

just

ISSUE 129

# BEVERLEY

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**ert**

EAST  
RIDING  
THEATRE

## WOLF COUNTRY AT EAST RIDING THEATRE

John  
Godber  
COMPANY

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

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## 6/7 EAST RIDING THEATRE - WOLF COUNTRY



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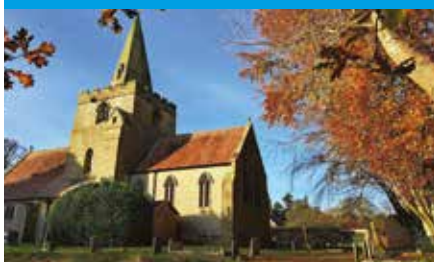
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**REMEMBER!** If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE** - Emergency 999, Non-urgent 101.

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

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## OCTOBER LETTER FROM THE EDITORS



In October, the clocks go back on Sunday 26th October at 2am. The clocks, as the saying goes, "Fall" back which means we can all look forward to an extra hour either in bed or enjoy the Autumnal colours the magic nature brings for us to enjoy.

The nights start to draw in and temperatures start feeling cooler. This year Autumn began on Monday 22nd September and ends on Sunday 21st December 2025. Layer up, enjoy the fresh air, the crisp mornings and nature working to change for the better.

Whatever you decide to do, have a great October and keep the photos and stories coming in.

**Julian.**



For me, on Sunday 26th October I enjoy the extra hour in bed relaxing, preparing for the fresh mornings and looking forward to Halloween and the Spooky Season ahead!

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

Coming home from work, whether on the bike or walking as the nights draw in, think about the wardrobe change!! Get the warmer clothes out and enjoy a brisk walk, the weather may change but be prepared and enjoy nature at its magical best.

Our theme this month is "enjoying the magic of nature and the changes in colours", so whatever you do stay safe, relax and enjoy our publication.

**Olivia.**



**O2** Media Awards  
'Community Publication Award'  
Shortlisted Nominee  
2017 & 2018



**REYTA**  
'Award Nominee 2016'  
'Best Newcomer'

## GET IN TOUCH WITH US:

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## BLOK AND VINE FOR RELAXED DINING AND DAYTIME TREATS

**Late in August, Matt Holwell opened "Blok and Vine", a charming stylish café-bar restaurant located at 16 Dyer Lane in Beverley.**

Matt commented, "We offer excellent coffee, quality wines, locally sourced Yorkshire produce and we invite people to come in to experience our relaxed dining".

Based on Dyer Lane, Blok and Vine celebrates the best of Yorkshire, with artisan cheeses, expertly brewed coffee, freshly made sandwiches, and or perhaps a well-chosen glass of wine.

"We aim to be Beverley's stylish spot for every occasion - from relaxed lunches and daytime treats to evening sharing boards with drinks. Not the hidden gem, simply the gem".

Blok and Vine opening times: Tuesday - Thursday: 10am to 4pm.  
Friday - Saturday: 10am to 9pm.



## THE TURNER'S TRUST

**Matthew Turner was a well to do printer who lived in Beverley. He died in 1856 and his grave is in Coronation Gardens, Beverley.**

Matthew Turner guarded jealously, some of the town's privileges and often criticised the Town Council when he considered they did not spend the taxpayer's money correctly. He left several investments and decreed the income from one of these investments should be used to reward ladies in domestic service.

They had to be of good character, 'live-in" at their place of employment, which had to be within eight miles of the Guildhall, Beverley and have worked for the same family for ten years or more. This began the Turner Trust, with the first Trustee, including Henry Edward Silvester (Mayor of Beverley) and Rev John Birtwhistle (Vicar of Beverley Minster).

In the first year with their working capital of £800 they were able to issue grant awards totalling £718. In the past 169 years many changes have

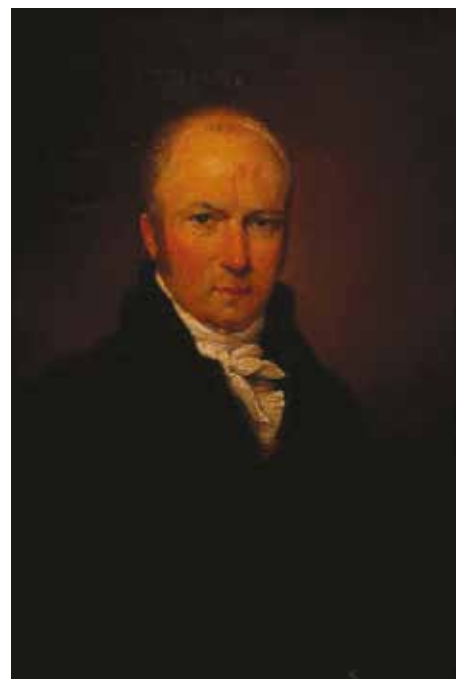
taken place, residential domestic servants are almost non-existent and those who are employed are usually part-time.

In 1939 the number of applicants for the award, the majority of whom were residential, was about 100. By 2011 those qualifying for an award had reduced to 11 and none were residential.

The charity Turner began still makes annual awards, although with the Charity Commissions agreement the criterion for the awards has changed. Candidates still need to live or work within eight miles of Beverley Guildhall but now need only work for the same family for more than three hours a week and have worked for them for four or more years. Awards are also open to males as well as females.

Awards start at £100. Trustees still include the Mayor of Beverley and the Vicars of The Minster and St Mary's. Anyone interested in gaining an award should apply to The Clerk to the Trustees at [ian\\_merryweather@hotmail.co.uk](mailto:ian_merryweather@hotmail.co.uk).

The picture can be seen in the Beverley Guildhall.



## THE LATEST NEWS FROM THE TOUR DE SALT

**Friday the 19th September saw witness to two remarkable sights. Our close friend Shaun Dart on the bike and the launch of a two-week exhibition of the tour taking the projects SALT Architects have been proud to deliver during 25 years of practice (as well as some that got away Bob Mortimer style) at the Gallery.**

The tour has been a real team effort as has the delivery of all of our projects over the years, both have been a privilege to be part of and in raising money for our three dedicated 2025 charities we hopefully continue to give something back to the communities we support.

The exhibition ably demonstrated the SALT commitment to improving the environment for all with their unique approach uniting art, architecture and landscape by a concept driven design methodology complimenting detailed resolution and technical expertise.

At the time of going to print the total that has been raised from Tour De Salt is in excess of £1500.00

For all enquiries about how SALT might improve your environment drop in to the office, call **01482 888102** or contact [stella@saltarchitects.co.uk](mailto:stella@saltarchitects.co.uk)





# SEB LOOKS TO MOVE ON FROM THE BENCH TO A BRIGHT FUTURE

**Ex-Beverley Town Panthers/Pumas (U7's – U12's) Goalkeeper Seb Auton signed his first professional contract for Grimsby Town during the Summer of 2025.**

He has spent the first 7 league games and 2 cup games of the 2025-26 season on the bench for the first team. This followed over 30 games in the previous seasons when he was a scholar.

Being a substitute in a professional football match brings several benefits, even without starting. This gives him valuable experience by observing



the game's tempo, tactics and opposition, but always being ready to come on at short notice.

Seb however is never one for resting on his laurels, as he looks to a brighter future learning from the touchline and absorbing as much information as possible to improve as a professional, to go through the ranks.

Seb made his full senior debut in the Vertu Trophy Cup in August against Bradford City, unfortunately losing 2-1, but had a great game, making some fantastic saves. He was also on the bench for the Carabao Cup match against Manchester United, Grimsby winning 12-11 on penalties (2-2 at full time) after an exciting game.

Seb has recently taken up a loan move to Grimsby Borough FC to give him vital games in his development. The loan signals the start, hopefully, to a long career.

Keep an eye out for Seb Auton as he kicks starts his career, who knows what the future holds for him?

Photos by Jon Corken.



# RISE INCLUSION PATHWAYS LAUNCHES IN BEVERLEY TO CHAMPION NEURODIVERGENT FUTURES

**A new Beverley-based business is setting out to transform the lives of neurodivergent individuals aged 14 and above, empowering them to thrive in education, employment and everyday life.**

Rise Inclusion Pathways, founded by local education specialist and experienced post-16 Inclusion Leader, Fiona Goodman, brings a fresh and inclusive approach to personal learning and development.

With over 20 years of experience in further education colleges, specialising in learning support, leadership, and employment inclusion, Fiona combines professional expertise with personal understanding drawn from her lived experience as part of a neurodivergent family. Her mission is clear: to create tailored pathways that empower neurodivergent individuals to build confidence, independence, and opportunity.

"Everyone experiences the world differently," says Fiona. "Rise Inclusion Pathways is here to honour those differences and provide practical, personalised support, whether someone is preparing for exams, entering the workforce, in employment or navigating daily routines."

## What is Neurodiversity?

Neurodiversity is the idea that not all brains work in the same way. The National Autistic Society (2024) explains that neurodivergent people may think, learn or experience the world differently from those described as neurotypical.

There isn't a fixed list of who is neurodivergent. Autism and ADHD are mentioned most often, but the term is also sometimes used for dyslexia, dyspraxia, dyscalculia and Tourette's. Many people live with more than one difference, such as being both autistic and ADHD.

The neurodiversity movement views these differences as part of natural human variety, encouraging us to recognise the strengths and perspectives they bring.

## Empowering Inclusion: Consultancy & Training

Rise Inclusion Pathways offers expert consultancy, training, and strategic interim leadership in inclusive education, SEND, and neurodiversity for schools, colleges, businesses, and the third sector. We assist organisations in embedding a genuine inclusive culture across all settings through training, audits and compliance reviews.

## Our Three Core Pathways

The Business offers three core pathways:

Photo: Josh Harrison.



1. Education Pathway - Specialist Learning Support emphasises teaching how to learn and provides strategies for study skills, organisation, and executive functioning. It is tailored for individuals with Autism, ADHD, and other neurodivergent conditions, covering school (14+), further and higher education, and adults returning to study.

2. Employment Pathway - Workplace specialist mentoring, Access to Work guidance and support, including job coaching and support in the workplace, employer training and consultancy support to foster inclusive workplaces.

3. Everyday Pathway - Flexible support and strategies to develop confidence, independence, and resilience in areas such as daily routines, planning, time management, and organisation; and building emotional regulation, communication, and self-advocacy.

Around one in seven people in the UK are thought to be neurodivergent (University of Edinburgh, 2024). Rise Inclusion Pathways aims to make a meaningful impact in Beverley and beyond, one individual, one strategy and one success story at a time.

Together we rise and build inclusive futures through our pathways in education, employment and life.

For consultations or more information, contact Fiona at [f.goodman@riseinclusion.co.uk](mailto:f.goodman@riseinclusion.co.uk) or visit [www.riseinclusion.co.uk](http://www.riseinclusion.co.uk)

# LOCAL TALENT BRINGS COUNT TO BEVERLEY WITH NEW

***This October, theatre-goers in East Yorkshire have a new reason to get excited: the John Godber Company is premiering its latest play, *Wolf Country*, at East Riding Theatre in Beverley from 28th October to 1st November.***

Set against the backdrop of Beverley itself, *Wolf Country* tells a heartfelt story of self-discovery in your twenties. Best friends Eddy and Alice encounter Connor, a self-proclaimed werewolf expert, just as Halloween approaches and the full moon rises...

Local audiences will be particularly thrilled to see familiar faces in the cast, including Jo Patmore, who starred in last year's production of 'The Highwayman'.



*Wolf Country* is written by Elizabeth Godber, whose previous productions include *The Remarkable Tale of Dorothy Mackaill* delighted audiences back in 2023.

Country music plays a central role in *Wolf Country*, with tracks from Dolly Parton, Glen Campbell, Shania Twain and many others taking centre stage!

With its mix of storytelling, local legends, and toe-tapping music, *Wolf Country* promises to be a warm, funny, and moving addition to East Riding's theatre scene this Autumn.

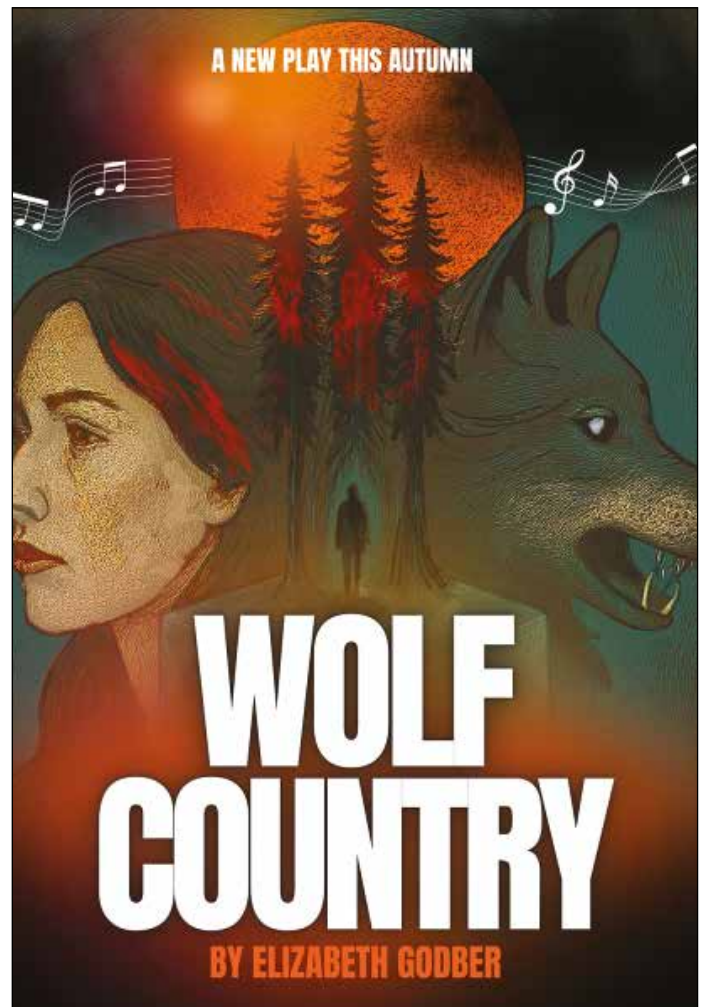
Tickets are on sale now through East Riding Theatre: [www.eastridingtheatre.co.uk/wolf-country](http://www.eastridingtheatre.co.uk/wolf-country)





# RY MUSIC AND STORYTELLING W PLAY WOLF COUNTRY

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## EVERY THURSDAY (Doors open 9.30am)

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

### Thursday 2nd October -

#### **Downton Abbey: The Grand Finale (£6)**

Starring: Hugh Bonneville, Jim Carter, Michelle Dockery, Paul Giamatti.

#### **A Big Bold Beautiful Journey (£6)**

Starring: Colin Farrell, Margot Robbie, Jennifer Grant, Kevin Kline.

#### **One Battle After Another (£6)**

Starring: Leonardo DiCaprio, Sean Penn, Benicio del Toro, Regina Hall.

### Thursday 9th October -

#### **A Big Bold Beautiful Journey (£6)**

Starring: Colin Farrell, Margot Robbie, Jennifer Grant, Kevin Kline.

#### **One Battle After Another (£6)**

Starring: Leonardo DiCaprio, Sean Penn, Benicio del Toro, Regina Hall.

#### **Don't Let's Go to the Dogs Tonight (£6)**

Starring: Lexi Venter, Embeth Davidtz, Zikhona Bali, Fumani Shilubana.

### Thursday 16th October -

#### **The Smashing Machine (£6)**

Starring: Dwayne Johnson, Emily Blunt, Ryan Bader, Bas Rutten.

#### **I Swear (£6)**

Starring: Robert Aramayo, Maxine Peake, Shirley Henderson, Peter Mullan.

#### **Don't Let's Go to the Dogs Tonight (£6)**

Starring: Lexi Venter, Embeth Davidtz, Zikhona Bali, Fumani Shilubana.

### Thursday 23rd October -

#### **The Smashing Machine (£6)**

Starring: Dwayne Johnson, Emily Blunt, Ryan Bader, Bas Rutten.

#### **I Swear (£6)**

Starring: Robert Aramayo, Maxine Peake, Shirley Henderson, Peter Mullan.

#### **The Birds 1963 (£5)**

Starring: Rod Taylor, Jessica Tandy.

### Thursday 30th October -

#### **The House of Mirth (£5)**

Starring: Gillian Anderson, Dan Aykroyd.

#### **Springsteen: Deliver Me From Nowhere (£6)**

Starring: Jeremy Allen White, Jeremy Strong, Paul Walter Hauser, Stephen Graham.

#### **The Birds 1963 (£5)**

Starring: Rod Taylor, Jessica Tandy.

*These are the films scheduled to open in October - all are subject to change. Check out up-to-date cinema listings at [www.justbeverley.co.uk/cinema-times](http://www.justbeverley.co.uk/cinema-times)*



#### **The Smashing Machine**

From 3rd October

Starring: Dwayne Johnson, Emily Blunt, Ryan Bader, Bas Rutten, Oleksandr Usyk.



#### **Tron: Ares**

From 10th October

Starring: Jared Leto, Greta Lee, Evan Peters, Gillian Anderson, Jeff Bridges.



#### **Good Boy**

From 10th October

Starring: Shane Jensen, Arielle Friedman, Larry Fessenden, Indy.



#### **I Swear**

From 10th October

Starring: Robert Aramayo, Maxine Peake, Shirley Henderson, Peter Mullan.



#### **Night of the Zoopocalypse**

From 10th October

Starring: Gabbi Kosmidis, Scott Thompson, Paul Sun-Hyung Lee.



#### **Black Phone 2**

From 17th October

Starring: Ethan Hawke, Mason Thames, Madeleine McGraw, Demián Bichir.



#### **Roofman**

From 17th October

Starring: Channing Tatum, Kirsten Dunst, Ben Mendelsohn, LaKeith Stanfield.



#### **Pets on a Train**

From 24th October

Starring: Damien Ferrette, Hervé Jolly, Kaycie Chase, Emmanuel Garijo.



#### **Back to the Future:**

**40th Anniversary**

From 31st October  
Starring: Michael J. Fox, Christopher Lloyd, Lea Thompson.



# YOUR LOCAL INDEPENDENT CINEMA



## JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS AUTUMN

### THE SMASHING MACHINE

The Smashing Machine is a biographical sports drama film written, directed, co-produced, and edited by Benny Safdie. It stars Dwayne Johnson as former amateur wrestler and MMA fighter Mark Kerr, alongside Emily Blunt as Kerr's then-wife Dawn Staples, with Ryan Bader, Bas Rutten and Oleksandr Usyk in supporting roles.

**From 3rd October.**



### TRON: ARES

A highly sophisticated Program, Ares, is sent from the digital world into the real world on a dangerous mission, marking humankind's first encounter with A.I. beings. The third installment in the Tron series and a sequel to Tron: Legacy (2010). The film features an ensemble cast including Jared Leto, Greta Lee, Evan Peters, Jodie Turner-Smith, Hasan Minhaj, Arturo Castro, and Gillian Anderson, with Jeff Bridges reprising his role as Kevin Flynn from the previous films.

**From 10th October.**



### ROOFMAN

Based on an unbelievable true story, Roofman follows Jeffrey Manchester (Channing Tatum), a former Army Ranger and struggling father who turns to robbing McDonald's restaurants by cutting holes in their roofs, earning him the nickname: Roofman. After escaping prison, he secretly lives inside a Toys "R" Us for six months, surviving undetected while planning his next move. But when he falls for Leigh (Kirsten Dunst), a divorced mom drawn to his undeniable charm, his double life begins to unravel, setting off a compelling and suspenseful game of cat and mouse as his past closes in.

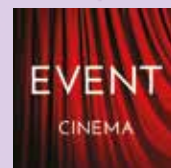
**From 17th October.**



### BACK TO THE FUTURE: 40TH ANNIVERSARY

Join Marty McFly (Michael J. Fox), a small-town California teenager who is accidentally transported back to 1955 in a plutonium-powered DeLorean invented by his eccentric friend, Doc Brown (Christopher Lloyd). Stranded in the past, Marty must ensure his teenage parents fall in love or risk erasing his own existence. With time running out, he teams up with a younger Doc in a last-ditch effort to harness a bolt of lightning and return to 1985.

**From 31st October.**



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

**Friday 3rd October, 5.20pm & 7.30pm -  
Taylor Swift - The Official Release Party of a  
Showgirl**

Celebrate The Official Release Party of a Showgirl on the big screen. See the exclusive world premiere of the music video, The Fate of Ophelia.

**Saturday 4th October, 7pm -  
Radiohead X Nosferatu: A Symphony of  
Horror**

Silents Synced pairs classic silent movies with epic rock music to bring audiences a unique big screen experience. This reimagining of the iconic Nosferatu features Radiohead's Kid A and Amnesiac albums.

**Tuesday 21st October, 6.45pm -  
RBO: La Sonnambula**

Following triumphant Met turns in Romeo et Juliette, La Traviata, and Lucia di Lammermoor, Nadine Sierra summits another peak of the soprano repertoire as Amina.

**Thursday 23rd October, 7pm -  
NT Live: Mrs. Warren's Profession (12A)**

Five-time Olivier Award winner Imelda Staunton (The Crown) joins forces with her real-life daughter Bessie Carter (Bridgerton) for the very first time, playing mother and daughter in Bernard Shaw's incendiary moral classic.

**Thursday 30th October, 7pm -  
Bat Out of Hell - The Musical**

Get ready for the ultimate rock experience as Bat Out of Hell roars onto the big screen this Halloween! The cast of the West End production will bring Jim Steinman and Meat Loaf's iconic anthems to life, including I'd Do Anything For Love.

**Wednesday 5th November, 7.15pm -  
RBO: La Fille Mal Gardee**

Lise, the only daughter of Widow Simone, is in love with the young farmer Colas, but her mother has far more ambitious plans for her.

**Thursday 13th November, 7pm -  
John Cleese Packs It In**

185-year-old Man, 5 Countries, 16 Cities, 23 shows, 6 weeks. Will he make it home - or is this the end of the road?

# I'VE BEEN THINKING... SAYS COLIN RAYNOR

*...a few weeks ago my wife and I celebrated our 60th wedding anniversary and naturally memories came flooding back. One of which was the first time I met my future father in law.*

Jim was a Yorkshire farmer and I was to learn over the years he was a very knowledgeable man and liked nothing better than to talk about the seasons and how it affected his daily life.

I could lay claim to have married into a farming family even from my first visit which saw me involved in picking potatoes.

The October half term from school was planned around the time when the farmer needed his crop of potatoes picked so local school children came to the farm each day to earn some pocket money.



I was warned that it could be back breaking work and that farmer Jim did not put up with slackers. I must have done alright as I was asked back. As we come again to the time of Harvest Festivals, I am reminded that the first hymn at Jim's funeral was one of his favourites and that of many people who value the work that farmers do all the year round,

*We plough the fields and scatter the good seed on the land  
but it is fed and watered by God's almighty hand;  
He sends the snow in winter the warmth to swell the grain  
The breezes and the sunshine, and soft refreshing rain  
All good gifts around us are sent from Heaven above  
Then thank the Lord, Oh thank the Lord for all his love.*

This much loved hymn, which seems to come from the very depths of the English countryside was in fact a translation from a German original penned in 1783 (tune of course was Dresden) but did not appear in English hymn books until 1861.

My research tells me that in its original form it had seventeen four lined verses with a refrain to each. Thankfully the English translation reduced it to the familiar three verses and the refrain.

Farmers today know only too well that their methods of farming and the very nature of their care of animals is under scrutiny. It is to be hoped that those who seek change in farming take note of the wealth of experience in the

farming community and that any changes that are brought about are beneficial for the country as a whole.



My hope is that the country will always hold Harvest Festivals that literally have a display of the diverse produce of food available to us in this day and age.

Many Harvest Festivals do rightly see that items brought for display in Church or Village Hall are distributed to people whose need is greatest.

I want to include a comment that I have made before about Beverley. I refer to the wonderful panoply of colour that is to be found in our town. I think it is true to say that which ever point you enter Beverley there are flowers everywhere.

Some in tubs near the railway station and others adorning the railings near the bus station. Sit in the Saturday market or at the other end of town in the Wednesday Market and the colours are amazing.

I could go on but I must give a heartfelt thanks to the local council workers (not forgetting the litter pickers) and the numerous volunteers who, despite the lack of natural rain, have managed to keep this a constant display for all to enjoy.

So as we gather for our annual Harvest Festivals we should try and include a word of thanks for what we have the pleasure of seeing all around us in beautiful Beverley.

## RM JOINERY KITCHENS & BEDROOMS

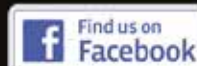
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# ART COMP WINNERS AND RUNNERS-UP

During the Summer, children in the Beverley Area were invited to submit work for an art competition sponsored by the Beverley-Nogent Twinning Association with support from Beverley Town Council.



The work was judged by local artist Emma Garness who was clearly delighted at the standard of the pictures. The children were asked to find an artist they liked from France or Italy before creating a piece of art themselves. The winner in the older group was Ted who collaged on a hub cap after being inspired by Italian street artist Zed1. He can be seen receiving his token at his Scouts meeting from Martin Cox, Chair of the Twinning Association.

The runners-up were all from St Mary's Primary School and Olivia, Harriet, Theodore and Octavia can be seen receiving their chocolate rewards at a celebration assembly. The younger group

was won by 1st Tickton Brownies who will receive their prize in early October.

Martin said, "It was lovely to see the talent of the children and to be able to present the winners with prizes. I would like to acknowledge the support of the Town Council and to thank Emma for her involvement."

Anyone wishing to contact Martin about joining the Association should email: [mcoxbeverley.aol.com](mailto:mcoxbeverley.aol.com)



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## The Ferguson Fawsitt



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TUE: 16:30-LATE

WED-SAT: 09:30-LATE

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WED-SAT:  
09:30-20:00

SUN:  
12:00-18:30

# SEVEN PENSION MYTHS BUSTED: WHAT SAVERS OFTEN OVERLOOK ABOUT THEIR RETIREMENT POT

***Even experienced pension savers can get caught out by half-truths and misconceptions, which could cost them thousands in retirement. From how much you can pay into a pension to tax relief rules and whether you can contribute to a partner's retirement pot, there are lots of pension myths out there.***

## ***"I've already paid £60,000 into my pensions this tax year, so I can't pay in any more"***

You're right that £60,000 is the maximum amount for most people when it comes to paying into their pension pots each tax year and claiming tax relief. But it may be possible to contribute more, due to the "carry forward" rules. These allow you to roll over any annual allowance you did not use from the previous three tax years. As an example, if you only contributed £10,000 in 2024-25, you could potentially add the remaining £50,000 to your nest egg this tax year. If you have a lump sum such as a work bonus or inheritance, this could be the perfect time to give your retirement pot a tax-efficient boost.

## ***"I'm not working, so I can't get pension tax relief"***

If you're not working at the moment, you might think you won't qualify for tax relief, and therefore there's no point contributing to a pension pot. However, this is incorrect. Everyone is entitled to some pension tax relief, even children and non-working adults. Those with earnings of less than £3,600 can claim 20% relief on pension contributions they make, up to £2,880 each tax year. This means if you contribute the maximum

£2,880, it will be topped up to £3,600, thanks to the tax relief from the government.

## ***"I can only pay into my pension, not anyone else's"***

No, this is not true. You can pay money into anyone's pension, including your spouse or partner's, child or grandchild, or, well, anyone really. Known as "third-party contributions", these can be a useful financial planning tool, particularly if someone close to you hasn't managed to build up much in the way of retirement savings themselves. For example, if your partner took a career break to raise children or care for elderly relatives, third-party contributions could help to boost their pension pot. Parents and guardians can also set up a pension for a child to give them a head start in saving for their future. Others, such as grandparents, aunts and uncles, can contribute once the pension is open.

## ***"Pensions are subject to inheritance tax"***

It's been well publicised that the government intends to make pensions liable for inheritance tax (IHT) - but it hasn't happened yet. Pensions will fall within the value of a person's estate for inheritance tax purposes from 6 April 2027<sup>1</sup>. Until that time, most pensions can be inherited by beneficiaries free of IHT.

## ***"My state pension and auto-enrolment pension are enough for retirement, I don't need to save anything else"***

Sadly it's unlikely that the state pension plus a workplace pension where you've been auto-

enrolled and are saving the minimum will be enough to give you a comfortable retirement. Most people underestimate the amount of money they'll need when they stop work. The industry trade body Pensions UK calculates that a single person will need £13,400 a year to achieve a minimum living standard in retirement. This rises to £43,900 for a comfortable lifestyle. The minimum level covers basic living costs plus leisure activities and UK holidays. The comfortable level allows for more luxuries, like holidays abroad, and more restaurant meals and theatre trips<sup>2</sup>.

Assuming you qualify for the full annual state pension, people will still need to build up a pension pot of £540,000 to £800,000 (for a single person) to achieve a comfortable retirement, according to Pensions UK.

## ***"It's too late to boost my pension now"***

There is no doubt it's best to start early when saving for retirement. As well as having longer to make pension contributions over your working life, you will benefit from the power of compound interest. However, it's also never too late to give your pension a boost and enjoy a bigger savings pot in later life. If you're in your 40s, 50s or even 60s, you can increase your regular contributions, or pay in a one-off lump sum, and reap the rewards when you retire. For example, paying in an extra £200 each month from age 50 until you retire at 65, could give you an extra £48,200 in your pension pot, assuming 4.5% annual investment growth\*.



## Plan your next big *adventure*

These days, retirement is less about slowing down and more about regaining time – to enjoy the hobbies and adventures you've been dreaming about for so long. But with the shift to financial self-reliance, making the right retirement decisions means you need advice that's personal to you.

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**"I'll pay the same rate of tax on my pension withdrawals as I do on my income at the moment"**

This is another myth that needs dismantling. Pensions tax can be a tricky issue to get your head around, but the tax charged on your pension withdrawals has nothing to do with the income tax rate you paid when you were working. Instead, your total income is added together each tax year (which, in retirement, could consist of your state pension, withdrawals from a personal pension, maybe some buy-to-let income, and so on), and any tax due is calculated accordingly. You could find you move from paying 40% or 45% income tax on your salary when you were working, to paying 20% on your retirement income, because your income has fallen. You can usually take 25% of your pension pot tax-free, which can also help lower your tax bill.

**How to bust more myths and boost your pension further**

Retirement planning can be tricky, especially when there are so many rules to navigate. We can help you maximise your savings and create a tax-efficient plan for when you stop work. This could give you a bigger nest egg to enjoy a more comfortable retirement lifestyle, or even allow you to retire early. For more information contact Navigation Wealth Management on **01482 379504** or visit our website: [www.navigationwm.co.uk](http://www.navigationwm.co.uk)

**Source(s)**

<sup>1</sup> Gov.UK - 21/07/2025.

<sup>2</sup> Retirement Living Standards, Pensions UK, 2025. All figures quoted were developed by the Centre for Research in Social Policy at Loughborough University on behalf of Pensions UK.

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

The levels and bases of taxation and reliefs from taxation can change at any time. Tax relief is dependent on individual circumstances.

\*These figures are examples only and they are not guaranteed - they are not minimum and maximum amounts. What you get back depends on how your investment grows and the tax treatment of an investment. You could get back more or less than this.



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# AUTUMN BRINGS CHANGES AT LECONFIELD KENNELS

*As we look towards the clocks going back and the onset of cooler weather, leaving pets at kennels in Autumn requires thoughtful preparation to ensure comfort and wellbeing.*



Nigel from Leconfield Kennels mentioned, "As temperatures drop, we focus on keeping pets warm and cosy with appropriate bedding, monitor the weather and temperature, to ensure the pets

are well looked after and cared for. Even in the cooler months pets need their water, food, warmth and exercise".

Autumn often brings fluctuating weather, so staff monitor pets and ensure that they benefit from daily routines, exercise, and social interaction, while the automated heating kicks in now, if the temperature drops below 16 degree.

Nigel added, "Especially during these months we do remind owners to share details about feeding, medications, and any seasonal sensitivities, such as joint stiffness or allergies and to ensure vaccinations are up to date".

Jo mentioned, "Whether you leave your cat or dog, bringing familiar toys or blankets can ease stress and help pets settle in. With our attentive staff and seasonal adjustments, we can provide a safe, caring environment while owners are away, giving them peace of mind".



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

**Please Note: Our drop off and collection times now operate throughout the year. Drop off: after 2PM. Collection: Before 12 Midday. Unfortunately we will not be able to accept pets outside these times.**



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# GETTING READY FOR THE AUTUMN WITH IAN



*Autumn is a busy season for handymen. Ian commented, "With many property owners preparing their homes and gardens for colder months. Common tasks include preparing outdoor furniture for storage, making garden sheds and containers watertight, fixing locks, changing security bulbs and fittings along with sorting out mishaps over the Summer".*

As Autumn sets in, outside jobs need to be chosen carefully to fit with the variable weather, so small jobs like exterior painting and sealing before damp weather sets in, alongside repairing fences or gates weakened over the Summer are just a few to add to the list.

Indoors, jobs often focus on draught-proofing windows and doors, simple carpentry, fixture repairs, and furniture assembly are also popular.

Ian added, "With shorter days, clocks going back and changing weather, Autumn handyman work usually combines general maintenance work, hanging mirrors, pictures and preparation for the Winter with some safety improvements, hand rails etc".

Ian Harrison - Beverley's Handyman.

**Mobile: 07970 332373**

**Email: [ianharrison68@icloud.com](mailto:ianharrison68@icloud.com)**

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# LAIRGATE - A PART OF BEVERLEY HISTORY

***What a fantastic weekend! The weather behaved itself and the general public were out and about making the most of exploring historic sites, attending guided tours, viewing public and private properties and learning a little bit about the local history of the town and the buildings that make up Beverley.***

What am I talking about? Heritage Open Days - a national event where public and private buildings open up their doors to the general public for free. And this year's event was no exception, with lots of fine buildings opening up their doors within Beverley, across the East Riding of Yorkshire and beyond.

It was a pleasure and an honour to be part of this event and to open up the doors of 26 and 28 Lairgate, the former Savings Bank, a Grade II Listed building that is currently undergoing a complete update and conversion of this fine



Victorian building, built in 1843, to create two new residential dwellings.

## Would anybody be interested?

For the last year, we've been covered in sheeting and scaffolding while works have progressed internally. We've been the reason for two road closures for new gas and electric connections. We are just a small fish in a big pond of beautiful historic buildings within Beverley and the East Riding of Yorkshire.



But you came. 188 people visited the property over the two days. They learnt about the historic layout of the bank with the waiting room and main banking hall, they learnt about the central door for the rich clients and the side door for the poor clients.

They saw the original marble fireplace that has been restored and relocated from upstairs to downstairs, they learnt about the bank manager and his family living 'above the shop' and they saw



the original details being restored and the new details blending in with the old, and much more.

Therefore a big thank you to everybody that came to see what we were doing. Your comments and feedback were really appreciated. Sometimes, you wonder if it is all worth it, but it is, especially when we received so many words of support and encouragement. As someone said, "Whoever moves into this house, won't just be getting a beautifully appointed home in the heart of Beverley, they will be getting a part of Beverley history." And they will.







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# UK SAVINGS WEEK ENCOURAGES THE NATION TO MAKE THEIR MONEY WORK HARDER

**New research reveals millions could boost their savings with simple steps Research for this year's UK Savings Week, which this year took place between 22-28 September 2025, exposes a worrying glimpse of the nation's savings habits.**

More than one in ten (12%) adults have no savings at all, and a similar number (14%) have less than £1,000 tucked away.

While the average savings balance for the Yorkshire and Humber Bank region sits at a healthy £18,629, this is distorted by a few who have a very high level of savings. The median\* savings balance is just £7,500, meaning half of all adults have less than this amount put away.

13% of adults in our region have no savings at all, while 18% have less than £100 in savings and 26% have less than £1,000 in savings. Worryingly as a result, 20% of local adults could not meet an unexpected expense of £300 if they suddenly had to.

On average in this region, people save £230 a month (the median\* monthly savings is £175 per month), with adults aged 25-44 saving the most on a regular basis. However, where people hold their savings is raising concerns.

More than one-in-four (27%) use their current account, meaning they don't earn any interest. This is particularly common among 25-34 year olds (41%), more than double the proportion of those aged over 55 years (16%).

Janet Bedford, CEO of Beverley Building Society commented: "Here in the Society's East Riding heartland, we're seeing the same picture as

across the UK - too many people have little or no savings. But the good news is that even small steps can make a big difference.

"UK Savings Week is the perfect time to take that first step, whether it's setting up a regular savings plan, adding a little more each month, or making sure your money is working as hard as possible.

"It's also concerning that so much cash is sitting idle in accounts paying no interest. Simply moving money from a current account to one with a competitive rate could put hundreds of pounds back in people's pockets every year.

"Research shows 82% of people are confident they could save at least an extra £10 a month if they wanted to, and starting small is often the best way to build a savings habit.

"Having even a modest safety net can take the pressure off when an unexpected bill lands, providing both security and peace of mind."



## CLOCKS FALL BACK

**The clocks will go back on 26th October 2025 at 2am.**

Autumn's beauty lies in its golden leaves, crisp air, and the gentle shift toward slower, cosier days.

Trees transform into vibrant shades of red, orange, and gold, creating breathtaking scenery.

The end of British Summer Time, when the clocks go back one hour on 26th October 2025 at 2am extends evenings with earlier sunsets, encouraging relaxation and warmth indoors.

This seasonal change invites reflection, comfort, and appreciation of nature's cycles, making Autumn a cherished, colourful pause before the hush of Winter.



# HISTORY OF THE HARVEST FESTIVAL

**The British Harvest Festival is a tradition with ancient roots that has evolved significantly over time. While modern celebrations are often associated with churches and the donation of food to those in need, the festival's origins are much older, predating Christianity and tracing back to pagan times.**

### Ancient and Medieval Roots

The word "harvest" comes from the Old English word "hærfest," meaning Autumn. For centuries, the celebration was a matter of survival, a way to give thanks for a successful crop that would feed the community through the harsh Winter.



Early pagan celebrations were often tied to the cycles of nature and involved rituals to appease agricultural spirits. One such tradition, known as Lammas, or "loaf mass," was celebrated on August 1st and involved baking bread from the first wheat harvest.

These festivities could be raucous and included music, dancing, and feasting. Another custom involved creating a "harvest doll" from the last sheaf of corn, believed to contain the spirit of the field, which was then saved until the next spring's planting.

### The Victorian Transformation

The modern version of the Harvest Festival, with its more structured, church-centered format, largely took shape during the Victorian era. In the mid-19th century, concerns about the "ribaldry" and drunkenness of traditional harvest celebrations led clergy to co-opt and reform the festivities.

The Reverend Robert Stephen Hawker is widely credited with reviving the custom in a Christian context when he held a special thanksgiving service at his church in Morwenstow, Cornwall, in 1843. This new approach, which emphasized gratitude and charity, gained popularity and spread throughout the country.

New hymns were written to support the occasion, such as "We plough the fields and scatter" and "Come, ye thankful people, come," which helped to solidify the tradition as a formal part of the church calendar.

### Harvest Festival Today

Today, the Harvest Festival is still a cherished tradition in the UK, though its practices have adapted to modern life. While many churches and schools still hold services where they collect donations of food, the emphasis has shifted from providing for the farmer's family to supporting local food banks and charities.

The festival serves as a reminder of the importance of community, gratitude, and helping others.

For a look into the history of the Harvest Festival, you can watch a video from Beamish, The Living Museum of the North, explaining the traditions.

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



# IN THE PICTURE WITH JOSH

**Autumn is a magical season for photography, offering rich colours, soft light, and atmospheric moods.**

The golden palette of reds, oranges, and yellows transforms landscapes into natural works of art, perfect for capturing depth and contrast.

Early mornings bring mist, dew, and dramatic sunrises, while evenings glow with warm, low light making it an ideal time of year for Landscape photography.

Fallen leaves create textured foregrounds, and woodland paths invite leading lines. Wildlife is also more visible as the trees lose their leaves, making it easier to capture our native wildlife as well as the Winter visitors.

Whether capturing portraits framed by Autumn foliage or sweeping Yorkshire landscapes under crisp skies, the season provides endless opportunities to create striking, evocative, and timeless photographs. As we move through the



month, be creative and enjoy the magic that is Halloween, taking pictures of family and friends as they enjoy dressing up and carving pumpkins.



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

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## BEVERLEY WESTWOOD PARKRUN: MORE THAN A STATISTIC!

**Beverley Westwood parkrun is a free, weekly, timed 5k event held on the open pastures of the Westwood, the course offers a scenic and welcoming setting for people of all ages and abilities.**

One of the most important principles of parkrun, and something that sets it apart from traditional running events, is that it is not a race. There is no competition against others, no winners or losers, and no pressure to perform. Instead, the event focuses on community, inclusivity, and personal achievement.

Each week we publish results and statistics. These include finish times, personal bests (PBs), positions, and age-graded performances. For newcomers, it can look a little like a race leaderboard, but the statistics are there for a very different purpose. They are intended to give you a way to track your own progress over time so that you can set yourself goals, and you can measure achievements against yourself rather than anyone else. Whether you walk, or run, your statistics can tell a story about you and your parkrun journey. It could be your first attempt at completing 5k, you will see your gradual improvement as you come along more regularly giving you the satisfaction of consistency.



Since our first event in 2019, BWp has welcomed thousands of participants. Some attend every week, others drop in when they can, and many discover running or walking as a new hobby through parkrun. The course offers quite a lot of variety and a fair bit of challenge!

Weather and ground conditions can make a big difference as you will find after rain, the terrain can be slippery and tough, while

in Summer it feels faster and more forgiving. The statistics reflect these changing conditions, showing how even the same participant's times can fluctuate from week to week or even month to month.

Milestones are another motivating element. parkrun celebrates participants who complete 25, 50, 100, 250, 500, or even 1000 runs, as well as those who give their time to volunteer. These milestones, tracked in the statistics, provide a sense of achievement that has nothing to do with speed. Many people proudly wear their milestone T-shirts as a badge of dedication and community spirit.

For some, BWp statistics are about chasing PBs and monitoring improvements in fitness. For others, they are about building confidence, seeing your name in the results list, or simply enjoying being part of something bigger. A finish time might be slower than last week, but it still represents an important step, perhaps you are overcoming an injury, or perhaps trying out running for the first time, or even just returning after a break.

Ultimately, the statistics at Beverley Westwood parkrun are not a scoreboard to compare against others. They are a personal record, a quiet encouragement, and a way to reflect on progress. They remind everyone that turning up, taking part, and moving forward, in whatever form that takes, is what parkrun is truly about.

**Louise Barrett.**





# FOREVER AUTUMN: WHERE TO ENJOY THE SEASON IN THE EAST RIDING

*'Every leaf speaks bliss to me, fluttering from the Autumn tree' (Emily Bronte).*

The East Riding is short on wooded areas and we probably have to concede that the Autumn displays here are less spectacular than in some areas such as North Yorkshire. That said, there are many places where Autumn can be savoured, some adjacent to Beverley town centre, others in some fine woodland, especially around Pocklington, the most leafy of our towns.



Londesborough

Let's start our tour in the beautiful village of Londesborough, just north of Market Weighton. The village has fabulous mature trees, especially oaks, which put on a marvellous show each Autumn.



Approach to Londesborough Hall



Our most extensive woods are at Allerthorpe, just south of Pocklington off the A1079. Excellent tracks run for miles in this lovely area. Millington Dale also has fabulous woods with public access in one of the most beautiful of Wold Valleys. Flowing water is also scarce in the Riding, but there are delectable spots, such as at Wansford and Skerne Wetlands, where you can enjoy the leaves floating downstream.



Bessingby

Many of our villages can look at their best on bright, crisp Autumn days, especially if there are plenty of trees. In addition to Londesborough, Bishop Burton, Bessingby and Kirkburn delight the eye at this time of year.

For many of us the easiest way to enjoy the Autumn colours is a stroll on Beverley Westwood or to sit on a bench at North Bar Within.



*'Through Autumn's gown we used to kick our way.'* (From Forever Autumn by Justin Hayward.)

Ian Richardson, September 4th 2025.



## TURNING CHALLENGES INTO STRENGTHS: HOW HELPING OTHERS HELPS OURSELVES

*Life, whether running a business, managing a household or balancing the two, is full of challenges. Some are small, a missed deadline, a hectic morning school run - while others are heavier, the kind that can keep us awake at night.*



What's interesting is that the very struggles we face can become a source of strength and connection, both for ourselves and for those around us.

At the age of 25 I became ill with non-Hodgkin's Lymphoma. Whilst undergoing treatment in the cardiothoracic unit at Castle Hill Hospital, a nurse asked me if I thought "why me" and without hesitation I responded "no, why not me" as I knew I hadn't done anything to "deserve" cancer.

During my time in the unit and throughout treatment, there was a huge amount of laughter and joy but also fear, uncertainty and anxiety. The darkest hour is before the dawn and a colleague gave me a recording of a full body relaxation and very soon, if I woke up in the middle of the night with a "washing machine" mind, I found I had trained my brain to fall asleep within a couple of minutes using this distraction technique.



I also became aware of the power of language and how easy it is to accept and act on the word of authority figures unquestioningly. Experience taught me discernment, critical thinking and a gratitude for the incredible team I had around me and the courage to take personal responsibility and when appropriate, question authority when there was good reason to do so.

At the time, I wished I could have spoken to someone who had been through the treatment I was facing so I could relate to their highs and lows but decided that in the future, I would be this person for someone else, which I did when I was back to full health and strength.

The whole experience fired my curiosity about the power of the mind and language, both negative and positive, the most powerful being our own internal dialogue. This led me to study counselling, hypnotherapy and neurolinguistic programming and then help others to manage their challenging life experiences.

By turning our personal challenges into tools for connection, learning and growth, we not only reduce our own stress but also strengthen the wellbeing of the whole community. When we share how we've worked through our difficulties, we turn private struggles into a collective resource. In doing so, we reduce our own stress and lighten the load for others. As the old adage reminds us: a trouble shared is a trouble halved.

By supporting others with the wisdom we've gained, we allow those struggles to serve a purpose beyond our own story. Psychologists call this "post-traumatic growth" - the idea that challenges can lead to new perspectives, deeper empathy and personal flourishing.

Whether through volunteering, mentoring, or simply sharing a conversation over coffee, we can transform our lived experiences into something valuable. Of course, a hypnotherapy session can enable you to skilfully access your inner resources too!

Every Tuesday, 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](http://www.francesdunning.com) or contact me, Fran Dunning on 07973 819867 for details of mindfulness zoom link.

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# SSAFA - NEED YOUR HELP TO PROVIDE EXTRA CARE THIS AUTUMN

**SSAFA, provide family support and a vital role to loved ones in recovery and transition to civilian life.**

Looking after SSAFA members during Autumn and Winter means providing extra care, warmth, and support during colder, darker months. Many veterans and their families face challenges such as higher heating bills, mobility difficulties, or feelings of isolation. SSAFA recognises that with regular check-ins, whether in person or by phone, they can make a big difference to their clients wellbeing.

Practical support, such as ensuring access to warm clothing, blankets, and food, helps maintain comfort and health whilst organising social gatherings or community activities can help to reduce loneliness and keep spirits high. SSAFA needs Volunteers, they can assist with transport to appointments or shopping during poor weather.



By combining companionship, practical help, and seasonal awareness, SSAFA ensures that members feel valued, supported, and connected throughout the autumn and winter seasons.

The BRANCH SECRETARY is a role that is needed, it gives an immense amount of pleasure making a BIG difference. If you think you could fulfil the role, please get in touch.

Please contact - Tel: **01964 552 837**, Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)  
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## Your Veterans Need You!

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

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## STILL USING STORAGE HEATERS? HERE'S WHAT TO KNOW BEFORE WINTER HITS

*As we head into October, the crisp mornings are creeping in - and the heating is slowly getting switched back on. Over the past few weeks, we've seen a noticeable rise in calls about storage heater upgrades, and it's no surprise. There are still plenty of older systems out there, especially in flats, bungalows, and rural properties.*

If that's you, here are two important things worth thinking about.

First - your energy tariff. Traditionally, storage heaters were paired with Economy 7 - a tariff that offered cheap overnight electricity. That's ideal for charging the heater's internal bricks while you sleep, ready to slowly release heat through the day. But many homes have since been moved to smart meters, and while that sounds modern, it doesn't automatically mean you're still on the correct tariff. We've seen customers unknowingly paying peak rates 24/7, which completely defeats the point. The difference can be huge - off-peak rates can be as low as 7p per kWh, while daytime rates often sit above 30p. A quick call to your supplier can clarify this.

Second - does a storage heater still suit how you live? They work well if you're home during the day, but if you're out until the evening, you might be heating an empty house and topping up at expensive rates when you get in. Alternatives like modern panel heaters or ultra-efficient smart units could cost far less to run and heat your home only when needed. Some newer options, including underfloor heating, can even be controlled from your phone - ideal for busy or changing schedules. It can be a bit of a minefield, but we're happy to help. If you're unsure what you've got or what you need, give us a call and we'll talk it through or pop out for a no-pressure site visit.

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## JAYNE AT LINK AGENCY - MAKING THE MOST OF THE AUTUMN COLOURS TO SELL YOUR HOME

*Jayne uses all her experience to prepare homes for sale during the Autumn months, ensuring a smooth transition and a collection of viewings.*

As the seasons change, Autumn presents an excellent opportunity to prepare your home for sale by creating a warm, welcoming atmosphere.

Buyers often respond to subtle seasonal touches, and Autumn colours - rich oranges, deep reds, golden yellows, and earthy browns - can make your property feel inviting and memorable. Simple steps like placing seasonal wreaths on the front door, adding potted plants to the porch, or arranging pumpkins tastefully can boost appeal and set the right tone before buyers even step inside.



Indoors, highlight the warmth of your home against the cooler weather and shorter nights. Soft lighting is key: swap brighter bulbs for warmer tones, use table and floor lamps to create pools of light, and light candles to add cosiness.

Seasonal décor, such as throws in warm hues or decorative bowls filled with pinecones, can subtly tie your interiors to the Autumn theme without feeling overwhelming.

Jayne commented, "With natural daylight fading earlier, ensure outdoor lighting is welcoming and practical. Pathway lights, porch fixtures, and illuminated house numbers make evening viewings safer and more attractive".

Jayne at

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# W H HALMSHAW - HELPING HOMEOWNERS AND BUSINESSES

**W H Halmshaw always keep an eye open for products that benefit businesses and homeowner's, making their life simply better.**

Beverley and the East Riding is an area with hard water. The Calmag system, with a simple installation, means you can enjoy the benefits of soft water, day in day out.

Fiona mentioned, "Softened water offers significant benefits for both households and businesses. By removing excess minerals like calcium and magnesium, water softeners prevent the buildup of limescale in pipes, appliances, and fixtures.



"This not only extends the lifespan of boilers, washing machines, and dishwashers but also reduces energy consumption, as heating elements can operate more efficiently without scale deposits. The benefits are there to literally be seen, and enjoyed".

The Calmag system of water treatment in your home, delivers softened water which improves cleaning performance by allowing soaps and detergents to lather more effectively, resulting in brighter laundry, shinier dishes, and less soap residue. It is also gentler on skin and hair, helping to reduce dryness and irritation often caused by hard water.

The CalSoft range of water softeners, Mini, Midi and Maxi are designed to meet the UK's demands, the stylish unit fits neatly in the kitchen, under the sink, out of the way, yet easily accessible. Softened water reduces the need for harsh cleaning products, which vastly reduces scale build up on shower screens and taps, lowering household costs and environmental impact.

New in the showroom is the flair PRO - Click fit showering solution, providing an easy fit shower enclosure, while offering a triple panel sliding door giving you a wide opening space to access and exit the shower conveniently. The new screw-free assembly system for fitting a shower screen or sliding door provides convenience, speed, and reliability. Installation becomes quicker, cleaner, and less dependent on specialist tools or skills.

Chris added, "This system reduces fitting time significantly, the streamlined design also enhances



aesthetics, creating a sleek, modern finish free from visible fixings, providing a large opening width on the sliding door. Maintenance is easier too, as components can be removed or adjusted without hassle".

To appreciate the Flair pro system, call in to W H Halmshaw in Beverley, or Hull, and get a first hand look at a screw-free system that delivers efficiency, durability, and a professional look while making installation more accessible for homeowners and installers alike.



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# A HOW TO MANAGE CAFFEINE FOR WELLNESS AND DAILY PERFORMANCE

**Caffeine is an unbelievable performance enhancing chemical, both mentally and physically.**

Its benefits are numerous, to name a few - increased alertness, improved concentration and focus, boosted mood, enhanced physical endurance, greater strength performance during exercise, fat burning effects and even some positive contributions towards possible reductions in risk of Type 2 Diabetes, stroke, liver disease and some cancers. Coffee and tea, two very common sources of caffeine contain lots of antioxidants that fight free radicals and help support overall health and anti-aging.

It can even be argued that caffeine was a main driver that sparked the Age of Enlightenment, modernisation and great innovation. For example, in England, usually the safest drinks available were alcohol-based as it was made in a way waterborne disease such as Cholera could not survive when consumed. Now alcohol - being a nervous system 'depressant' lowered productivity on mass, caused violence and disorder but still was safer than most water sources.

When tea and coffee spread to Europe in the 17th century, many 'coffeehouses' opened, particularly in London. The coffee contained caffeine which unlike alcohol, is a nervous system 'stimulant' and provides benefits already mentioned - a chemical far superior to Ethanol in terms of societies ability to think, create, innovate and produce. Coffeehouses quickly became unofficial hubs for scientists, politicians and writers. Isaac Newton and Benjamin Franklin were well documented to frequent such establishments.

Today, caffeine, is a central player in the game of work and social life. It can do enormous good. As I sit here writing this article, I have a delicious oat milk flat white, straight from my gym's café. However, caffeine is drug that is becoming increasingly mismanaged. For all the benefits of caffeine, it can have drawbacks. Too much ingestion can cause anxiety. It is not as hydrating as water therefore a lacking substitute when trying to optimise hydration all day. Further to this, is the dramatic negative impact it can have on sleep.

Last month I talked about setting up a basic sleep routine - that is because sleep is the most important factor in your longevity and wellness. Caffeine, arguably, is one of the biggest factors why people do not reap the rewards of a high-quality slumber at night.

Remember, caffeine is a 'nervous-system stimulant'. Meaning, it increases adrenaline and cortisol in your system. For quality sleep to occur, your body relies on a cascade of specific hormones to kick in to initiate sleep cycles, to stay in them and drop back into the next cycle when the last one is over. I would describe this as 'Sleep Hygiene'.

The most common pushback I get on this, is clients or people I speak to saying that they can have a cup of coffee right before bed and get to sleep just fine. That's all well and good, however what they do not notice is the effect of sleep quality. 8 hours of sleep is a great target but unless the quality and architecture of that sleep is prioritised you will simply be playing catch up,

likely reaching for more caffeine that necessary the next day to offset feeling of grogginess, tiredness and fatigue.

Here is what you can do about this. Caffeine is a chemical with a half-life of roughly 5 hours (this will depend on your individual biology). Meaning if you drink a cup of coffee - let's say it has 200mg of caffeine in - at 3pm, then by 8pm 100mg will still be in your system. 100mg is more than enough to disrupt sleep quality and anymore cups of tea or coffee past that time in this example will only worsen the issue. The solution to this problem is to create a cut off point for caffeine ingestion. I would recommend stopping caffeine 8-12 hours before your sleep time. This should give your body enough time to metabolise and use it up, meaning you can sleep with little to no amount of external caffeine in your body, creating an ideal environment for optimal sleep and restoration.

This does not mean you can't drink tea or coffee in the afternoon. You may just have to be creative. Decaf coffee is available everywhere and even the mainstream tea brands have decaf teabags (it must be noted that although tea may have much less caffeine than coffee, it is still enough to disrupt sleep, especially when cups of tea are consumed at a traditionally higher frequency than coffee). Herbals teas are usually caffeine free and there is such a wonderfully large selection to try and choose from.

As a final little tip - perhaps the hardest to integrate into a routine - try to not take caffeine

an hour after waking up. It is the culture to do this, immediately going for coffee or tea after getting up. The reason for abstaining for an hour is due to your body's natural awakening process. This is called the 'Cortisol Awakening Response' in Neuroscience.

Your body has a wonderful natural process to wake you up, utilising its own hormones to gently bring up alertness and general readiness. It is normal to feel tired or groggy when the alarm goes off. This must be normalised.

That groggy feeling likely will stem from the presence of the chemical Adenosine - let's call this the 'sleepy' hormone for simplicity. Adenosine will reduce If you get up and about, as previously mentioned. The problem with caffeine here, is that basically shunts the effect of the sleepy hormone adenosine but does not reduce the actual chemical. Once caffeine wears off, the



latent Adenosine in your system coming to fruition and you will feel very, very tired. This typically happens mid-afternoon, colloquially known as the 'Afternoon Slump'. This decreases quality of life in the afternoon and makes getting things done harder. At this point, taking in more caffeine to offset the feeling is not a good idea, wrecking sleep quality as aforementioned. This can become a vicious cycle if not carefully managed.

If you can get up, move a little bit, ideally get some light - your body does not need caffeine at that point. 1 hour to 90 minutes later, is the earliest ideal time for daily performance and productivity. In summary, caffeine will likely improve your daily performance, your mood, your health and your wellness. But I hope you can understand that mismanaging it can be just as detrimental on the flip side, especially as it pertains to getting great sleep. As always, If you have any questions, feel free to reach out to me:

[edjthompsonpt@gmail.com](mailto:edjthompsonpt@gmail.com)



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# GETTING OUT AND ABOUT THIS AUTUMN WITH FOX MOBILITY

*As we look forward to the magic colours of Autumn and prepare for the clocks going back on Sunday 26th October, for people requiring mobility aids, now is the time for a few changes to enjoy Autumn at its best.*

Paul from Fox Mobility mentioned, "Mobility scooters and aids become essential for maintaining comfort, independence, and safety in changing weather".

Anne added, "Cooler temperatures and unpredictable rain make weather protection a priority.

"Waterproof scooter covers, canopies, help shield users and equipment from damp conditions, while rain capes and ponchos ensure riders stay dry".

In addition to all the above, it is wise to check your equipment or pop in and ask for advice on walking aids with ferrules designed for wet ground.

Mobility scooter users can also benefit from high-visibility accessories to enhance safety in shorter daylight hours, ensure scooters are serviced before colder months helping maintain battery performance.



With the right accessories and planning, people can continue enjoying Autumn outings confidently, while staying warm, dry, and secure in unpredictable seasonal weather.

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# WHAT DID THE ROMANS EVER DO FOR US THEN? "WELL, THEY GAVE US...." (PYTHON M. 1973)

*It was always a phrase that brought a smile to my face! However, there is a weed in my garden which I have found hard to eradicate, its name is **Aegopodium podagraria** (Ground Elder) seen in the photograph below.*



It was said to be introduced by the Romans in 43 AD and was used for feeding their horses. The plant grows from a rhizome, which essentially is a stem that sends out both roots and shoots from its nodes making it an extremely successful spreading plant. If you just dig out the plant what then remains in the soil allows it to regrow. Being able to identify the weed is very important as it is incredibly invasive.

The stems when the plant is at full size are triangular in shape, it can grow up to 60cm (2ft) in height and bear creamy white flowers which again gives the false impression of a plant worth keeping, but alas the rest of the garden will soon disappear! I have learnt over the years to dig as far back into the soil as possible and pull out the roots, but nonetheless I am still struggling to keep on top.

A tip that was given to me was to grow *Tagetes minuta*, apparently the smell of the flower

discourages the ground elder to spread. Something I will further study and possibly grow in 2026!

After recently doing some research on the growing of vegetables for a design that I am creating, I once again came across some very interesting information about the vegetables that the Romans introduced during the 400-year period of occupation in Britain. The list was astounding, onions, garlic, leeks, lettuce, parsnips, turnips and radishes vegetables that we all take for granted. They also introduced improved fruit varieties such as apples, pears, plums and cherries. It is amazing how after their departure these vegetables and fruits were not seen in Britain for another three hundred years.

As the season is now falling into late Autumn it is a good time to start planning for the coming year. With the heatwave that we have experienced this Summer the soil needs, when possible, an addition of manure or compost to open up the structure and in doing so the garden will be prepared if we experience heavy rainfall during the Winter and Spring months. This in turn will help the soil not only absorb the rain but also prove beneficial if the temperatures rise again in 2026.

For many years now I have adopted the term of 'No Dig' which has proved very successful. However, when establishing borders and vegetable beds especially when redesigning a new garden, I always advise that the ground be turned over and the addition of organic matter is added. After harvesting vegetable crops, I add manure onto the surface and in doing so it replenishes what has been taken out by the previous crop. By doing this it not only adds nutrients to the soil but also opens up the

structure. I always find planning for the new year very therapeutic and positive. Gardening in itself ticks many boxes, one year a crop will succeed, the following year not, but what you learn from this is how to move forward.

Depending on the size of your garden and its aspect, and if the light level is poor then consider growing legumes, root vegetables and leafy greens. Dwarf beans, peas and carrots can cope with partial shade. Leafy greens such as spinach and chard, cabbage and kale can also cope in these areas and the food that can be produced from these vegetables is outstanding.

A fact I learnt many years ago was that with leafy greens you can simply eat the whole plant or harvest as many leaves as is needed. The bare rooted season starts in November and ends in March. It is an ideal time to buy trees, shrubs and fruit such as raspberries. To buy a bare rooted plant is more cost effective than buying container grown plants.

An example of salad crops grown in the kitchen doubling up as a flower display.



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

## TRACK AND FITNESS PRODUCING TOP CLASS BOXERS FOR ENGLAND

**Beverley's Track and Fitness Club on Annie Reed Road plays a vital role in supporting boxers and fitness enthusiasts of all ages.**



benefit from discipline, teamwork, and confidence-building, while adults and seniors enjoy opportunities to stay active, healthy, and socially connected. We are proud that we have taken a number of boxers to represent England at various levels".

Matt Watson, level 1 coach added, "By catering to diverse needs, Beverley's Track and Fitness Club inspires a lifelong commitment to fitness, resilience, and personal growth, so any individual can achieve their goals".

Track Fitness and Boxing Club, Unit 7&8 Kilnbeck Business Park, Annie Reed Road, Beverley HU17 0LF.

[www.justbeverley.co.uk](http://www.justbeverley.co.uk)

John commented, "For boxers of all ages from age 5 to 79, the club provides a dedicated environment to build strength, speed, and stamina, with training tailored to improve technique and overall performance in the ring".

Track and Fitness have a good experience in producing structured programs for individuals, so they can meet their own personal goals. Qualified coaches give access to expert guidance to help their boxing athletes push their limits while reducing the risk of injury.

Adam commented, "Beyond boxing, we aim to serve the wider community by promoting health and wellbeing for all fitness levels. Young people

## CHRISTMAS TREE FESTIVAL 2025

**Beverley Minster's much-loved Christmas Tree Festival returns from Friday 5th to Sunday 14th December 2025, promising plenty of seasonal sparkle.**

Alongside the 150 dazzling trees decorated by local groups, schools and businesses, visitors can enjoy garland workshops, live choirs, mulled wine, hot chocolate, mince pies and a brand new Santa sleigh for children's photos.

A highlight of Beverley's festive calendar, the festival offers something for all ages and is the perfect way to step into the Christmas spirit.

Doors open at 10am and last entry at 4.15pm. But there will be some later evenings and a couple of early starts as Quiet Sessions. Times to be confirmed.



# MAYBE THE GIFT FOR CHRISTMAS OR A ROMANTIC BREAK - YOU DECIDE - GDAŃSK

*If you're craving a city break that blends dramatic history, seaside charm, and cultural intrigue, Gdańsk might just be your next great escape.*



Nestled on Poland's Northern coast, this vibrant port city offers a refreshing alternative to the usual European hotspots, with cobbled streets, amber treasures, and echoes of revolution around every corner. A good friend had visited often as his son was working there, he highly recommended it. Having thoroughly enjoyed Krakow a few years ago I wanted to try a different city. I was not sure what to expect, however I really enjoyed it, a very scenic and very interesting destination.

We took a train over to the beach resort of Sopot so I could tick off a swim in the Baltic Sea which felt strangely warmer than the North Sea, and took a stroll down the longest wooden pier in Europe.

We enjoyed a wonderful traditional meal and tried the local wine and beer too - all very tasty and incredibly good value for money at an intimate and highly recommended independent restaurant away from the main street called Nova Sopot.

Had we been visiting in December I doubt that we would have ventured to the coast and instead would have enjoyed the ambience of the fantastic Christmas markets. Gdańsk itself was very beautiful - a must is to stroll down Long Market and marvel at Neptune's fountain. The waterside was stunning with beautiful vibrant bars and restaurants along the waterside. Glorious sunshine and wonderful choices of cocktails to relax and watch the boats going up and down the Motława River.

During our visit we also managed to have quite an educational time as we spent several hours in the World War 2 museum - very interesting and very moving and requires quite a few hours to explore the exhibits to their full potential. In the afternoon we took a boat trip to the area of Westerplatte and were able to see the exact place the first shots were fired which marked the start of the war - it really was quite moving.



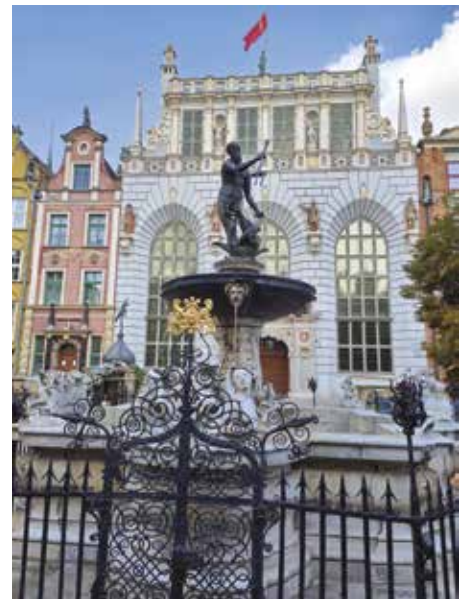
Another must do is to climb the tower of St. Mary's Basilica- the largest brick church in the world - for panoramic views that stretch to the Baltic Sea.

I must confess it was narrow and winding and a touch claustrophobic for me so after a few "rounds" I descended, however my husband kept going and assured me after that the winding staircase soon became a large spacious non winding staircase which I would most likely have managed - and the view certainly was incredible! If you fancy a bargain, there were plenty of amber Jewellery stalls on Mariacka Street to enjoy.

The local people were so very friendly and it was lovely to feel very relaxed and safe at any time of day or night. It was lovely to be able to enjoy some high end cocktails and wonderful food at a fraction of the cost to do so at home and would happily return.

In my opinion I feel that if you did not want to do Sopot, or you reduced the time spent there, and the flights arrived early and left late then a quick two nights away would be perfect. With flights from Leeds and excellent prices it really is a good find.

Now on my to do list is to go back and enjoy experience the Christmas market scene, go and enjoy it as a crisp and cold break, although the Autumn sunshine was perfect. Whatever time of year you choose Summer or Winter I don't think you can go wrong. Might just be a good surprise Christmas present for someone? "A good pressie to have under the tree!"



**Amanda McConnell, Travel Counsellors. Tel: 01482 770540**  
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REFLECTION



Where are the Ducks?  
Answer on Page 33.

## QUOTE OF THE MONTH

"October mornings give you a fresh start".

## WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 33.



## WHAT IS IT?

Can you work out what this obscure image is? Answer on Page 33.



## SPOOKY COMEDY CORNER



Who won the skeleton beauty contest?  
No body.

What do you call two spiders who get married in October?  
Newly-webs, of course!

What do you get if you cross a river and a stream?  
Wet feet.

Why did the scarecrow win a Nobel Prize?  
He was outstanding in his field.

What did the leaf say to the other leaf?  
I'm falling for you.

Which is faster, Hot or Cold?  
Hot – you can catch a cold.

What does October have that September doesn't?  
An extra day.

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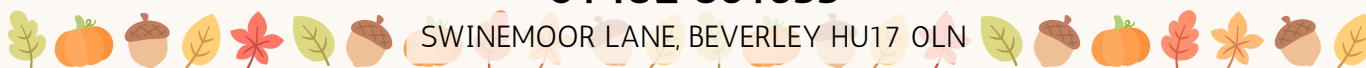
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# TALEGATE THEATRE SETS SAIL IN BEVERLEY WITH PANTOMIME PHOTOSHOOT FOR DICK WHITTINGTON

**TaleGate Theatre brought plenty of sparkle to Beverley once again during their promo day for this year's festive production of *Dick Whittington*.**

Cast members stepped out in full costume and makeup for a colourful photoshoot that even took to the water, thanks to the support of The Beverley Barge Preservation Society.

The shoot gave panto fans a behind the scenes glimpse of the much-loved story, which will be delighting local audiences at Parkway Cinema this December.

"Beverley has become a real home for our pantomime productions," said Artistic Director James Worthington.

"The support here is second to none, and it's fantastic to return with such a classic story."

This year's line-up promises plenty of panto fun. Lulu Frenett is stepping into the villain role as Queen Rat, squaring off against Tamzyn Mace as the glittering Fairy Bowbells.

John Shelley sets out as our hero Dick Whittington, joined by Rebecca Seyhan as the sharp-witted Alice Fitzwarren.

Theo Bazeley-Smith adds mischief as loyal sidekick Tommy the Cat, and Beverley favourite

Dame James - "the self-titled (minor) celebrity of Yorkshire" - returns as Sally Fitzwarren, complete with the dazzling costumes and larger-than-life humour Parkway audiences know and love.

Together this ensemble looks ready to deliver an unmissable panto adventure.

As Winter fast approaches, keep an eye on TaleGate's social media pages for more sneak peeks of the production, which will run at Parkway Cinema from 13th - 30th December 2025.

Get your tickets today by visiting: [parkwaycinemas.co.uk](http://parkwaycinemas.co.uk)






## CHRISTMAS PARTIES 2025



**CHOOSE FROM OUR THEMED OPTIONS:**


<p><b>SHOWTIME</b> <small>NEW!</small></p> <p><b>PARTY NIGHTS</b></p> <p>from <b>£36.95</b></p> <p>per person</p>	<p><b>ULTIMATE</b></p> <p><b>PARTY NIGHTS</b></p> <p>from <b>£49.95</b></p> <p>per person</p>	<p><b>Classic</b></p> <p><b>PARTY NIGHTS</b></p> <p><b>£42.95</b></p> <p>per person</p>
<p><b>THEMED</b></p> <p><b>PARTY NIGHTS</b></p> <p>from <b>£39.95</b></p> <p>per person</p>	<p><i>Legends</i> <small>NEW!</small></p> <p><b>PARTY NIGHTS</b></p> <p><b>£32.95</b></p> <p>per person</p>	


01482 358 327 📞

sales.office@wearehullcity.co.uk ✉

## BEVERLEY DOES BROADWAY

Written by She Productions  
Directed by Elizabeth Godher  
Musical Direction by Natalie Walker








**East Riding Theatre**

**Tuesday 7- Saturday 11 October, 7.30pm**

**Parent & Baby Performance, Thurs 9 Oct, 11am**

**Matinee, Sat 11 Oct, 2.30pm**

**Book online at [www.eastridingtheatre.co.uk](http://www.eastridingtheatre.co.uk)**



# WILSONS WHEELS AT THEIR PEAK?

*Every year towards the end of September, competitors get together to compete in the 3 Peaks Cyclo-Cross event, staged in the Yorkshire Dales National Park. It is probably one of the toughest and biggest Cyclo-Cross events in the UK!*

With 350 competitors finishing this year's event, what a spectacle for everyone who attended this unique Cyclo-Cross event, with almost perfect conditions a new course record was set, with the winner finishing in 2 hours 49 minutes.

The route started in Helwith Bridge, North Yorkshire, taking the riders over the 3 peaks of Ingleborough, Wharfedale and Pen-Y-Ghent - a total of 61km route with 1524m of climbing.

Wilsons Wheels had a small team entering with Jason Brooks coming in 114th with a time of 4 hours 1 minute. Rich Cutsforth came 143rd in 4 hours 9 minutes but 8th in veteran 60 category, an amazing achievement.

Richard Dearing came 261st in 4 hours 52 minutes taking great pride in finishing such a tough event, similarly with Jamie Foxton (rides for Velo Club Beverley), demonstrating such mental strength in finishing the course in 301st position with a time of 5 hours 7 minutes.

Wilsons Wheels look after your bikes and equipment while ensuring they keep competitive, racing in local and national competitions. As shown in the cyclocross event, this Autumn, stay bright and wear the appropriate clothing while cycling, whether for social fun or as a commute to work.

Stay Safe and Bright with Wilsons Wheels.





Photo credits - Elaine Brooks.



Pop in store  
to see the new  
2025 bike range

## WILSONS WHEELS

T: 01482 882881

W: [www.wilsonswheels.co.uk](http://www.wilsonswheels.co.uk) E: [info@wilsonswheels.co.uk](mailto:info@wilsonswheels.co.uk)

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

89a Grovehill Road, Beverley, East Yorkshire HU17 0EJ

NOW OPEN: Monday - Friday 8.30am - 5.30pm

Saturday 9am - 5pm Sunday: CLOSED - Out riding our bikes

## WHAT IS IT ANSWER

Did you guess, it was the plug of a USB stick.



## WHERE IN BEVERLEY ANSWER

It was the Beverley Arms Hotel.



## FIND THE DUCKS ANSWER

You should have found those ducks on the Halmshaw advert on Page 25.

# WHAT'S ON IN BEVERLEY



Tell us about your event!

E-mail [info@justbeverley.co.uk](mailto:info@justbeverley.co.uk)

Telephone **01482 679947**

For more events visit  
[justbeverley.co.uk/pages/news](http://justbeverley.co.uk/pages/news)

## Until 4th October

### Living Up Lanes: Stories of the Wold Rangers

Champney Treasure House, Champney Road, Beverley, HU17 8HE.

## Friday 3rd - Sunday 5th October

### Viewfinder Photographic Society Annual Exhibition

The Ferguson Fawsitt. 10am - 5pm. Admission is free and visitors will be able to browse the pictures, vote for their favourite images and buy from stalls selling cards, prints and gift items.

## Friday 3rd October



### Country Music Night

Bottomless Party, Beverley Hills Diner, 8pm.

## Saturday 4th October

### Beverley Tours 2025

St Mary's Church. Church Tours at 1pm, Tower Tours at 2.30pm. Priest Rooms open 2-4pm. All tours are free - donations welcome. [stmarys.beverley@gmail.com](mailto:stmarys.beverley@gmail.com)

## Friday 10th October



### Grease vs Dirty Dancing 18+

Bottomless Party, Beverley Hills Diner, 8pm.

## Friday 17th October



### Taylor Swift vs Sabrina Carpenter Family Party

Food and Bottomless Soda, Beverley Hills Diner, 5pm.



### Taylor Swift vs Sabrina Carpenter Adult Party 18+

Bottomless Party, Beverley Hills Diner, 8pm.

## Saturday 18th October

### Listener's Choice - The East Riding Concert Orchestra

St Marys Church Beverley - 7.30pm. Tickets, Beverley Tourist Information or [www.eastridingconcertorchestra.com](http://www.eastridingconcertorchestra.com)

## Friday 24th October



### The Rocky Horror Show 18+

Bottomless Party, Beverley Hills Diner, 8pm.

## Sunday 26th October

### Mind Body Spirit Fayre

Beverley Barn, 11am - 4pm. Supporting Local Wellness Businesses. Crystals • Healing • Breathwork • Qigong • Hypnosis • Candles • Tarot Readings • Gifts • Jewellery • Herbal Teas • Spiritual Artwork • Locally Organic Produce.

Talks and demonstrations throughout the day. A beautiful day of wellbeing, inspiration and connection in a stunning setting.

## Monday 27th October

### Beverley Ghost Walks

Beverley is one of the most beautiful towns in all of England. However, lurking in its past are some truly spooky and grisly tales. Join us on a History Meets Mystery Walking Tour as we journey through the towns historical streets and sites and bring these stories of ghostly goings on to life! Toll Gavel / Cross Street. 7.15pm. Tickets from Eventbrite.

## Thursday 30th October

### Beverley Arms Pumpkin Competition

Open to the public, free to enter to win some lovely prizes to eat and drink. Watch live pumpkin carving (with Toffie) on judging night. Contact Beverley Arms for details 01482 296999.

## Tuesday 11th November

### Remembrance Day

Queensgate Cemetery from 10am - 2pm, a Remembrance Day reflection space, with tea and coffee provided, and the chance to share stories and memories.

## BEVERLEY FILM SOCIETY

THE BEST OF WORLD CINEMA

Join us at Parkway Cinema, Beverley, 7.30pm

**BFS Membership £15**

Tickets: £3 for Members, £6.50 for Guests

International Film Programme 2025 - 2026	
<b>11 September 2025</b> <b>How to Make Millions before Grandma Dies (2024)</b> Thailand   Comedy (12)   126 mins	<b>9 October 2025</b> <b>Santosh (2024)</b> India   Crime Drama (15)   128 mins
<b>13 November 2025</b> <b>Piano to Zanskar (2018)</b> UK   Documentary (12)   86 mins	<b>11 December 2025</b> <b>Umbrellas of Cherbourg (1964)</b> France   Musical Drama (U)   91 mins
<b>8 January 2026</b> <b>Hard Truths (2024)</b> UK   Drama (12)   97 mins	<b>12 February 2026</b> <b>In the Mood for Love (2000)</b> China   Romance (PG)   97 mins
<b>12 March 2026</b> <b>Four Mothers (2024)</b> Ireland   Comedy (15)   89 mins	<b>9 April 2026</b> <b>I'm Still Here (2024)</b> Brazil   Drama (15)   138 mins
<b>14 May 2026</b> <b>All We Imagine as Light (2024)</b> India   Drama (15)   118 mins	<b>11 June 2026</b> <b>My Favourite Cake (2024)</b> Iran   Comedy Drama (12)   97 mins

**Three FREE bonus films for Members (Guests £6.50)**

**30 October 2025** Transit (2019) Germany | Drama (12A) | 102 mins

**30 April 2026** La Chimera (2023) Italy | Drama (15) | 132 mins

**9 July 2026** The Taste of Things (2023) France | Period Drama (12) | 135 mins

## What's On at ERT:

**Tuesday 7th - Saturday 11th October**

**Beverley Does Broadway - She Productions**

**Tuesday 14th October**

**Just Macbeth**

**Friday 17th October**

**Big Comedy Night (Sold Out)**

**Saturday 18th October**

**Chris Difford**

**Wednesday 22nd October**

**Billy Mitchell & Bob Fox**

Book tickets at [www.eastridingtheatre.co.uk/whats-on](http://www.eastridingtheatre.co.uk/whats-on) or by phone Tuesday - Friday at 10am - 4pm and Saturday at 10am - 2pm on 01482 874050. ERT's Café is open Tuesday - Saturday at 10am-2pm.



## Save the Dates for the Christmas Memory Tree 2025:

**Sunday 23rd November**

**Memory Tree Lighting Ceremony - (Christmas Lights Switch On Market Cross)**

**Saturday 29th November**

**Memory Tree Manned**

**Saturday 13th December**

**Memory Tree Manned**

**Sunday 14th December**

**Festival of Christmas & Tree Manned**

**Saturday 20th December**

**Memory Tree Manned**

**Friday 2nd January 2026**

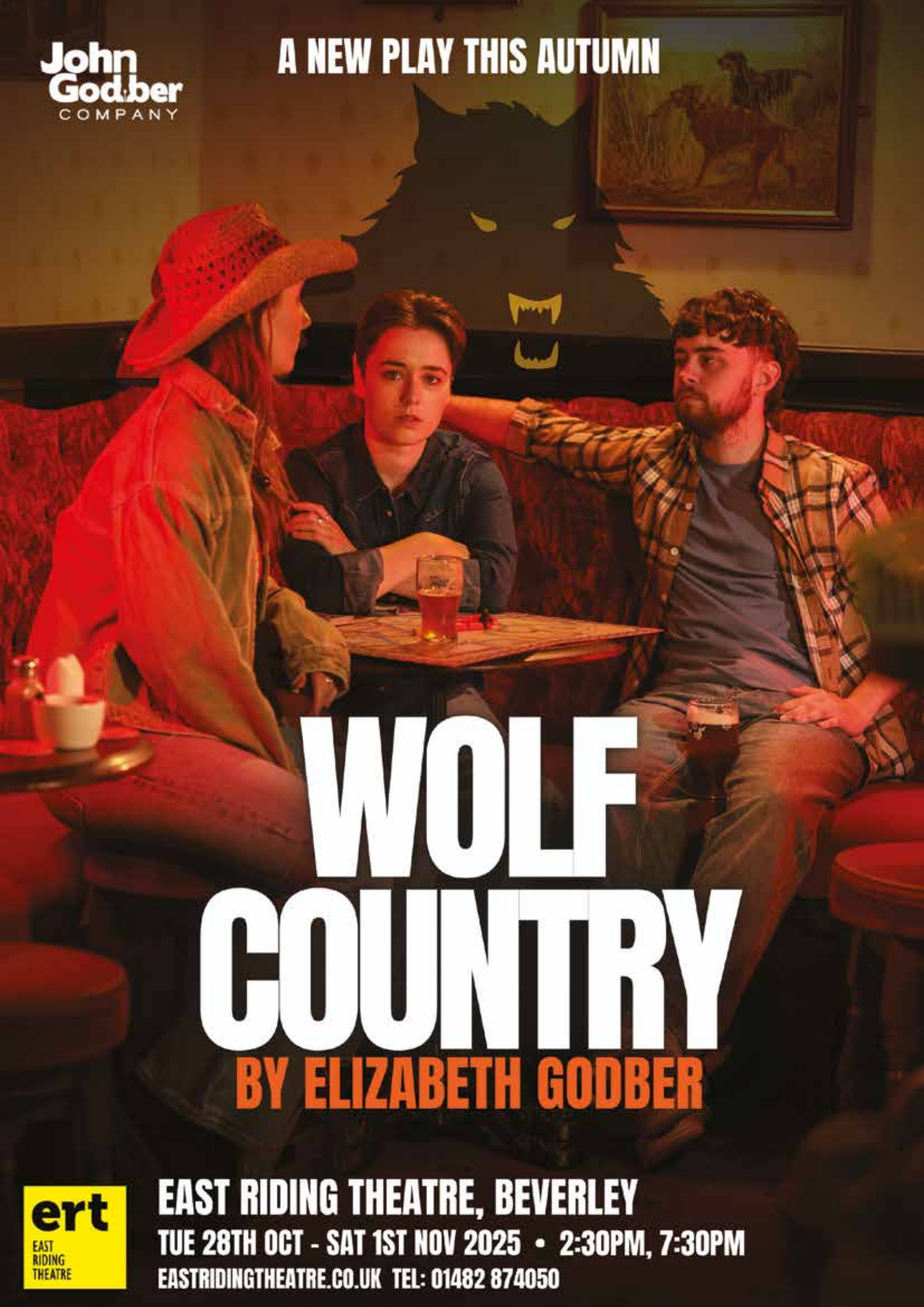
**Remove Labels and deliver to Minster**

Dates may change, all information correct at the time of going to print.



**John  
Godber**  
COMPANY

**A NEW PLAY THIS AUTUMN**



# **WOLF COUNTRY**

**BY ELIZABETH GODBER**

**ert**

EAST  
RIDING  
THEATRE

**EAST RIDING THEATRE, BEVERLEY**

**TUE 28TH OCT - SAT 1ST NOV 2025 • 2:30PM, 7:30PM**

**EASTRIDINGTHEATRE.CO.UK TEL: 01482 874050**



EAST RIDING THEATRE PRESENTS

# The Snow Queen

4<sup>th</sup> - 27<sup>th</sup> December 2025

£30.00 - £15.00



Written by Anna Wheatley  
Directed by Richard Avery



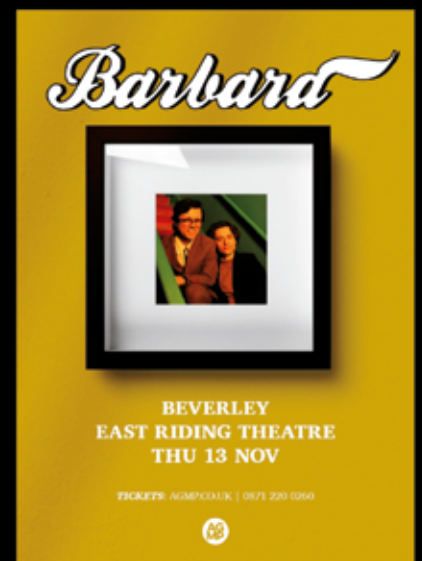
## What's On?



14<sup>TH</sup> OCTOBER  
£18.00



28<sup>TH</sup> OCTOBER -  
1<sup>ST</sup> NOVEMBER  
£22.00 - £15.00



13<sup>TH</sup> NOVEMBER  
£23.00

