World War.

By the 1950s, Ireland and the UK had begun celebrating Mother's Day on the same day as Mothering Sunday, the fourth Sunday in Lent which in 2026 is Sunday March 15th.

SUNDAY 29TH MARCH - THE CLOCKS "SPRING" FORWARD

At 2am on Sunday 29th March in the UK the clocks go forward, it marks the welcome return of longer, lighter evenings.

The extra daylight after work or school gives people more time to enjoy outdoor activities, socialise, or simply relax in natural light. This shift often brings a noticeable boost in mood, as sunlight is closely linked to increased energy levels and improved mental wellbeing.

At this time of the year the gardens start to bloom, parks fill with activity, and the world feels more vibrant. The change in time is a small adjustment, but it signals the start of brighter days ahead, helping many people feel more positive, motivated, and ready for the new season.

Sunday 29th March at 2am the Clocks **SPRING** forward.



SPRING - THE SEEDS OF DISCOVERY

Spring is not a date on the calendar so much as a feeling. It is that first morning when you step outside and realise you do not need quite so many layers, when the air smells faintly of cut grass and new blossoms, when the sky feels a shade lighter than it did the week before. Spring is suggestion and possibility: a season that invites us to begin again, gently.

For many of us, travel has long been tied to the big markers in the year: the Summer holiday, the Christmas escape, the Winter sun pilgrimage. Spring, by contrast, can seem like the in-between time, a bridge from one chapter to the next.

Yet there is something quietly powerful about choosing this season to step away, to travel not because everyone else is going, but because the world is quietly waking up and you want to be there to notice it.

Mother's Day often falls at this pivot point, as if on purpose. It is a day wrapped in sentiment and expectation, but also one that can be surprisingly reflective. For some, it is about celebration and gratitude. For others, it carries a weight of memory or absence. Travel at this time does not

need to be grand or extravagant: in many ways, the most meaningful journeys are the smaller, more intentional ones.

Imagine a long weekend with your mother, or your daughter, or simply a woman who has shaped your life, somewhere that feels removed from the demands of the everyday. It might be a coastal town where you can walk along a quiet promenade, the sea still sharp with winter but the promise of warmth in the lengthening days.

It might be a countryside retreat where lambs dot the fields and the hedgerows are beginning to show green, the sort of place where afternoon tea stretches lazily into early evening conversation.

Equally, Spring travel can be an act of self-care for those whose Mother's Day is complicated, or private. A solo train journey to a favourite city, a night in a hotel where crisp sheets and room service replace school runs and endless to-do lists, can be a way of acknowledging that fresh starts do not always arrive with fanfare.

Sometimes they arrive as a single uninterrupted

morning coffee on a balcony, with nothing more urgent than deciding which book to read first.

What sets Spring apart is its subtlety. Summer pushes us toward crowded beaches and busy airports. Spring invites us to pay attention: to the quiet streets of a historic town before peak season, to the café where locals are reclaiming terrace tables, to gardens that are just beginning to bloom.

It rewards the traveller who wants to feel a place breathing back to life, rather than already in full performance.

There is a symbolism in travelling at this time of year. Spring is about returning light, about colour seeping back into the landscape. It is also about permission: to rethink routines, to reconnect with people we love, to carve out space for ourselves.

Whether it is a simple countryside escape, a city break threaded with blossom-lined parks, or a seaside stay where you watch the horizon shed its Winter grey, a Spring journey does not have to be long to be profound.

In the end, Spring travel is less about the distance covered and more about the perspective gained. It is the choice to step briefly outside your own life, to look at it from a gentler angle, and to return with a little more light carried quietly inside.

If you need any ideas of new places to explore please feel free to contact me, Amanda McConnell, by phone on **01482 770540** or by email on amanda.mcconnell@travelcounsellors.com and lets make your dreams come true.



THE HUMBLE POTATO TO THE MIGHTY CHIP

The humble potato has undergone one of the most dramatic "glow-ups" in culinary history. From an overlooked tuber in the Andes to the backbone of the British diet, its journey is a tale of global exploration, initial suspicion, and eventual fried perfection.

From the Andes to the British Isles

The story begins roughly 8,000 years ago in the Andes Mountains of South America. Indigenous peoples, such as the Inca, were the first to domesticate the potato. However, when Spanish explorers brought it to Europe in the 16th century, it wasn't an immediate hit.

In Britain, many were deeply suspicious of the



plant. Because it is a member of the nightshade family, people feared it was poisonous. It took a few centuries - and some clever rebranding by botanists and royalty- for the potato to be accepted as a staple crop that could ward off famine.

The Industrial Revolution and the "Chip"

By the 19th century, the potato was the fuel of the Industrial Revolution. It provided cheap, calorie-dense nutrition for the growing urban working class. But the "chip" as we know it - thick-cut, deep-fried batons of potato- didn't arrive until the mid-1800s.

While the French and Belgians argue over who first fried the potato, the British gave it its iconic home. In the 1860s, the first Fish and Chip shops began appearing in London and the North of England (with Joseph Malin and John Lees often credited as pioneers). This "stock-in-trade" of the working man became so vital to British morale that it was one of the few foods never rationed during the World Wars.

The Birth of the "Crisp"

In the UK, we distinguish between the "chip"

(the hot, fluffy-inside-crunchy-outside side dish) and the "crisp" (the thin, cold snack). The crisp is widely believed to have been invented in 1853 by

George Crum, an African-American chef in New York, who sliced potatoes paper-thin to spite a customer who complained his chips were too thick. It wasn't until the 1920s that Smith's Potato Crisps popularised them in the UK, originally sold in greaseproof bags with a small blue twist of salt.

A Cultural Icon

Today, the potato remains the UK's most versatile ingredient. Whether it's a Sunday roast potato, a bag of salt and vinegar crisps, or a tray of chips from the local chippy, the tuber has secured its place as the nation's favourite vegetable. It transitioned from a "devil's plant" to a culinary hero, proving that with enough oil and salt, anything is possible.

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



WALKING WITH IAN - LET'S VISIT THE NEIGHBOURS

The first in a series of articles suggesting places to visit on day trips to the areas that adjoin the East Riding - our neighbours. All are reachable from Beverley by public transport as well as by private vehicle. Our first visit takes us over the Humber to sample the joys of North Lincolnshire.

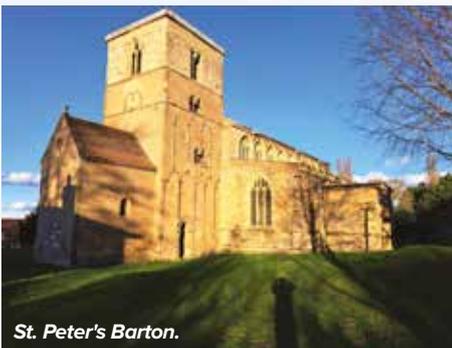


Cleethorpes - Mermaid Cafe

Let's be honest, there is often great rivalry between the good folk of the East Riding and North Lincolnshire, Yorkies and Yellow bellies! Despite the relative ease of travel via the magnificent Humber Bridge, trips for pleasure between the two are still rather limited. I can only say there is lots to discover on the other side, where generally things are rather sedate, uncongested and nicely old-fashioned.

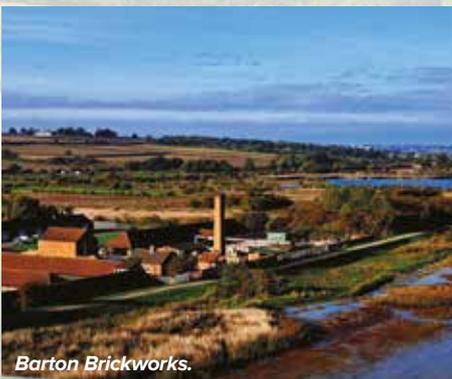
The first place on the other side, the lovely old town of Barton Upon Humber, is a fabulous place to visit. It can be reached by regular buses from Hull, or even by walking across the bridge from Hessle train station; which I did on a beautiful day last October.

Barton is full of Georgian buildings, home to two wonderful medieval churches and the fascinating Wilderspin National School museum, which will bring pleasure to kids old and young. It has a lovely municipal park, plus the excellent Waters' Edge Centre and Brickworks complex, both by the river. St. Peter's Church is an Anglo-Saxon building of national importance.



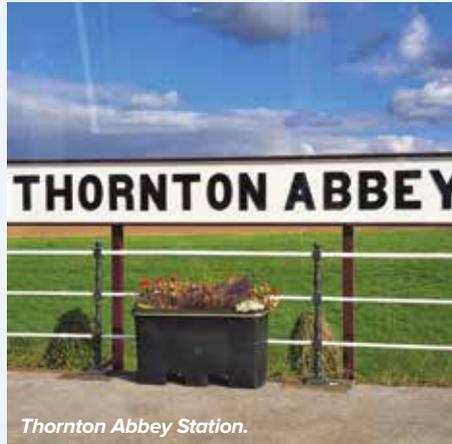
St. Peter's Barton.

With its many independent shops, pubs and cafes, Barton really is a great day out and only a 25 minute drive away!



Barton Brickworks.

North Lincolnshire also has a popular seaside resort, Cleethorpes. This can be reached by bus or train from Barton. The train route is especially nice, very old fashioned and scenic. The medieval monastery of Thornton Abbey is well worth a visit and even has its own station.



Thornton Abbey Station.

Grimsby is not known for its tourist attractions, but it does have the National Fishing Museum and a fine Minster church.



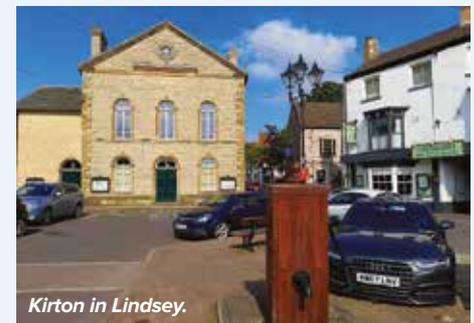
Grimsby Docks.

Just a few miles away, Cleethorpes is a lively resort with every kind of seaside attraction. I can especially recommend the newly restored Mermaid fish and chip cafe at the station. It's a beautiful piece of Victorian architecture with glorious views - and the food is very tasty.



Julian's Bower.

In the western part of the region, Winteringham is a big handsome village with some fine local walks. Similarly, Alkborough is good to visit for lovely strolls in the nature reserve where the Trent and Ouse merge to form the Humber. Here you will also find the intriguing ancient turf maze of Julian's Bower.



Kirton in Lindsey.

A little further afield, but typical of the county, is the delightful little town of Kirton in Lindsey. We had a family holiday based there recently, it felt like being in Trumpton! So, maybe give our neighbours over the estuary a try for an enjoyable day out this Spring.

Ian Richardson.



The road to Lincolnshire!



Beverley Housing Charity

At Beverley Housing Charity, we pride ourselves on supporting our residents to live, not just exist, in retirement.

We achieve this by working in partnership rather than isolation - providing practical advice and support and hosting leading local charities and community groups at our home, Morton House.

Working Together with Age UK Hull & East Yorkshire

Thanks to funding secured by Beverley Housing Charity, in partnership with East Riding of Yorkshire Council, we are pleased to host an experienced Information, Advice and Support Officer from Age UK Hull & East Yorkshire three days a week - Monday to Wednesday.

Although based within our offices, this service is managed and delivered independently by Age UK Hull & East Yorkshire and remains fully confidential.

Andrew Barber, CEO of Beverley Housing Charity, said: "Age UK's presence at Morton House is providing easier access to a wide range of practical support for older people, their families, carers and partner agencies in our community. We have already seen first-hand how transformational their experience and support can be for local people."

How Can They Help?

The Officer is available to offer free, confidential advice across a wide range of issues, including:

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- Cost of Living Grants

They can also help with:

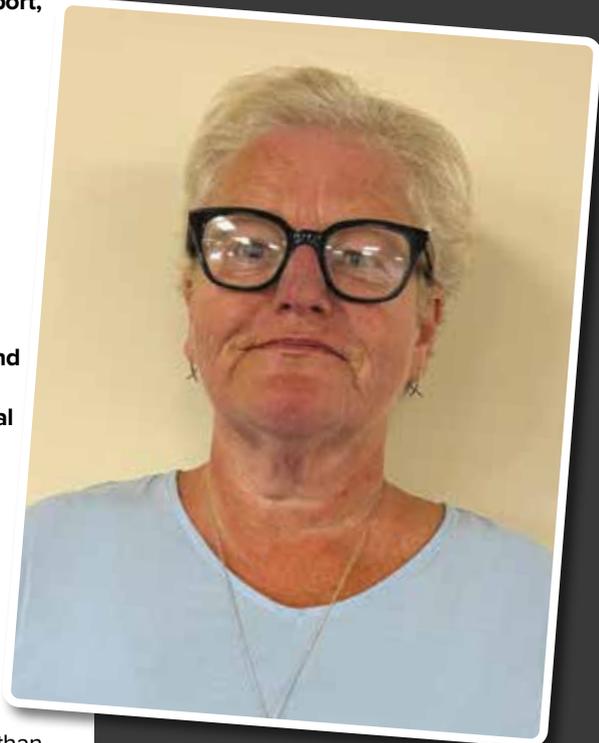
- Completing forms and paperwork
- Information about local services and resources
- Guidance on health, care and social matters
- Crime prevention and personal safety
- Housing and utilities advice

Julie, who leads the service from Morton House, said: "We are delighted to have been welcomed by Beverley Housing Charity and their team at Morton House. Six months in, we have supported more than 483 people and generated approximately £354,565 in new benefit claims for over-55s across the East Riding of Yorkshire."

It's easy to find the help if you know where to look, sadly many of the people we support just didn't know where to start. That's why we are here - *And the first steps are just as simple as giving us a call.*

Stephen & Joan's story

"We didn't know what Attendance Allowance was. I had struggled to care for



Julie,
Information, Advice and Support Officer



Joan for several years due to her early memory loss, and now the dementia has really taken hold, affecting us both more than I realised. I didn't appreciate just how hard it was going to be, but I felt it was my duty to care for Joan - she is the love of my life, and I hate seeing her in this position.

I was recommended to speak with Age UK. After an emotional few hours, I couldn't believe the help we now have around us. It's still tough, but the extra money is a big help. It means we can socialise a little more, which gives me a break, and we now have a cleaner and some help around the house.

My message would be: try not to be too proud to ask for help. The money available doesn't just help financially - it helps keep us at home for longer. Although we're not as independent as we once were, I feel stronger knowing I can be with Joan for a little while longer. Thank you for all your help."

When & Where

Days: Monday to Wednesday

Time: 10am - 4pm (by appointment only)

Location: Beverley Housing Charity, Morton House, Morton Lane, Beverley, HU17 9DD.

Please note that waiting times may vary depending on demand.

Contact Details

Although delivered from our premises, the service is operated by Age UK Hull & East Yorkshire.

To make an enquiry or book an appointment:

Email: hello@ageukhull.org.uk

Phone: 01482 324644

Website: www.ageuk.org.uk/hullandeastyorkshire

Morton House - Supporting Community Connections

Since moving into Morton House, Beverley Housing Charity has been working hard to make the most of this beautiful space - not just for our team, but for the wider community.

We're delighted that the building is fast becoming a hub of activity, bringing together local groups and charities doing fantastic work across Beverley and the East Riding.

As part of our ongoing commitment to supporting others, we have opened our boardroom and meeting spaces to a range of community groups and charitable organisations.

It's wonderful to see the space being used regularly, helping to foster connection, wellbeing and mutual support. Alongside Age UK, Beverley Housing Charity also regularly host:

- HEY Mind
- U3A
- Fitmums
- WI's MASH
- Parkinson's Support Group
- East Riding Theatre

If you are a charity or community group looking for high-quality space in the centre of Beverley, with parking available, please contact us on **01482 881052** or email charity@beverleyhousingcharity.org



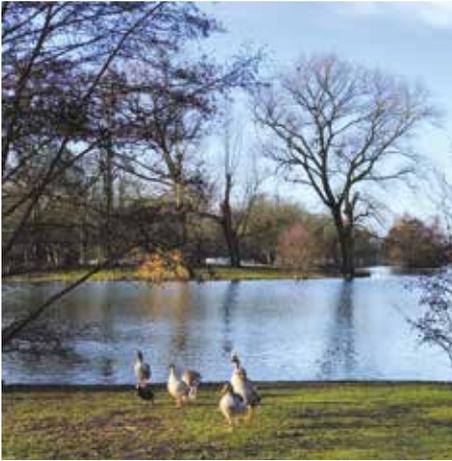
PARKRUN NEIGHBOURS

After 12 cancellations, at the time of writing, this has certainly been our wettest Winter at Beverley Westwood parkrun. When we cancel, it is a good opportunity for our regulars to get in some tourism running/walking/volunteering at other parkruns in the area.

With 1394 parkruns in the UK, Yorkshire is very well represented with over 60 events in the county. Our parkrun neighbours are made up of coastal, footpaths, country parks, proms, zoos, deer, footpaths, trail paths, grassy knolls!

- Hull parkrun is run entirely on paved roads within the park.

- Peter Pan parkrun is run on a mixture of tarmac paths and grass.



- Humber Bridge parkrun is run on a mixture of hard stone paths and grass.

- Sewerby parkrun is run over road, path, grass and woodland woodchip path surfaces.

- New kid on the block, Withernsea Promenade is run on a mixture of grass and permanent paths.

- Goole parkrun is run on a mixture of tarmac paths and grass.



Across the Humber Bridge but fairly close to home and still very popular we have:

- Baysgarth Park parkrun is run entirely on permanent paths.

- Normanby Hall parkrun is run on a mixture of tarmac paths and trail paths.

If you are a BWp regular and want to try a neighbouring parkrun, see our website for details.



There really is somewhere to go most weeks, it would take some weather to see them all cancelled at the same time!

<https://www.parkrun.org.uk/events>

As we head into Spring, we are much more hopeful that the daffodils and buttercups of our beautiful pasture will return, the cattle will arrive, and most importantly we really want some sunshine to brighten our Saturday mornings! Get your positive pants on and we will see you on the start line this Saturday at 9am.

Louise Barrett.



Photos by Martin Greensill, John Parish and Jed Hoden.

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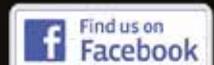


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SPRING INTO ACTION WITH FOX MOBILITY

Paul and Anne Fox understand the importance mobility aids play in helping people make the most of Spring.

As the weather improves and outdoor spaces become more inviting, devices such as walking sticks and mobility scooters allow individuals with limited movement to enjoy fresh air, social outings, and gentle exercise. These aids provide stability, reduce the risk of falls, and help build confidence when moving around gardens, parks, or town centres, also increasing confidence and a good positive mindset, as Paul commented, "A can do attitude".

Access to reliable equipment from trusted providers like Fox Mobility ensures users can find solutions suited to their needs. Anne added, "We focus on their needs, providing solutions to each individual, not a one size fits all. With the right support, people can stay active, maintain independence, and fully appreciate the sights and experiences that the Spring season has to offer".

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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Need advice about mobility equipment? We're here to help!



IN THE PICTURE WITH JOSH

Hopefully by the time this is published we will have started to get some sunnier days as the grey, dull and rainy days seem to have been more prevalent over the last few months.

It's certainly made my commercial work more challenging because even the best editing skills will never compare to natural light on a nice sunny day. Fortunately, as we head into Spring, there is a lot to look forward to, starting with the birds and wildlife becoming more active.

The gannets, puffins and other seabirds start arriving back along the coast in higher numbers to prepare for the breeding season and you can capture some great shots at places like RSPB Bempton Cliffs or Flamborough Head.

The local nature reserves inland also become more active and it's a great time to see many of our native mammals before the undergrowth and tree cover becomes thicker as we head



into Summer.

While the weather probably won't be perfect, it should at least be more varied with misty sunrises, vibrant orange sunsets and crisp clear sunny days with nice blue skies. Whatever you enjoy photographing, it's a great time of year to get out with your camera.

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)
Facebook: [@JoshHarrisonPhotography](https://www.facebook.com/JoshHarrisonPhotography)
Web: www.joshharrisonphotography.com
Email: info@joshharrisonmedia.com



BEVERLEY AC - LOVING THE RUNNING!

The recent spate of cold and wet weather has not dampened the spirit of the Club, where members have continued to produce some outstanding results.

February saw the iconic Ferriby 10 race take place, the East Yorkshire Cross Country League at Drewton, jointly hosted by Beverley and City of Hull AC and at Dalby, where Beverley



AC had a great turnout. The race at Dalby Forest saw 44 Beverley runners take part with Rob Sparkes in great form and taking the win in 00:36:48(AG1).

Important 2026 dates for your diaries!

The iconic Pittaway Beverley 10k race and Westwood Mortgage Advisors short race take place on Sunday 10th May 2026, whilst the Viking Pest Control Walkington 10k race and Westwood Mortgage Advisors fun run will take place on Friday 10th July 2026.

The Pittaway Beverley 10k race is now sold out but places are still available for the short race.

Entries for the Viking Pest Control Walkington 10k race and Westwood Mortgage Advisors fun run are now open and further details can be found on the Club's website.

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



2016-2026 - CELEBRATING 10 YEARS OF MONKS WALK

On 1st April 2016 Neil Pickford first entered Monks Walk on Highgate as Landlord and Tenant.

Neil sadly died in 2017, but his family were determined to buy the Grade II* listed premises and develop it into the Community Venue and 'Chatter Pub' that Neil had had the vision for it to be.



10 years later this much-loved public house is having a party to celebrate. Music and pizza will be available over Easter Weekend, 3rd-5th April. Come and join in! Our grateful thanks to everyone who has supported us on the journey so far...



Credit: Stephen Armishaw Photography



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www.monkswalkinn.com




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IN THE GARDEN - KEEPING A RECORD

When changing the layout of the garden it is always worth taking a few photographs, a memory of what the garden previously looked like. If it is to be reconfigured then again, a record of what was planted previously and what surfaces were used in specific areas is a relevant thing to record.

Looking back at old photographs and records not only grounds us but also can help when moving forward with something as simple with changing the shape of the border. We often question has the current layout worked? Have the paths connected to the main area? And what if the width of the border was increased or perhaps the shape was changed. This would allow for more planting which in itself moves the eye forward through the garden, giving shape and texture from the addition of new shrubs and perennials giving an image that the garden has increased in size.

One of the questions raised with todays fluctuating weather is what do I plant? Again, looking back to the old pictures of when the garden was originally created perhaps over



twenty years ago or even longer the question will be, what plants have both thrived and increased in size?

A classical example is the *Ribes sanguineum*, although a deciduous shrub both the structure and the Spring blossom are outstanding. The shrub was actually introduced to Britain in 1817 which gives an indication of its longevity through the years. A planting plan I have been recently have been focused on is what is termed as 'Matrix' planting. It is a style that uses both grasses and perennials that are planted in blocks adding both structure, colour and texture to the garden. The addition of bulbs in the early spring season leads you into the Summer months the perennials then naturally balance with the grasses and from there the seedheads take you through into late Autumn and Winter.

February is the last month of Winter and already the garden is moving forward into Spring, the photographs are of *Helleborus argutifolius* which flowers from January to March and the *Cyclamen hederifolium* which are both planted in a woodland area. These have been in flower since the beginning of the year. The leaves on both plants are likewise particularly attractive. They are definitely worth considering planting in semi shaded areas.

If you have a greenhouse, now is a good time to sow some cut and come again salad crops, the light levels have been very low, and I personally had to resow a new batch. Hopefully we will be lucky to have some sunlight which will encourage the salads to germinate. If you are growing crops

on the windowsill in the kitchen then two to try are mustard and cress, both prefer a sunny position. Cress can be ready to be eaten in 10-12 days, and mustard leaves are best harvested when around 10cm in height.

Autumn fruiting raspberries need to be cut down, removing all of last years canes. Give them a feed in March with a slow-release granular fertiliser.



There is still time to purchase bare rooted raspberries which can be planted up until the end of March if the ground is not frozen. If you are growing rhubarb and would like an earlier crop you can place something as simple as a bucket over the top of the plant to encourage young growth. Now is the time to prune your gooseberries and also give them a feed of sulphate of potash which in turn will boost the potassium content encouraging both fruiting and growth. A red variety that I have grown for many years is *Hinnonmaki* that I personally find sweeter than the green varieties.

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

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TIME FOR A PHYSICAL AND MENTAL SPRING CLEAN?



Oh my goodness! What just happened? I could have sworn that three out of the last four days featured blue skies, fluffy clouds, and a strange yellow globe up there that everyone was talking about. The sunshine, along with clusters of snowdrops and carpets of yellow and purple crocuses, lighten the mind and gladden the heart as Spring surges in.

On 29th March, the clocks leap forward - a perfect moment for a Spring clean, not just around the house and garden, but as a gift to ourselves, both physically and mentally. Like a dormouse emerging from hibernation, our bodies and minds can stretch, yawn, and re-energise.

Interestingly, many years ago the calendar had only 10 months, before January and February were added. Have you ever wondered why September, October, November, and December were originally the 7th, 8th, 9th, and 10th months, when "septem" means 7, "octo" means 8, "novem" means 9, and "decem" means 10? The Winter period between December and March was simply unaccounted for - or maybe humans hibernated too!

As we move out of this "hibernation," we can take charge of energising both mind and body. Feeling physically well and mentally fit is something we can influence, especially by "hacking" our natural happy chemicals:



- **Dopamine** - the reward chemical; completing tasks, celebrating small wins, or writing a gratitude list floods the body with it.
- **Endorphins** - our natural painkillers; trigger this with laughter, watching a funny film, or exercising.
- **Serotonin** - the mood chemical; sunlight, nature walks, runs, or meditation helps it flow.
- **Oxytocin** - the love chemical; playing with a dog, giving a hug, holding hands, or offering a compliment boosts it.

March is also a time to show love and appreciation for the women in our lives, as we celebrate both Mothering Sunday which falls on the fourth Sunday of Lent (15th March) and International Women's Day (8th March). Women's work is often quiet but always powerful. Figures like the late Jean Bishop, our beloved local "Bee Lady," demonstrate this: dressed in her cheerful bee costume, she raised over £125,000 for Age UK and was awarded the British Empire Medal. Her dedication reminds us that every act of care and generosity truly makes a difference.

Other notable local figures include Mary Wollstonecraft, who lived in Beverley as a child and went on to become a foundational feminist thinker; her *Vindication of the Rights of Women* shaped modern ideas about equality. Bestselling author Val Wood, from Beverley, has written over 25 historical novels rooted in local life and history. Beyond writing, she supports charities, advocates for people with sight loss and dementia, and encourages creativity in her community, demonstrating a lasting commitment to giving back.

Taking a leaf out of Jean Bishop's book, at this time of renewal and new beginnings, it is important to remember that we can each make a difference - with a smile, a kind word, or an act of generosity. And you don't need a bee costume to do it!

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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Group walks for those who are bereaved



Together in Grief (TiG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

Where: Marton House, Marton Lane, Beverley

When: Every Monday 6.30pm (Starting 12th January)

Cost: Free

The walks are safe, supportive and suitable for all (aged 16+) - men and women, and all abilities.

No need to book - just turn up. Come along whenever you feel a walk and talk might help - every week or just occasionally.

For more information, scan the QR code or email heather@fitmums.org.uk.



© 2024 Fitmums & Friends is a registered charity in England and Wales No. 1173919

WHY NOW IS THE PERFECT TIME TO UPDATE YOUR GUTTERING, FASCIAS AND SOFFITS

As we head into Spring, many homeowners are considering outdoor maintenance and improvements. Updating your guttering, fascias and soffits might not be the most exciting home improvement project, but doing it at the right time can save you considerable money and prevent serious damage to your property.

Prevent Winter damage from escalating

Winter takes a heavy toll on your roofline. Ice, snow, heavy rain and freezing temperatures cause gutters to crack, fascias to rot and soffits to deteriorate. Many homeowners don't notice this damage until it becomes a serious problem. Acting now means you can address any winter damage before it leads to water penetration,



structural issues or pest infestations.

Prepare for next Winter

By updating your roofline now, you're giving your home the protection it needs before the next winter. Modern UPVC fascias, soffits and guttering are built to withstand extreme weather. They won't rot, warp or rust like traditional timber systems, and they require virtually no maintenance.

Add value and kerb appeal

Your roofline might seem like a minor detail, but it significantly affects your property's appearance. Tired, stained or damaged guttering and fascias make your entire home look neglected, even if everything else is immaculate. Fresh, crisp white UPVC instantly lifts your home's kerb appeal and signals to potential buyers that the property has been well-maintained.

Avoid the Summer rush

Spring is traditionally a quieter period for roofline installers before the Summer rush begins. This means you're more likely to secure convenient installation dates, receive more competitive quotes, and benefit from the installer's full attention to detail.

Energy efficiency benefits

Modern soffit and fascia



systems improve ventilation in your roof space, preventing moisture build-up that can damage insulation and reduce its effectiveness. Properly functioning guttering also protects your walls from damp, which can significantly affect your home's thermal performance.

The opportunity to address Winter damage and prepare for the months ahead makes now the perfect time to invest in your roofline. Don't wait for minor issues to become major problems.

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STEP INTO SPRING WITH W H HALMSHAW AND ENJOY THE NEW DISPLAYS



Refreshing a window display is one of the most effective ways to attract attention, communicate your brand's identity, and drive traffic into your store.

Fiona at W H Halmshaws on Annie Reed Road in Beverley commented, "We are delighted with our renewed window displays. The displays are visually striking, encouraging passers by to pause and take a closer look".



Georgina added, "We started by choosing a clear theme that reflects the season, a new collection, and our current promotions and exclusive ranges. We are delighted to be able to showcase quality products like Ashton & Bentley and Burbidge.

"The displays have all come together with consistency in colours, materials, and lighting helps create a cohesive look that is professional and inviting".

W H Halmshaws having introduced exclusive products to the displays and throughout the



showroom, highlights them as the focal points in various areas.

By using height variation, spotlights, contrasting backgrounds to draw the eye directly to these items, each exclusive product has enough space so it feels special and desirable.



Not only in the window display area, but throughout the showrooms, Fiona mentioned, "We have used the lighting to create a warm, focused feel, to highlight textures, making products look more appealing and to allow our customers' creative minds to flow, to relate the displays with their homes".

It is clear to see that the displays are carefully managed. Keeping the glass clean, surfaces dust free, the attention to detail can be seen throughout the well-planned, refreshed window display, but also communicates quality, creativity, and professionalism to everyone who walks into W H Halmshaws.

W H Halmshaws, Annie Reed Road Beverley, HU17 0LF. Tel: 01482 867142.



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SILVERWARE SHINES AT BEVERLEY AND EAST RIDING GOLF CLUB PRESENTATION NIGHT

Beverley and East Riding Golf Club recently celebrated a stellar year of competition, hosting its annual presentation evening to honour the trophy winners of the 2025 season.

Members gathered at the historic clubhouse to recognise the skill and consistency shown across the fairways over the past twelve months.

From competitive matchplay tournaments to the prestigious Club Championships, the evening served as a testament to the high standard of golf maintained at the Westwood-based course.

The club extended its congratulations to all victors, noting that the 2025 season saw particularly fierce competition across all divisions.



Gabby Calvert - Jubilee Vase



Ryan Lagar - Heaps Cup



Rich Norton - Scratch Cup



Simon Goff - Order Of Merit Winner



Ava Donoghue - Hughie Harper Classic Trophy



Paul Fowler - Captain and Chris Trevor Whit Cup presented by vice captain Martin Baltazar



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



At Beverley & ER Golf Club, we offer a premier golfing experience with the warmth of a local club.

With two new greens opening in the Spring, the course has never looked better.

Improve your game in our indoor golf studio, or with Head Pro Theo Blake's coaching.

Not a golfer? No problem. Our restaurant and bar (open to all!) is the perfect spot for a Sunday lunch, a mid-week bite, or just a coffee after a Westwood walk.

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SPRING INTO FITNESS WITH EAST RIDING LEISURE THIS MARCH

East Riding Leisure is launching the time limited Spring into Fitness promotion. By joining the promotion from Monday 2nd to Tuesday 31st March, members can enjoy six months for the price of five, or 15 months for the price of 12, saving up to £108.

Memberships unlock access to all 10 centres, nine gyms, eight swimming pools, a full timetable of classes, sports hall activities and more. Each Spring into Fitness membership purchased comes with a free week pass to share with someone else, worth £24.

Memberships start from just £77.50 for six months, or £186 for 15 months.

Councillor Nick Coultish, East Riding of Yorkshire Council's Cabinet member for culture, leisure and tourism, said: "Whether you are an avid gym user, or new to working out, enjoy swimming, or a group fitness fan, East Riding Leisure have award winning facilities to help you improve your fitness, whatever your age or ability.

"Spring Into Fitness is always popular, and I would encourage residents to find out more!"



Memberships are available to purchase from Monday 2nd March at any East Riding Leisure site or online.

To find out more and to buy a membership visit: eryc.link/spring-into-fitness



Invest in yourself

Spring

into

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eryc.link/spring-into-fitness

Available 2-31 March

*Terms and conditions apply

- NO JOINING FEE
- NO DIRECT DEBIT
- NO CANCELLATION FEE

For more information, visit your local East Riding Leisure Centre, our website or contact East Riding Leisure on ☎ (01482) 395223 or email @leisure@eastriding.gov.uk

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

CLOCKS
 DAFFODILS
 DAYLIGHT
 FLOWERS
 LOVE

LUNAR
 MARCH
 MOTHERSDAY
 SNOWDROPS
 SPRING



Where are the Ducks?
 Answer on Page 36.

QUOTE OF THE MONTH

Spring is Nature painting in flowers.

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 36.



WHAT IS IT?

Can you work out what this obscure image is? Answer on Page 36.



COMEDY CORNER



What do you get when two plants kiss?
 Tulips.

What is the best flower for a boy to give his mum?
 A son-flower!

What do you call a bear caught in a spring shower?
 A drizzly bear.

How can you tell the weather's getting warmer?
 People have a spring in their step.

When is the best time to go on a trampoline?
 Spring time!

Why is everyone so tired on April 1st?
 Because they just finished a 31-day March.

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BEYOND SLEEP FOR BETTER WELLNESS

An ongoing theme of my wellness articles has inevitably revolved around sleep. This due to the simple fact that sleep is the most important aspect of fuelling day to day performance, creating a durable immune system and helping you live longer - by repairing cells and removing toxicity from the body, especially the brain.

I can't push the focus that should be on prioritising sleep enough, hence the repetition in my writing. The solutions to the nationwide sleep epidemic are straightforward too.

No caffeine 10 to 12 hours before targeted bedtime; a cool room between 16 and 18 Celsius; designated time to unwind, perhaps by having a digital cut off time or trying some breathwork to relax the nervous system; keeping the room as dark as possible to prevent your body from lowering its natural melatonin levels and - above all - keeping a consistent wake up and sleep time with as little fluctuation as your general habits allow, social time being the biggest disruptor, of course.

This not about optimisation. These are basic practices backed by concrete circadian biological science that should be followed to get the sleep you deserve in a demanding modern world.

But's let assume you follow these protocols consistently well. Of course, it takes a rather rare individual who can implement this perfectly every single day - although there is nothing wrong with chasing perfection in my opinion. But what if you do manage this?

There's a good chance that you have energy, your key health indicators are good, you are generally calm and content, you are ill less. But what if you are still don't feel as good as you should?



You may still feel sluggish, especially in the morning. This may be a problem on the other end of the sleep-wake cycle.

I love nuance. So many problems in life can be resolved discreetly or with non-obvious ways like flipping over, reversing the problem to find the solution. A common nuance to the problem of alleviating tiredness - despite following sleep guidance well - is actually seeking solutions in the morning. From the second you wake up.

Even with well-followed sleep protocols, If you don't manage the morning properly you don't reap the energy boosting benefits of sleep itself - this mainly applies to cognitive functioning.



The biggest challenge with getting the morning going the way you want it to is two-fold. The first factor to address is light. The dark Winter months are now gradually easing away which is great news for your circadian rhythm - if you take the necessary steps.

Light, ideally from the sun, needs to be exposed to your optic nerve as quickly as possible. This stops the production of the sleepy hormone melatonin and raises serotonin levels, providing a feeling a wellbeing and boosting mood.

You must go from that intentionally created dark bedroom environment to create the onset of the sleeping process, to the brightest environment possible. This is usually outside - even a cloudy day has enough natural light to stimulate your optic nerve.

And, unless you have biocentric lights installed all over your home that you can switch on straight away, the common lightbulb in your house are - although better than natural darkness - nowhere near bright enough to stimulate your nervous system sufficiently and start your body clock off in the way it naturally wants to start, biologically.

My simple advice for March is this - get more light. It does not have to be first thing in the morning, although optimal. Anytime of the day will give you a boost. Combined with exercise like an easy walk is even better.

Even if it's miserable outside, wet, windy and dull, there are still solutions. Consider investing in a SAD (Seasonal Affective Disorder) Light. Exposure of 20 to 30 minutes with the use of a SAD device - I use SAD glasses, they work with my busy morning routine before work - is the best non-natural way to get the morning light your body craves (SAD devices are widespread in Scandinavian countries due to the extremely long dark Winters... and yes Scandinavian countries and still the happiest countries on Earth!).

Slowly and gently, try and get more light this March. Try it and only do what you can manage, one step at a time.

As always, the people who experience the rewards of any healthy habit, are the ones who consistently find what works well for them, given their own unique lifestyle and situation and all of the individual contextual factors that go along with specificity of the individual. Build the habit slowly but intentionally.

If you would like to get in touch for any reason at all, feel free to reach out to me: edjthompsonpt@gmail.com



WHAT IS IT ANSWER

A Pedestrian Crossing Light.



WHERE IN BEVERLEY ANSWER

Champney Road Gardens.



FIND THE DUCKS ANSWER

You should have found those ducks on the Halmshaw pages, 30 & 31.

WILSONS WHEELS SPRING DISCOUNTS TO GET YOU INTO CYCLING

Spring is the perfect season to rediscover cycling, as longer days, mild temperatures, and brighter scenery make rides more enjoyable and motivating.

Regular cycling improves cardiovascular health, strengthens muscles, and boosts mental wellbeing by reducing stress and increasing time outdoors. It is also an eco-friendly and cost-effective way to commute or explore local areas.

Taking advantage of Wilsons Wheels seasonal discounts with up to 30% off bikes, which can make cycling even more accessible. Wilsons Wheels have a number of Spring promotions on bikes, helmets, and accessories.

Nathan and Dave are cycling champions winning regional events on a regular basis and have an in-depth knowledge of what is right for you, experience you can draw from.



Buying during these sales allows riders to invest in quality equipment while saving money, making it easier to start the season safely and confidently.

Remember Be Seen and Be Safe while out cycling.



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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

The Last Wednesday of Every Month

Ladies Who Latte Beverley and Villages

10am-12noon. ERT Cafe in Beverley. For Ladies who work in and around Beverley, wanting to make connections with like minded ladies. Free to attend. Attendees are encouraged to purchase drinks and food. Co-hosts, Nicola King and fellow local business lady, Julie Rogerson.

Until Saturday 14th March

Eastgate Studio Members' Winter Exhibition

Eastgate Studio Gallery reopens after its January redecoration with a printmaking exhibition celebrating the work of our studio community. Eastgate Studio, 11 Eastgate, Beverley. www.eastgatestudio.co.uk

Until Saturday 14th March

Northern Soul

Northern Soul is the log of a long, as yet unfinished, journey, and a love letter to the North of England by artist Ian Scott Massie. This exhibition considers the places the artist has known and painted, and what part they play in this complex, careworn, mountainous, multifaceted, wave-tossed, warm-welcoming, windblown, freezing, friendly, tough spirited, tender hearted, rusty, rebellious, ruinous, green, golden, chilled-out, challenging, deep-rooted, dale-scattered, subtle, smoky, special land. Beverley Art Gallery, Champney Road, HU17 8HE. Free Admission.

Until Friday 5th June

Portraits of Two Pastures

Beverley Guildhall. An exhibition on artistic films on Figham and Swinemoor pastures. Free admission. Open Wednesdays (to 30th April) 10am - 1pm. Wednesdays (from 1st May) 10am - 4pm. Fridays 10am - 4pm.

Until Saturday 6th June

Photo Finish - A Year at Beverley Races

Champney Treasure House Museum. Seven regional photographers capture a year of action at Beverley Racecourse - the excitement of the crowds, the behind-the-scenes work of the stewards, vets and caterers and the stars of the show - the horses and jockeys. Free admission.



Wednesday 4th March - Wednesday 4th April Threads - Through Creation and Through the Cross

Textile exhibition by Jacqui Parkinson, Beverley Minster. Open 10am - 4pm. Free Entrance.

Wednesday 4th March

Elliot Richards

The Sun Inn, Beverley. Music from 8.30pm. £5.

Saturday 7th March

Wearable Art - Handling Session

Beverley Art Gallery, 11am. Join Curator Dr. Gerardine Mulcahy-Parker for an exclusive, hands-on experience with pieces from our current display in the Blue Gallery.

Monday 9th March

Community Cinema Event

Norwood Church, Beverley. 7pm. The powerful story of love, passion and religious conflict. We warmly invite you to join us again or, for the first time, to our monthly film night. FREE ADMISSION! A new programme running February '26 - July '26. Due to Copyright we are only allowed to display film titles on the Church premises. Refreshments & Raffle from 6.30pm. Films shown in the hall to the rear of the Church.

Friday 20th March

Group for Young Onset Dementia

Alzheimer's Society have set up a brand-new group in Beverley for people with Young Onset Dementia. The group enables people to meet others in similar situations, find free support and advice and build links with the community through activities and talks. The group meets on the 3rd Friday of every month at East Riding Theatre, 1pm-3pm and is free to attend.

Saturday 21st March

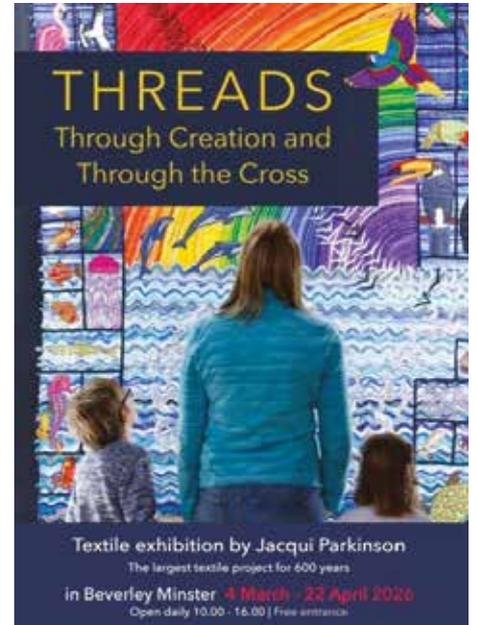
Beverley Charity Shop Scandal

Comedy Play by C Derrick. Two old ladies run a charity shop in Beverley. There are strange happenings when they decide to rent out the attic to make extra money. They certainly get more than they bargained for! Parkway Cinema, Beverley. £16. 7.30pm - 9.30pm.

Saturday 28th March

Holly Taymar sings Eva Cassidy

Holly Taymar brings the timeless songs of Eva Cassidy to life in her stunning show. Holly sings Eva's unique mix of folk, jazz, and blues.

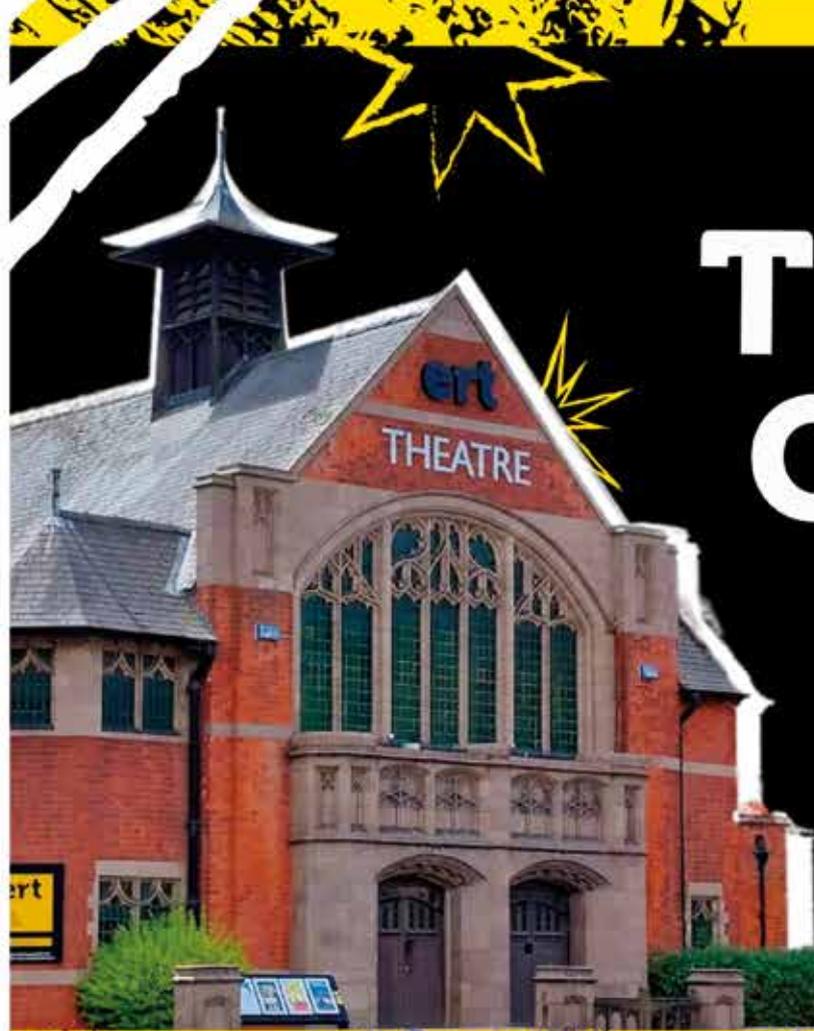


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TAKE A LOOK AT WHATS
COMING UP THIS YEAR



What's On?



CLEMENTINE

14th March



DC BLUES

21st March



FAKESPEARE

25th March



FLEMINGATE
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FASHION | FOOD | FILM | FUN



AT THE FARM
Thur 9th April 10am-3pm



KPOP MEET 'n' GREET
Tue 7th April 12pm-2pm

**27TH MARCH
- 13TH APRIL**

Easter FUN



FUN AT THE BEACH
Wed 1st - Sun 12th April
10:30am - 4:45pm



FREE CRAZY GOLF
Tue 31st March 11am-3pm



HOPPY EASTER HUNT
Fri 27th March - Mon 13th April
Daily

BEVERLEY
HILLS
Disney & More

Disney Frozen Breakfast - 8th April
Taylor Swift & Girls of Pop - 10th April

JUMP
BY AIRHOP

Jump into Easter with slots
throughout the holidays

PARKWAY

Talegate Theatre Rapunzel - 5th April
The Super Mario Galaxy Movie



FLEMINGATE.CO.UK

*Please note, children must be supervised by a responsible adult at all times.
Programme is subject to change so please check social media. Weather permitting.