

**FREE**

just

ISSUE 116

# BEVERLEY

IT'S YOUR MAGAZINE



**IS THERE A CRUISE FOR EVERYONE?  
WE ASKED MULTI-AWARD WINNING BEVERLEY TRAVEL**

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



# Your Partners in Payroll

Are you worried about getting your payroll right? It's time for change. Outsource your payroll today and be rest assured everything is taken care of!



L-R: Donna Walker, Darya Larina, Lynne Auton (Director), Emily Manley, Bianca Nastase.

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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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## SEPTEMBER LETTER FROM THE EDITORS



The month of change, Autumn is here, we welcome the month of September.

At Just Beverley we like to think about making small changes which will have a positive impact. So what will you change in a positive way this September?

At this time of year, the Autumn colours change on a daily basis, it is always good to monitor the changes. We are very lucky to have so much to explore and enjoy on our doorstep.

As always, stay safe and have a good month.  
**Julian.**



September is here.

September is the month of change, the ninth month of the year, which usually signals the end of Summer, and the start of Autumn.

Both children and new adults embrace changes to new schools, colleges or universities. Parents get used to changes in the home, with an empty bedroom, and it is a month to inspire and welcome positive changes.

Check out all our local clubs and facilities and have a great September trying something new.

As always enjoy the issue.  
**Olivia.**



### GET IN TOUCH WITH US:

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



# BEVERLEY MINSTER WELCOMES AWARD-WINNING SITAR PLAYER JASDEEP SINGH DEGUN

*Jasdeep Singh Degun will entertain music lovers in Beverley and East Riding as part of his landmark UK tour, and will get the chance to experience the music of an award-winning sitar player at the Minster in October.*

Leeds-born sitarist and composer Jasdeep Singh Degun is embarking on a 14-date tour of England and Wales - and has chosen Beverley Minster as one of his venues.

His debut album, 2022's Anomaly, was recorded with the legendary Nitin Sawhney and released by Peter Gabriel's Real World Records.

Jasdeep Singh Degun performs at Beverley Minster on Saturday 5th October. Tickets are available via the Minster website.

Photo credit: Robin Clewley.



# HULL AND EAST RIDING RESIDENTS UNITE TO "SHIFT A TON"

*Take the opportunity to get involved: a free health challenge with industry expert Lewis Foster.*

Encouraged by all the sport over the Summer, residents of Hull and East Riding embarked on a transformative health challenge - and the early results are remarkable. Lewis commented, "In just two months, 30 participants have collectively lost 33 kilograms, a significant milestone toward the community's ambitious goal: to "Shift a Ton" of weight".

The challenge, led by Lewis Foster at Every Body Online PT, is more than just a weight-loss program,



it is a comprehensive, community driven initiative aimed at elevating public health.

Whether participants are shedding body fat, building muscle, or managing chronic conditions, the "Shift a Ton" challenge is making a tangible impact on people's lives.

### Could You or Someone You Know Benefit from Losing a Few Unwanted Kilograms?

Feeling tired and you need a boost in your energy levels? It's time to get involved.

Karl Fletcher from Hessle said, "This program has helped me rediscover my love for sport and has given me greater mental clarity."

Anthony Wright from Cottingham commented, "Since completing the program, I've experienced less back pain."

Mathew Oliver from Anlaby stated, "I now have a healthier relationship with food."

Callum Hollingsworth from Hedon mentioned, "My clothing is fitting much better."

Emily Taylor from Beverley stated, "I have only been working with Lewis for a short time, but I have lost a considerable amount of weight at a manageable rate, and I feel so much more energised!"



Ready to join this life-changing challenge? Simply visit [www.ebpt.co.uk](http://www.ebpt.co.uk) to register for the free program or explore other services offered by Everybody Online PT.

Lewis asks everyone, "Spread the word to friends, family, and neighbours - because together, we can make a lasting impact on our community's health. This isn't just a fitness challenge; it's a movement to build a healthier, stronger community.

Sign up today, and let's get moving!"  
**Lewis Foster, Every Body Online PT**

# ANCORA LAW: REVOLUTIONISING PROPERTY LAW SERVICES IN BEVERLEY AND BEYOND

*Beverley's legal landscape is being reshaped by Ancora Law, a forward-thinking firm that is revolutionising how legal services are delivered in the Yorkshire region and beyond.*

Combining the best of traditional legal expertise with contemporary online services, Ancora Law is setting a new standard in both commercial and residential property transactions.

### Bridging Tradition with Innovation

Ancora Law understands that the legal field has long been perceived as slow-moving and cumbersome, particularly when it comes to property transactions. By embracing contemporary technologies, Ancora Law challenges this perception, streamlining processes to enhance efficiency, reduce case timelines, and ultimately, lower legal fees. This innovative approach allows the firm to sidestep outdated systems and procedures, ensuring that clients benefit from a faster, more convenient service without compromising on quality.

### A New Era of Client Service

At Ancora Law, the client experience is at the heart of everything they do. The firm understands that dealing with legal matters can be daunting, especially in the property sector, where transactions are often complex and time-sensitive. That's why Ancora Law is committed to making the process as smooth and stress-free as possible. By leveraging modern technologies, the firm enhances communication, speeds up processes, and increases overall convenience for clients.

### Serving Yorkshire and Beyond

Though Ancora Law is proudly based in Beverley, its reach extends well beyond the local area. The firm is well-equipped to manage property transactions and offer legal advice throughout Yorkshire and beyond, establishing itself as a trusted resource for clients in need of expert property law services.

With a focus on modern solutions, cost-effective services, and a dedication to client satisfaction,



Ancora Law is setting a new standard in property law. Whether you're dealing with commercial or residential property, Ancora Law is here to provide the expert legal support you need, when you need it.

Tel: **01482 426 121** Web: [ancoralaw.co.uk](http://ancoralaw.co.uk)  
Minster House, Flemingate, Beverley, HU17 0NT.



# JUNK SOUL SMOTHERED OPENS IN BEVERLEY

**Andrew Beech is delighted to announce the bar is open.**

Andy commented, "We're a cruelty free bar, serving ice cold beers, award winning street food and a warm welcome".

Andy and his team have added some colour and funk to the very charming grade 2 listed building of 7-11 New Walkergate, formerly 3 cottages! Inside the changes are noticeable.

Andy said, "We've made a real effort to offer a wide selection of beers and drinks, with a more affordable approach within a warmer, comfier venue".

Junk Soul Smothered is open 5 days a week;  
 Wednesday - 4pm until 10pm  
 Thursday - 4pm until 11pm  
 Friday - 12pm until 11pm  
 Saturday - 12pm until 11pm  
 Sunday - 12pm until 9pm

Keep an eye on the venue, in a few weeks they are hoping to expand the lunchtime offering, as well as the launch of a new food menu.

The message from Junk Soul Smothered is simple, "Come in and say hello!"



# BEVERLEY AC CELEBRATE 5K 2 10K SUCCESS

**It has been a very busy month for Beverley AC as they celebrate successes in several challenges that members have taken on.**

Beverley AC celebrate new member successes as well as race win successes, and this month they pay tribute to the 5k210k group getting the miles into their running shoes.

A massive well done to the running graduates of the Club's inaugural 5k210k progression group. Following on from the success of the Couch-2-5k group whose participants graduated in May, many continued and supported each other, and graduated at the Howden Town 10k event at the beginning of August, with other Beverley AC members there for additional support.

Congratulations to Elle-Rose Caley (54:14); Samantha Tather (57:09); Kat Bery (57:19); Amanda Brierley (59:23); Paul Readshaw (1:00:02 V65 2nd); Paul Littlewood (1:06:18); Liz McGinnes (1:06:21); Deb Swatman (1:07:42); Steph Thorpe (1:09:31), and Tracey Kirby (1:10:29). In the Howden Town 5k, Elaine Lang completed in 25:48 and V55 1st.

No doubt the 2025 season will see the group progress further.

## FIRST FLOOR OFFICE TO LET

**Office space is available to let on the 1st floor of a well-maintained building.**

The office is ideal for businesses seeking a central location in Beverley, located in a prime area with easy access to public transport, shops, and restaurants. The well sized office is perfect for startups, or established businesses looking for a professional and functional workspace.

To view the office contact:  
 40 Norwood, Beverley, HU17 9EY.  
 Mobile No: 07966 051458.



## BEVERLEY PHOTOGRAPHIC CLUB - SEPTEMBER / OCTOBER PROGRAM

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

**Tuesday 3rd September** - 1pm, photograph the Beverley Town guilds trail and then meet up at the Rose and Crown for 7pm. Show images out of the camera.

**Sunday 8th September** - 10am, Driffield Car Craze, Driffield Showground.

**Tuesday 10th September** - 7pm, Rose and Crown Brigg competition club selection digital image selection.

**Saturday and Sunday 14th and 15th September** - 10am, Land stone and art festival Bridlington. A unique celebration of Bridlington's coastline through creative connections to nature. Featuring Land Artists from across the UK and beyond James Brunt, Julia Brooklyn, Sean Corcoran, James Craig.

**Tuesday 17th September** - 7pm, Rose and Crown. Yorkshire Photographic Union entries. Andrew to demonstrate method for entering DPLs for competitions. General discussion on this Winter's competitions. If time, Summer events debrief.

**Wednesday 25th September** - 7pm, Rose and Crown. Presentation by Stephen Merideth police forensic photographer. TBC.

**Tuesday 1st October** - 7pm, Rose and Crown. Presentation by Eleanor Stevens. Portraiture and creating interesting images.

**Monday 7th October** - 7pm, Hosted by F.ocus PC. Brigg interclub competition on Zoom. Watch from home or at the Priory rooms Bridlington who will project the competition on screen.

**Tuesday 8th October** - 7pm, Rose and Crown. Bell competition club selection of prints.

The aim of the club is to share knowledge and experience amongst all members in a friendly atmosphere.

We encourage our member's interests in all aspects of photography by means of various events and exhibitions.

We are members of the Yorkshire Coastal Photographic Group, the Yorkshire Photographic Union and affiliated to the Photographic Alliance of Great Britain.

<https://ypu.org.uk/>

More information and contact details can be found on the following sites.

<https://beverleyphotographic.wixsite.com/club>

<https://www.facebook.com/groups/beverleyphotographyclub>

<https://www.flickr.com/groups/1095249@N24/>



# BEVERLEY TRAVEL - A

***Cruising is no longer just for retirees or luxury travellers. Today, the cruise market offers an array of options that cater to a wide array of interests, making it a holiday choice suitable for everyone.***

Whether you're a family with young children, a couple looking for a romantic getaway, a solo traveller, group, or an adventure enthusiast, there is a cruise that will meet your needs and exceed your expectations.

For families, an abundance of kid-friendly activities, from character meet-and-greets to splash parks and adventure zones. Parents can relax knowing their children are entertained and supervised, with kids' clubs and teen lounges providing age-appropriate fun.

Couples seeking a romantic escape will find adult-only areas on many ships, as well as intimate dining options, luxurious spas, and sunset cruises designed for two and excel in providing a sophisticated and serene atmosphere, perfect for rekindling romance.

Solo travellers are not forgotten, with many cruise lines offering single cabins and social events designed to help solos meet new friends. Some cruise lines feature special facilities for solo cruisers, ensuring a comfortable and enjoyable experience. It is especially important to book well in advance for these due to limited availability.

Adventure seekers and nature lovers can choose from expedition cruise lines that specialise in these immersive



experiences to breathtaking destinations like Alaska, the Galapagos Islands, or Antarctica, where activities like kayaking, hiking, and wildlife viewing are some of the unique experiences available.

These specialist cruise lines are investing heavily to mitigate any impact on the environment and ensure that the wildlife is protected in its natural habitat.

With themed cruises, culinary voyages, and wellness retreats, there's truly a cruise for everyone and groups; whether it be friends, multi-generational, special occasions, or

even work groups can all be catered for. The variety and customisation options available in the cruise industry today ensure that no matter your interests or travel style, you'll find the perfect cruise to embark on your next adventure and it is critical that you get expert advice to ensure you are matched with the cruise line, ship and itinerary that match your requirements.

Beverley Travel are a multi-award winning Travel Agency, having been voted best in Yorkshire for the last 2 years running for outstanding service. They deal with all the major and specialist cruise lines and have

dedicated cruise experts that can help you navigate the myriad of options to ensure you get the right cruise for you and receive not only excellent value, you will have their VIP Concierge service at hand to help you all the way through the booking process, preparing for and during your travel.

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# CRUISE FOR EVERYONE







**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 12th September -**  
**Firebrand (£6)**

Starring: Alicia Vikander, Jude Law, Eddie Marsan, Sam Riley.

**Sing Sing (£6)**

Starring: Colman Domingo, Clarence Maclin, Sean San José, Paul Raci.

**Witches (1990) (£5)**

Starring: Anjelica Huston, Mai Zetterling, Jasen Fisher, Rowan Atkinson.

**Thursday 19th September -**  
**Firebrand (£6)**

Starring: Alicia Vikander, Jude Law, Eddie Marsan, Sam Riley.

**Reawakening (£6)**

Starring: Jared Harris, Juliet Stevenson, Erin Doherty, Aliona Baranova.

**Sing Sing (£6)**

Starring: Colman Domingo, Clarence Maclin, Sean San José, Paul Raci.

**Thursday 26th September -**  
**The Critic (£6)**

Starring: Ian McKellen, Gemma Arterton, Mark Strong, Lesley Manville.

**Lee (£6)**

Starring: Kate Winslet, Marion Cotillard, Andrea Riseborough, Andy Samberg.

**Reawakening (£6)**

Starring: Jared Harris, Juliet Stevenson, Erin Doherty, Aliona Baranova.

## DEMENTIA SCREENING

**Thursday 26th September -**  
**Mary Poppins**

Starring: Julie Andrews, Dick Van Dyke, David Tomlinson, Glynis Johns.

*These are the films scheduled to open in September - 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)*



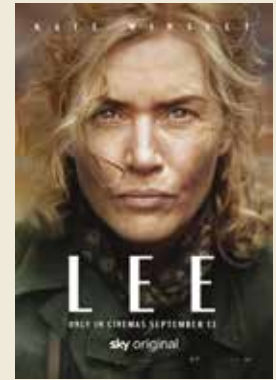
**Beetlejuice Beetlejuice**

From 6th September  
Starring: Michael Keaton, Winona Ryder, Catherine O'Hara.



**The Critic**

From 13th September  
Starring: Ian McKellen, Gemma Arterton, Mark Strong, Lesley Manville.



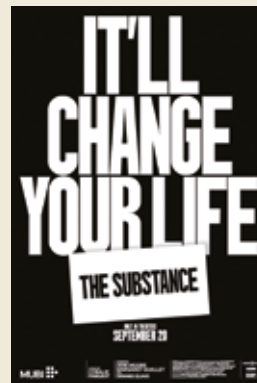
**Lee**

From 13th September  
Starring: Kate Winslet, Marion Cotillard, Andrea Riseborough, Andy Samberg.



**Reawakening**

From 13th September  
Starring: Jared Harris, Juliet Stevenson, Erin Doherty, Aliona Baranova.



**The Substance**

From 20th September  
Starring: Margaret Qualley, Dennis Quaid, Demi Moore, Hugo Diego Garcia.



**The Upbeat Beatles -**

**Live Show - 21st September**  
If you love The Beatles you'll love this show, and if you don't love The Beatles you'll love this show!



**Never Let Go**

From 27th September  
Starring: Halle Berry, Percy Dagg IV, Anthony B. Jenkins, Matthew Kevin Anderson.



**The Outrun**

From 27th September  
Starring: Saoirse Ronan, Saskia Reeves, Stephen Dillane.



**Shaun of the Dead 20th Anniversary**

From 27th September  
Starring: Simon Pegg, Nick Frost, Lucy Davis.



# YOUR LOCAL INDEPENDENT CINEMA



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

### BEETLEJUICE BEETLEJUICE

After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife.

**From 6th September.**



### LEE

Lee tells the story of Lee Miller, American photographer. Determined to document the truth of the Nazi regime, and in spite of the odds stacked against female correspondents, Lee captured some of the most important images of World War II, for which she paid an enormous personal price.

**From 13th September.**



### THE SUBSTANCE

Elisabeth Sparkle, star of an aerobics show, is fired on her 50th birthday by her boss because of her age. When she returns home, her morale at its lowest, she receives an unexpected proposal. A mysterious laboratory offers her a miraculous "substance": if she injects it, she will become "the best version" of herself, "younger, more beautiful, more perfect".

**From 20th September.**



### THE UPBEAT BEATLES

The show takes you through the Fab Four's long and winding road from the early Cavern days through Beatlemania, America, Sergeant Pepper to Abbey Road, with narrative and full multi-media presentation. If you love The Beatles you'll love this show, and if you don't love The Beatles you'll love this show!

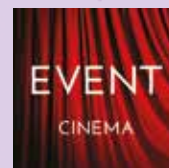
**Saturday 21st September, 8pm.**



### THE OUTRUN

Based on the best-selling memoir by Amy Liptrot, The Outrun is set in the otherworldly Orkney islands of Scotland. A brutally honest drama about addiction and recovery, strength and survival, mental health and the ability of the sea, the land and of people to restore life and renew hope.

**From 27th September.**



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

**Saturday 31st August, 6pm &  
Sunday 1st September, 2pm -**

**Andre Rieu's 2024 Maastricht Concert:  
Power of Love**

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

**Friday 6th September, 7.15pm &  
Saturday 7th September, 7.15pm -**

**blur: Live At Wembley Stadium**

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

**Tuesday 10th September, 6.30pm &  
Sunday 15th September, 2pm -**

**Royal Ballet & Opera: The Marriage of Figaro**

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

**Thursday 12th September, 7pm -**

**NT Live: Prima Facie**

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

**Sunday 22nd September, 2pm &  
Tuesday 24th September, 6pm -**

**Miss Saigon (25th Anniversary Show)**

This spectacular, sell-out 25th Anniversary Gala Performance of the global stage sensation also features appearances by the original cast including Jonathan Pryce and Lea Salonga.

**Wednesday 25th September, 7pm &  
Sunday 29th September, 2pm -**

**Edward Scissorhands: A Matthew Bourne Production**

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



# IN THE GARDEN WITH JULIE - 'THE LIVING HEDGE'

**Planting a hedge is not only a visual positive for the garden but also benefits wildlife and gives birds the ability to be able to make a nest, and in doing so raise a family.**

It can also simply be a feature that would delineate areas in the garden, or from a practical level conceal the rubbish bins or fuel tanks. A hedge can also break the boundary to the wider landscape, and in doing so gives the conception that the garden is much larger. There are numerous ways in designing a garden to achieve this image of what one could term, borrowing the view.

Looking back through the history of the hedge and the enclosure act that came into being in 1773 during the reign of George III, it was a means of defining and enclosing an area, but it was also a statement in itself of keep out! One of the earliest native plants used was hawthorn (*Crataegus monogyna*) which dates as far back as 5BC. The hawthorn, a deciduous plant bears white blossom in Spring followed by berries in the Autumn, which again are a much-needed food source. The younger stems also bear thorns giving protection to small birds when nesting. Hedgerows have always been a source of food to both animals and ourselves, I remember as a child our annual walk down the green lane to pick brambles in order that my mother could make jam and more importantly the most wonderful apple and bramble crumble. So, the planting of a hedge may not just be a visual image to add to the garden but also an edible one.

## The Garden Calendar

Over the last four weeks I have had an abundance of plums, from a tree called Csar which was introduced to England around 1871, it can grow to a height of 3-4 metres when mature so is an ideal choice for small gardens. I have also grown the tree in a container which again has produced numerous fruits, this was only purchased in the bare rooting season last year. The plums are delicious in flavour and can be used in cooking or eaten directly. The tree is self-fertile so does not require a pollinator. Certainly, a plum tree I would recommend.

If you have not already cut the foliage back on your strawberry plants then do so now, you will be able to see the young foliage appearing, which gives an indicator of how much needs to be trimmed.

# COUNTRYSIDE MATTERS WITH SAM WALTON

**Every year, despite my time in farming, I am always somewhat surprised to see combines at work in July.**

You look round the various crops and think it seems no time at all since we drilled these and this year in particular with all the rain we had, I was sure that everything would be late. How wrong can you be?

Mother Nature is a wonderful thing and has a knack of compensating in one way or another

and in mid-July, sure enough combines were at work on some early Winter barley.

The first comments were that the barley seeds were longer and thinner than normal but still weighed the same but as expected not quite as many, so a lower yield.

I suppose we should be glad for beer drinkers, as those farmers growing malting barley, received £200 per ton, which is way above the price for feed barley. There is a saying



Any runners that came from the main plants, can now also be planted. If you are planning to create a strawberry bed, then now is the time to buy plants. Early planting gives a better-quality crop for the following year. Strawberries can also be grown in a pot, positioned outside the back door. Place them about 20cm apart and when planting make sure the compost level is the same as in the pot where they have been growing.

If you have any bare patches of lawn, then from September to mid-October is the ideal time to sow seed.

The picture to the right is of 'Echinacea' purpurea 'White Swan' it is a stunning perennial that after losing its petals then has a cone shaped seedhead that lasts well through the Autumn months giving structure to the border. It is also a very good flower for drying as the head can last for years in a floral design.



Perhaps now is the time to sit down, have a cup of tea and take in the positives of the garden, the deep purple pink of the hydrangea blending with the green ferns is a calming and much needed place for reflection.

[www.theordinarygardener.com](http://www.theordinarygardener.com)  
Julie Dowding

that there is no accounting for taste, and I would say just keep on drinking beer! After all the rain we had and with the lack of sunshine, I was fairly sure yields would be down and they were slightly, and weather is one thing farmers have no control over.

I had also worried about the wheat crops but again, I was surprised when they came into full ear, how well they actually looked.

In early August, some Oil Seed Rape crops were being harvested. One thing I did not notice was that some of the pods had already split so that seed would be lying on the ground. Uneven ripening can be a huge loss and there is nothing we can do about it.

So, what will happen to prices I do not know. We are constantly being told that America and Russia, along with the Ukraine have marvellous wheat crops, so immediately our prices drop!

Nothing new there I suppose but I often wonder how wheat can be carted half-way round the world to the UK at a cheaper price than we can produce it for!!





# *Minster*

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

*I wonder how many of you remember the song by Fiddler's Dram from 1979 with the opening line of...*

"Didn't we have a lovely time the day we went to Bangor..."

If you can recall it I hope you agree it is a feel good tune with words that make you want to sing along and maybe go paddling. So that's my opening gambit for September as I tell you of the time my good lady wife and I went to the seaside recently.

We enjoyed a wonderful sunny day out but on our return realised I had forgotten to keep an important appointment. Full confession will come later in the piece!

We are a calendar couple which stems I think from working for years with the NHS and Social Services. It means that we have a big wall calendar on which we write just about everything that is taking place, or due to take place, in our busy lives.

So, to find a day in the week which was totally blank and to realise that the sun was already promising great things, we made the decision to go to the seaside.

Living in Beverley we are blessed with having the East coast just a short distance away and a choice of seaside venues to choose from. We opted to go to Bridlington but as my wife

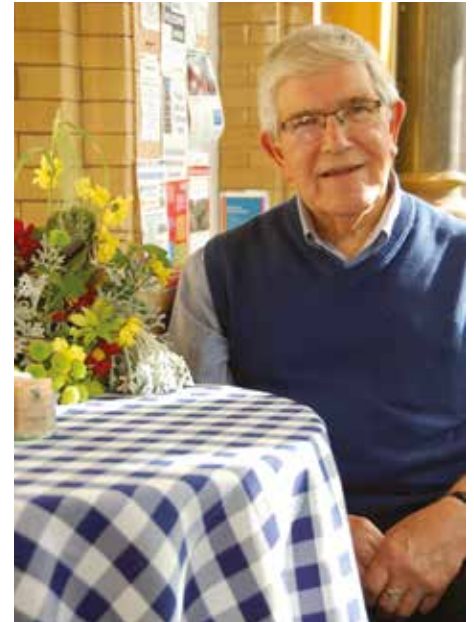
pointed out, the bus might take a while to get past Driffield it being Show day in that town.

So we got the train in Beverley and in just over half an hour we were in Bridlington station. We realised we had never been there before as we took in our first view of the station concourse. It was a sight to behold which would not have been out of place at any major flower show with the multitude of hanging baskets and flowers on display. It is a credit to the station staff and as we admired it again on our return home.

We knew our decision to have a day out there was the right one. Good street directions took us firstly to the harbour and then to the Spa where we were fortunate to gain a window seat to enjoy our lunch. Looking on as families enjoyed the beautiful sands whilst children and others took advantage of the sun and sea, was surely a memory to treasure.

After a stroll on the promenade as far as the lifeboat station there was only one way to complete our day out. I don't think an ice cream cornet can taste better than when you are sitting relaxed at the seaside watching the world go by, not a cloud in the sky and the sun is shining.

It remained a fine sunny day and we were home again by early evening. Taking the calendar down to review the rest of the week's activities, I saw that I should have gone for a



blood test at our local surgery at 6.30pm that day. Now I confess that I have always been a bit sceptical of the claims by the surgery that missed appointments cost them thousands of pounds per year but I certainly did not want to be counted among them. But I was.

Thankfully I was able to go early the next morning, apologise for my error and have the blood test without any problem.

I do hope in the future when I hear this song I will recall the day we went to Bridlington as the highlight and not the missed appointment.

LEWIS NORTHEN  
FUNERAL DIRECTORS



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CARE OF YOURS



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# JOACHIM COODER IS COMING TO THE FERGUSON FAWSITT

Tickets are selling fast for a special concert with world-music legend and son of the incredible Ry Cooder.

On Saturday 9th November, Joachim Cooder, will entertain at The Ferguson Fawsitt along with Rayna Gellert.

Joachim has carved out his own unique path, blending traditional roots music with modern sounds. He is a master of the mbira, a traditional African thumb piano, which he incorporates into his performances and recordings. Beverley is in for a real treat!

Cooder's talent for fusing diverse musical styles and his captivating live performances have earned him a dedicated following and critical acclaim.

Rayna Gellert will reconnect with old time music friends from her childhood that she hasn't seen since she was 8. It will be a special night to remember.

Book now to enjoy the entertainment at The Ferguson Fawsitt. [www.eventbrite.co.uk/e/joachim-cooder-live-in-east-yorkshire-tickets-892151809077](http://www.eventbrite.co.uk/e/joachim-cooder-live-in-east-yorkshire-tickets-892151809077)





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**Saturday 9th November - Joachim Cooder**  
Music from the son of legendary guitarist Ry Cooder



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# WHAT'S THE COST OF A COMFORTABLE RETIREMENT?

**Whether you've got 20 years before you retire or just a few, it's important to have an idea of just how much money you'll need for a comfortable lifestyle once you stop earning a regular salary.**

## **How much money do I need to retire?**

Helpfully, the Pension and Lifetime Savings Association predicts approximately how much individuals and couples will need in their pension pot, to have a comfortable, moderate or minimum standard of living in retirement.

The important thing to be aware of is, these figures have increased in the past 12 months. The PLSA's latest figures, released in February 2024, show that a single person will now need £14,400 a year to achieve the minimum living standard, a rise of £1,600. They would need £31,300 a year for moderate, and £43,100 a year for a comfortable lifestyle, which includes a two week holiday in Europe and several UK mini breaks. For couples, the price tag of these three lifestyles is £22,400, £43,100 and £59,000 per annum.<sup>1</sup>

The minimum living standard covers most people's basic needs. For example, you could holiday in the UK, eat out about once a month and spend around £600 on clothes and footwear a year. But don't expect to run a car. The moderate lifestyle provides, in addition to the minimum lifestyle, more financial security and increased flexibility. For example, you could take a two-week holiday in Europe and eat out a few times a month. And you could afford to run a small car. At the comfortable level, you could enjoy some luxuries like regular beauty treatments, theatre trips and at least two weeks in Europe a year.

By putting a ballpark figure on actual lifestyle choices the PLSA aims to help people develop their own personal savings goals based on their individual circumstances and expectations. Having a concrete goal based on things you enjoy doing, such as holidaying, or eating out with friends, is a powerful psychological motivator to keep saving.

Whatever stage you're at on your saving journey, having a specific income in mind can help you focus on the end goal - and look forward to it!

## **Your pension income reality check**

Many people may be shocked to learn how little income their savings will provide. Which is why it's vital to realise the power of 'saving sooner rather than later,' and not simply hoping for the best.

Assuming you qualify for the full annual State Pension of £11,502 (2024/25), the PLSA says you'll still need to build up a pension pot worth more than £590,000 to achieve a comfortable retirement<sup>1</sup>. This is if you want to turn your pension into an annuity, which pays you a guaranteed annual income for life in retirement. The good news is that a combination of the full State Pension and auto-enrolment in a workplace pension, most people should be able to look forward to the PLSA's minimum level of retirement.

However, a modest contribution level is unlikely to be enough to get you over the line between the PLSA's minimum and moderate lifestyle standards. That's why leaning in to the process, and starting to make proactive financial plans for your later years while you're still working could - literally - pay dividends.

## **Have some questions? Talk to us**

Whether it's a three week holiday of a lifetime, escaping to the country, or simply being able to visit family and friends whenever you like, having those specific retirement goals to save for can really help you focus. Plus, it's exciting to think what lies ahead after that last day in the office. Financial advisers can give you an idea of what your retirement income will be, based on how much you're saving. You can also discover how much money you need to save for retirement or use our pension calculator to find out how much you need to save to fund the lifestyle you want.

We all deserve a comfortable retirement. And planning your longer-term finances now will make you feel confident and in control of some of the best years of your life.

Get in touch with Navigation Wealth Management today on **01482 379504**, or by emailing **navigationwm@sjpg.co.uk** so we can help you enjoy the retirement you deserve.

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. Auto-Enrolment products are not regulated by the Financial Conduct Authority.

## **Source**

<sup>1</sup>Retirement Living Standards, Pensions and Lifetime Savings Association, 2024. All figures quoted were developed by the Centre for Research in Social Policy at Loughborough University on behalf of the PLSA.



## *Achieve the* future you want

### **We all imagine our future differently.**

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

### **Let's start a conversation.**

#### **Navigation Wealth Management**

01482 379504  
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Navigation Wealth Management is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website [www.sjpg.co.uk/products](http://www.sjpg.co.uk/products). The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.



# BACK TO SCHOOL - HOW DID IT ALL START?

*The history of schools in the United Kingdom reflects a rich and complex evolution, shaped by social, religious, and political forces.*

## Medieval and Early Modern Period

The origins of formal education can be traced back to the medieval period, when the first schools were established by the Church. Monastic schools were the earliest form of organised education, primarily aimed at training clergy. These schools focused on religious instruction, teaching Latin, the Bible, and other theological subjects.

## The 12th and 13th Centuries

Grammar schools began to emerge. These schools, often founded by religious organisations or wealthy individuals, provided a more formalised curriculum that included Latin, rhetoric, and logic. The purpose of grammar schools was to prepare boys for university and eventual careers in the church or civil service. The establishment of universities such as Oxford and Cambridge marked another significant development in education. These institutions were initially intended to train clergy but gradually expanded their curricula to include the liberal arts, philosophy, and eventually the sciences.

## The Renaissance and the Reformation period

Significant changes to the educational landscape occurred. The Renaissance revived interest in classical learning and humanism, leading to the establishment of more grammar schools that emphasised a broader curriculum, including Greek, history, and moral philosophy. The Reformation, particularly under Henry VIII, had a

profound impact on education in England. The dissolution of the monasteries in the 1530s led to the closure of many monastic schools. However, this period also saw the foundation of new schools, such as Christ Church, Oxford, and Trinity College, Cambridge, which were intended to train a Protestant elite.

## The Enlightenment and Industrial Revolution

The 18th century, influenced by the Enlightenment, saw growing emphasis on reason, science, and the idea of education as a means to promote social progress. This period saw the establishment of the first state-funded schools and The Sunday School movement, initiated by Robert Raikes in the 1780s. In 1833, the government took its first steps towards state involvement in education by providing grants to schools. This marked the beginning of the gradual development of a national education system.

## The 19th and 20th Centuries

The 19th century was a period of significant reform and expansion in education. The Elementary Education Act of 1870, also known as Forster's Education Act, was a landmark in the history of education, establishing the framework for compulsory education for children aged five to thirteen.

## The early 20th Century

The Education Act of 1902, also known as the Balfour Act, abolished school boards and transferred responsibility for education to local education authorities. This Act led to the establishment of secondary schools and the expansion of technical and vocational education.

The Education Act of 1944, often referred to as the Butler Act, was a significant milestone in the history of education. It established the framework for the modern education system, introducing free secondary education for all children and raising the school leaving age to 15. The Butler Act also divided secondary education into three types: grammar schools, technical schools, and secondary modern schools.



## Post-War and Modern Developments

The post-war period brought comprehensive schools, aimed to provide a more inclusive form of secondary education. The 1965 Circular 10/65 issued by the Labour government called for the reorganisation of secondary education along comprehensive lines, and by the 1970s, most local education authorities had adopted the comprehensive system.

## The late 20th and early 21st Centuries

Further changes were made to the education system, driven by both Conservative and Labour governments. These include the introduction of the National Curriculum in 1988, which aimed to standardise education across the country, and the expansion of higher education. The creation of academies and free schools, which operate outside local authority control, has been another major development, aimed at increasing diversity and choice within the education system.

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

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# NEVER WORK A DAY IN YOUR LIFE



**Don't turn the page yet ... this isn't one of those annoying "make £10,000 in a week" internet adverts. I was alluding to the quote "Find a job you love, and you will never have to work a day in your life", attributed to intellectual giants Mark Twain and Confucius.**

How often in our working lives do we consider whether we actually love what we're doing? During the course of a hypnotherapy session, I asked a client, who was clearly about to implode due to the level of executive stress they were experiencing, **"what would you do, not for a job, but if you could get up every day and do what you absolutely love doing"** ... and the response came back ... "fly". This scuppered my plan, as my theory was that if you're good at something then you can monetise it and make a career out of getting someone to pay you to do what you love. I had anticipated "I love playing golf" which could have led down the pathway of running a golf club or becoming a golf coach. However, I followed the process and discovered that a previous career flying helicopters in the RAF was what made them feel alive. My client went away, returning only a couple of weeks later to announce a move abroad to a sunnier climate and went on, over the next few years, to fulfil their dream of flying every day and taught others to do so too.

I'm lucky to do what I love, interacting with people and helping them to overcome whatever is holding them back in life. The challenge I have is explaining what hypnotherapy can help with as there are so many challenges that can be addressed with hypnosis as the graphic below shows.



Another quote from Mark Twain that I love is **"I've lived through some terrible things in my life, some of which actually happened"**. How often do we approach a situation in life and run a programme of dreadful scenarios in our head, only to find that the reality was nothing to worry about. Whether it's changing schools, a medical appointment, a job interview or something to look forward to such as a holiday ... "but what if ... the plane is delayed ... crashes, the hotel isn't like the brochure ...". If you find that you're running the same negative programme for any of the above, then hypnotherapy can help you to run a different programme.

The feelings of anxiety and excitement are very similar as I reminded myself last week when facing eight ziplines over a gorge in Croatia. I could worry about whether the equipment was up to scratch or remember the 5-star reviews and anticipate the amazing views, travelling up to 65 miles an hour over the river. It was awesome and the views were incredible.



Mark Twain also said **"Life is short"** and **"The two most important days of your life are the day you are born and the day you find out why"**. Don't let your fears hold you back.

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

**For more information and details on further techniques including hypnotherapy, visit [www.francesdunning.com](http://www.francesdunning.com) or contact me, Fran Dunning on 07973 819867.**

*All About You Hypnotherapy*  
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I've been helping people of all ages increase their levels of confidence and improve their life for over 20 years using hypnotherapy.

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# UK SAVINGS WEEK 9TH - 15TH SEPTEMBER

**Beverley Building Society shares research that suggests the Yorkshire and the Humber region could make their savings work harder for them.**

- 34% hold most of their savings in a current account.<sup>1</sup>
- 20% could not meet an unexpected expense of £300 if they suddenly had to.<sup>2</sup>
- 11% have no savings at all.<sup>3</sup>
- UK Savings Week 2024 runs from 9th to 15th September. To get involved in this year's savings challenge, head to [www.uksavingsweek.co.uk](http://www.uksavingsweek.co.uk) to sign up.

To support this year's UK Savings Week, new research from the Building Societies Association (BSA) has found that in Yorkshire and the Humber region, and despite the recent focus on interest rates, 34% of people hold most of their savings in a current account<sup>1</sup>, which means many of us are potentially missing out on free money by holding savings in accounts that offer little or no interest.

## Financial resilience

1 in 5 people in the region could not meet an unexpected expense of £300<sup>2</sup>, and 30% do not have enough savings to live off for a month<sup>4</sup>.

These figures look unlikely to reduce either, as half of all people in the region are still saving less than they did before the cost of living crisis.

## Savings goals

Despite a considerable proportion of local people

not having any savings (11%)<sup>3</sup>, those who do save put an average of £2145 into their savings each month with an average of 12.46 contributions per year.

In the Yorkshire and Humber region, the average amount held in savings sits at £15,734.207 and the national picture reflects that savings increase the older you get<sup>8</sup>.

Beverley Building Society, CEO, Janet Bedford added, "We have seen significant increases in the Bank Base Rate over the last couple years and this has had a positive impact on savings rates.

"We're very mindful that people have been navigating the cost of living crisis so we hope that now many people will embrace good savings habits and build more financial resilience, while rates are good.

She continued, "I'm therefore delighted that we're participating in this year's UK Savings Week and helping people in our East Riding heartland to make their money work harder for them. I'm also extremely proud that, as a progressive Society, we continue to offer good value, competitive savings products that are underpinned by an outstanding level of personalised service, in an increasingly automated age.

"We're committed to ensuring that our members will always find a branch colleague the end of the phone and that we maintain longer opening hours, including Saturday mornings, to better serve both our savers and borrowers.



## UK Savings Week

This year, UK Savings Week is encouraging people to think about their saving journey.

1. Look at your money - think about what money you have coming in and what you spend and decide what you need versus what is 'nice to have'.
2. Set your money goals - having achievable and specific targets to aim for means you're more likely to hit your savings goals.
3. Get in control - accept there will be temptations, and plan for how you're going to deal with them.

If you'd like Beverley Building Society help to make your savings work for you, contact our experienced team to discuss your requirements on **01482 881510**.

Alternatively, visit [www.beverleybs.co.uk/savings](http://www.beverleybs.co.uk/savings) to view our products and services.

Citations:

<sup>1,8</sup> Research conducted by Opinium on behalf of Building Societies Association in June 2024.

# SSAFA - CAN YOU HELP?

**SSAFA, the Armed Forces charity, CONTINUES to add immense value to the lives of Service personnel, veterans and their families and dependents by offering comprehensive support tailored to their unique needs.**

Transitioning from military to civilian life can be challenging. SSAFA provides essential assistance, from financial aid and housing support to mental health services and employment guidance.

Michael Menzies - Baird, Chair of SSAFA, East Yorkshire commented, "SSAFA's personalised approach ensures that veterans receive the help they need to overcome challenges, whether it's dealing with physical injuries, psychological trauma, or social reintegration".

SSAFA's extensive network of volunteers, many of whom are veterans themselves, offer empathetic, informed guidance, providing a sense of community and belonging. By connecting ex-service members with the right resources, SSAFA helps them build fulfilling post-service lives, ensuring they feel valued and supported.

SSAFA's ongoing commitment to the well-being of veterans not only honours their service but also empowers them to thrive in their new civilian roles, making a profound difference in their lives and communities.

SSAFA needs you to help. They need a broad range of volunteers and a Branch Secretary urgently. If you think you can help, please, "GET IN TOUCH".

If you think you can make a difference, contact SSAFA on: **01964 552 837**  
Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)  
Website: [ssafa.org.uk](http://ssafa.org.uk)





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## Your Veterans Need You!

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

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

**SSAFA urgently need Caseworkers and a Branch Secretary**

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

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



**If you think you can help, please get in touch:**  
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**Email: [eyorks.branch@ssafa.org.uk](mailto:eyorks.branch@ssafa.org.uk)**  
**Website: [ssafa.org.uk](http://ssafa.org.uk)**







# LADIES DAY 2024







# WALKING EAST YORKSHIRE FESTIVAL

**Saturday 14th  
to Sunday 22nd  
September 2024**

for those who enjoy the great outdoors

This September, the Yorkshire Wolds plays host to the 14th **Walking East Yorkshire Festival** brought together by tourism partners and volunteers across East Yorkshire.

2024 marks the anniversary of both the **Chalkland Way** and the **TransPennine trail**, two fantastic walking and cycling route passing through East Yorkshire. Join us on a linear walk along the **Chalkland Way** from Wetwang to Millington along arguably the most scenic section of the Yorkshire Wolds with free coach transport. Two Hornsea walks pass through sections of the **TransPennine trail** along with a do anytime cycle ride the whole family can enjoy.

There are plenty of coastal walks to be enjoyed including a walk along a section of the **King Charles III England Coast Path** between Bempton and Sewerby. The walk will afford spectacular coastal views along the heritage coastline. Or why not enjoy **Beach Yoga** facilitated by the Councils Active Coast Team. Alternatively head down to **Spurn Point** for a guided walk along this stunning peninsula or enjoy a dusk walk on the cliffs of **RSPB Bempton**.

Guided walks around our historic stately homes are always popular. A short walk from Snaith takes us to **Carlton Towers** where we are greeted with tea and cakes in the banqueting hall followed by an informative tour. **Wassand Hall** will be providing a tour of their regency house, finishing off with a walk exploring the woodlands and arboretum with views across Hornsea Mere. **Secrets of Sewerby Hall and Gardens** offers a rich history tour of the hall and grounds.

**Walking the Town Beverley** treat us to a plethora of guided history walks where we learn a little more about this market town. A great way for both natives and newcomers to become better equated with the town's historic routes. From horseracing to shipbuilding, Mary Wollstonecraft to quiet gardens you're sure to learn what a slice of Beverley life looked like in centuries past. Further events taking place in Beverley include a **Beverley Minster** tower tour and an open day at **Frith Farm** selling local produce.

**Pocklington** will be kicking off the 2024 festival on Friday 13 September with a **Pocklington History walk** around the town centre and boat rides along the canal. Our **Hornsea** history walk will take you from the seafront to Hornsea Museum whilst **Driffield** are hosting a walk along a section of the **Wold Rangers way** finishing off will some well eared refreshments at Field House coffee shop. **Market Weighton** treat us to a circular walk from the **Londesborough Estate** finishing with refreshments at the old reading rooms. **The Vale of Snaith** will be focusing on **Tragedy and Triumph** followed by a free buffet lunch. **Stamford Bridge** invite us to a walk and talk about the **Battle of Stamford Bridge** including a private viewing of the 1066 tapestry.

Two of our award-winning vineries open their doors - **Laurel Vines** are hosting a Wine and Curry evening where we take a tour of the vineyard before sitting down in the new grape reception room, or enjoy a walk on the **Yorkshire Wolds Way** from **Little Wold Vineyard** with wine tasting and nibbles on your return.

Explore **Hull's maritime and cultural history** with an 8 mile walk along Hull's waterfront exploring its past and present, stopping off at the Minerva pub for lunch. For those less energetic **Hull Maritime tours** have a number of shorter tours throughout the week or you can join Paul Schofield to do the renowned **Fish Trail** across the city centre.

The councils Countryside Access Team have come together with experience community to facilitate **disabled rambles** along the Yorkshire Wolds Way suitable for mountain trikes and assisted wheelchairs. You can also treat yourself to an evening walk from Fridaythorpe with supper back at Seaway's café.

Other festival highlights include the popular **Boots and Beer Walk** visiting Wold Top Brewery, and **Wild Food Foraging**. Geo-Park walks will head out from **Warter** or **Flamborough Head** where you will be treated to facts about local geology and archaeology of these landscapes. A walk around **Thixendale** will take in the medieval village of Wharram Parcy before enjoying cream teas at the **Raisthorpe Manor** hunting lodge.





WALKING  
**EAST  
YORKSHIRE  
FESTIVAL**



For ladies looking to get back in the saddle and make new friends join the **Breeze Cycling** ladies on several taster events taking in some pretty country roads across the East Riding and finishing off with a well-deserved refreshment break.

**The Ramblers** invite new walkers to their scheduled walks over the Walking Festival week who may be considering group walking.

From long walks to short walks and experiences not usually open to the public, immerse yourself in the **Walking East Yorkshire Festival** programme.

Download your guide at [www.walkingeastyorkshirefestival.co.uk](http://www.walkingeastyorkshirefestival.co.uk). For bookings please refer to the brochure.



## REVITALISE YOUR HOME - USE YOUR LOCAL PROFESSIONAL HANDYMAN

**A handyman can revitalise your home by tackling a range of projects that enhance both aesthetics and functionality.**



Ian mentioned, "Whether it's patching up a wall, installing new fixtures, refreshing an old door, gate or kitchen backsplash, these small jobs can breathe new life into your living space and add value to your property".

Small repairs and improvements, such as updating lighting, repairing doors, or refinishing cabinets, can make a significant difference in the overall feel of your home.

Ian can solve your problems by addressing minor issues before they become major problems.

Ian not only boosts your home's appeal but also ensures it remains in top condition, adding value and comfort to your everyday life.

You can contact ian on:  
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**Website: www.ian-harrison.com**



## HELPING YOU MAKE THE LINK TO A NEW HOME

**Jayne Morgan, Personal Agent at Link Agency, is an independent estate agent who plays a crucial role in providing a personalised, community-focused residential sales service.**

Jayne mentioned "Unlike larger, corporate agencies, I am deeply rooted in our local area, I offer advice that reflects my in-depth knowledge of the community, property values and neighbourhood dynamics".

Jayne continued, "My independence allows for greater flexibility in meeting my clients' needs, resulting in a more client-centered approach, building long-term relationships and ensuring client satisfaction".

Jayne at Link Agency can be more agile, adapting quickly to changes in the market or client demands, which can be a significant advantage in the fast-paced world of estate agency.

Jayne offers a distinctive, trustworthy, and highly effective service to her clients, and she is always happy to help.



# Ian

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# LESS FUSS WHEN YOU USE THE BUS

*It is not uncommon to hear complaints about the quality and reliability of our bus services, but in many ways our area has seen some very positive developments of late.*

The popular X46/X47 route to York now runs every 30 minutes during the day and there are more evening returns.

Best of all single adult journeys remain at just £2.00, as part of the highly commendable national scheme - you lucky folk with bus passes can travel free most of the time!



Given the cost of parking around York, the bus really is a less stressful and cheaper way to visit our esteemed neighbour.

I want to make particular mention of two fabulous new services East Yorkshire have introduced this summer.

The leaflets for the Spurn Discovery & Wolds Explorer routes (pictured) are beautifully designed in a retro style that

invokes a golden era of travel. In early August I took the Spurn bus from Hull. The through services give you plenty of time to enjoy what this amazing place has to offer.

The new Discovery Centre is delightful, with a shop and splendid cafe. I walked the whole peninsula and especially recommend a visit to the lighthouse: the views from the top are tremendous.



This service runs on weekends until November. Equally deserving of praise are the weekend Wolds Explorer buses. These have run through the Summer to and from Pocklington, with regular connecting services to and from Beverley.

The buses allowed access to the fine walking country and villages of the high Wolds, my favourite is stunningly situated Thixendale.

Unfortunately and sadly this service ended on 1st September hopefully they will bring it back next year.



Of course, the regular routes into Hull, to Hessele and to our coastal resorts are still going strong. The ride out to Hornsea is especially scenic.

So, do your bit for the environment, your purse and maybe your blood pressure - as there really is less fuss when you use the bus - especially if they run to time!

**Ian Richardson.**



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# CARL - IF YOU'RE HEALTHY, BE HAPPY - "6 YEARS ON"

**In 2018 Carl was the Director of a very successful local double glazing company, Carlton Glazing. In September 2018 Carl was diagnosed with metastatic prostate cancer, Stage 4, not curable and had spread to his pelvis and lymph nodes. Carl was given 3 years to live.**

Carl commented, "I never experienced any symptoms until at the age of 51, one day I had trouble urinating. I managed to get a doctor's appointment and shortly afterwards I was given the bad news. We had a lot to deal with and come to terms with, our life took a complete turn".



Living with cancer requires incredible strength and resilience, and many individuals continue to inspire others by embracing life despite their diagnosis. Carl is one such person, a husband and father of two boys. Having been diagnosed with stage IV metastatic prostate cancer, he decided NOT to be defined by his illness. Carl knew that having been active all his life, since joining the Army at 16, playing football, boxing for his regiment as well as taking on endurance events, staying fit and active with a positive mindset was the way forward.

Carl said, "Getting through chemotherapy is a journey of strength, patience, and perseverance. The treatment can be physically and emotionally draining, but I found ways to keep moving forward. Staying connected with loved ones, maintaining a positive outlook, and focusing on small daily victories made a significant difference. For me, setting goals and challenges allowed me to focus on what I have, what I live for and help manage the stress and side effects".



Carl faced a daunting challenge with courage, determination, and positivity. What he didn't realise was how he encouraged others to confront their own struggles with similar strength. Living in the moment, and the impact of a supportive community, Carl's example proves that even in the face of adversity, it's possible to find purpose and inspire others.



Being a keen runner, after radiotherapy treatment Carl realised that his running days were over.

Carl said "It was just too painful in my pelvis, after 6 cycles of chemotherapy and 37 sessions of radiotherapy, but I knew I had to do something, to remain active".

A friend of his, "Chris", had signed up for a charity event and invited Carl to do it with him and ride for Prostate Cancer UK. It would keep Carl's mind focused on the challenge ahead and raise some money and awareness for the condition and keep him active.

The Challenge was to ride 126 miles in Belgium, but he was undergoing chemotherapy at the time... the mindset kicked in!! "I can do it". With training, soon 50 miles was his first milestone, with that came the confidence to continue. His strategy of one days cycling, two days to recover, worked.

Carl and Chris came across a group called "One Hull of a Ride". He told them his story, they asked Carl to join them, and since the first meeting they have been friends. A tough ride in Belgium with temperatures over 40 degrees, but importantly the challenge was completed. It was "One hell of a ride"

Since those early days many rides have been completed with the group, including the 2nd stage of TdF in Copenhagen. Carl wore the coveted Yellow Jersey having raised the most sponsorship



money. Followed was TdY, then Hull to London via Netherlands, Belgium and France and more recently a ride across Holland. Carl and the One Hull of a Ride team have raised around £30,000 for Prostate Cancer, £3000 for MacMillan, from a variety of tasks including Static Bike Rides in Asda, Golf Days, and coming up in February 2025, a Devils Kitchen Cooking Challenge.

Forrester Boyd Chartered Accountants and Andrew Jackson Solicitors go head to head to prepare, cook and deliver a three course meal and an evening of fun at Devil's Kitchen, all in the name of charity! The event is supporting One Hull of a Ride and Smile Foundation.



Having recently had a couple of setbacks, Carl now looks forward to future challenges and encourages people to get involved. Carl attributes his drive to his wife Paula, who is his rock as well as his two boys, Connor and Harvey, saying he is proud of them all and they give him the inspiration to get out of bed in the morning. Cancer, while life-changing, does not have to be life-defining. Carl's story is one to inspire hope, resilience, and the power to get on.

[www.facebook.com/OneHull](https://www.facebook.com/OneHull)

**As a side piece I asked Carl some life inspiring questions...**

**Q - Since diagnosis what has been your mindset?**

A - It took a while, but very positive, I have lots to live for.

**Q - How has cycling benefitted?**

A - Having been an active runner, I needed something to fill the gap. Cycling allowed me to get on.

**Q - How do you manage difficult days?**

A - My wife and children get me through the day.

**Q - What's your advice to others?**

A - Live life to the full - enjoy every day.

**Q - Plans for 2024 - 2025?**

A - Just celebrated 30th wedding anniversary, hopefully more holidays and charity cycle rides.

**Q - What's your inspiration?**

A - My family, I hope one day to see my children get married and have a family.

**Q - Funny moments that keep you going and raise a smile?**

A - Always thinking about how my wife freaks out seeing a BIG spider.

**Q - On your cooked breakfast, red sauce or brown sauce?**

A - Brown every time.

**Q - Favourite band/concert?**

A - Mood dependant, Foo Fighters or Fleetwood Mac.

**Q - Favourite film?**

A - Saving Private Ryan.

**Q - Best holiday?**

A - Anywhere, active and warm.

**Q&A**



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# THE DUKE OF EDINBURGH'S AWARD (DofE)

*The Duke of Edinburgh's Award (DofE) is a youth charity that gives young people aged 14-24 the chance to develop new skills, volunteer in their community and to really fulfil their potential as young people.*

The DofE Award has transformed the lives of so many young people from all walks of life. There are three levels starting at Bronze, leading to Silver followed by Gold. At each level the young person has to complete a number of sections and this is where Beverley Westwood parkrun comes in, we can be covered in both the volunteering section and the physical section.

At BWp 14 youngsters have completed the volunteering section, 12 at Bronze level and 2 at Gold level. 1 student has used parkrun for the physical section. Currently we have 2 students doing the volunteering section, 1 bronze and 1 silver. We also have 2 doing the physical section for the bronze award. On the volunteering front the students have all proved that the roles are straightforward and they set a great example to adults in the BWp community.



One of our current volunteers is Beverley Grammar School student Jack Drinkall who is now onto his Silver Award. Jack had options in the Silver award on where he can spend his time and he chose to spend 6 months volunteering at BWp.

Jack really gets a lot out of joining us on the volunteering team each week; he has very quickly found the roles he enjoys and his personality has seen him become 'one of the gang'.

Jack emails with our DofE coordinators Kay Farrow and Cindy

McAndrew once a month to plan his volunteering schedule.

Kay commented, "Students are usually very comfortable with the technology we use for timing, scanning and processing the results but less confident speaking to groups of people at the first timers' welcome and in the event briefing. I like to see them get out of their comfort zone and challenge themselves to do these roles. I like to see how their confidence increases as they progress through the roles. I feel very proud when they do."



Cindy added to this, "DofE at parkrun adds a whole new element for me, it brings old and young together and therefore a greater understanding between the two. Hats off to them getting out of bed early on a Saturday, this shows real commitment. Remembering my teenage years this would have been a big ask!"



Kay went on to say, "I really appreciate the students getting up early on Saturday mornings for 13+ weeks to volunteer at parkrun. They help us to fill the volunteer roster and are an integral part of the team that provides a safe and enjoyable event for the community. As they do all the roles the students become very versatile volunteers and are a real asset to our event."

To date Jack has covered 15 of the roles, and he gets to choose what roles he wants to do.

Jack told me, "Volunteering for parkrun gives me a wonderful experience where I get to meet a lot of really nice people, and it has helped increase my confidence with talking to new people. When I have completed my volunteering for parkrun I would like to start running parkrun weekly."

Cindy tells me, "Jack has been with us for quite some time now and from him turning up on his skateboard that first time, with his sunny smile, he has been a great asset to our parkrun. He is always happy to help and is very thoughtful and reliable. He has matured over this time; he pays attention to individuals and is such good company."



As Jack enjoys running, we are keen to foster his interest in this too as well as his volunteering element and as such Jack has interspersed his volunteering with the occasional run. Maybe he will come back and do the physical element with us too, he has done 8 parkruns thus far so you never know!

When a task needs doing our DofE youngsters shine, bringing with them a reminder that we ourselves were once young and carefree. We applaud them all. It's a joy spending time with them.

If you'd like to become a DofE volunteer at BWp contact us at [beverleywestwood@parkrun.com](mailto:beverleywestwood@parkrun.com)

**Louise Barrett.**



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## PLANNING FOR AUTUMN WITH FOX MOBILITY

*Adjusting to Autumn with mobility issues requires thoughtful planning to navigate seasonal changes comfortably and safely. As temperatures drop and daylight hours shorten, colder weather can exacerbate joint pain and stiffness, making it more challenging to move around.*

As we move towards the cooler months it's essential to dress in warm, layered clothing to maintain body heat and prevent discomfort.

As the leaves start to fall, navigating wet leaves, rain, and early frosts can also pose slip hazards, so choosing appropriate, non-slip footwear and using mobility aids such as canes or walkers, with proper grips is crucial.

It is crucial that you get the right equipment, everyone is an individual and need the right advice on mobility aids. Planning your outings during daylight hours can enhance safety, as reduced visibility in the evening increases the risk of falls. For indoors, ensure your home is well-lit and free of obstacles that could cause trips.



As we get older it is essential that regular gentle exercise, like stretching or low-impact activities become a habit to help maintain flexibility and strength, making it easier to move during colder months. By taking proactive steps, you can better manage mobility issues and enjoy the beauty of Autumn with greater ease and confidence.

For all your mobility needs contact:

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## COMEDY CORNER

Things that make you laugh!



Why does our new school teacher wear sunglasses?  
Because she knows the class is bright!

What time is it when a gorilla comes into the classroom?  
Time to run!

How do you spell water with one letter?  
C!

What is a witches favourite lesson?  
Spelling!

How do you spell Hungry Horse in 4 letters?  
M T G G!

The teacher said homework was a piece of cake.  
So I ate it!

Which page can you find a  
Dog and Duck?  
Answer on Page 34.



## WHAT IS IT?

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



## QUOTE OF THE MONTH

September,  
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# IN THE PICTURE WITH JOSH

**As we head into September the earlier nights usually mean more opportunities to capture those impressive sunsets and orange skies.**

I love walking across the Westwood on an evening at this time of year, the warm light always looks incredible. With the darker evenings it's also time to start getting back into night photography with a few supermoons, plenty of cityscapes to photograph and if we're lucky, some more impressive displays of Northern Lights!



As we go into Autumn there is still plenty of wildlife around, with a lot of garden and woodland birds as well as the migratory species that will begin to travel South, often stopping along the way at places like Filey Brigg and Spurn Point as they follow the East Coast towards warmer climates, or cross over to the UK from Europe.

It's still a great time to see other wildlife as well, as the leaves start to fall it makes it much easier to spot the numerous Roe Deer that are wandering around the area and if you head out to the coast to places like Flamborough Head, there are no

shortage of Seals which can often be seen laying around on the rocks as well as swimming in the sea. It's also worth keeping an eye out for Whales as you walk along the shore, you never know what you might see.



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

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## LECONFIELD KENNELS AND CATTERY PLAN AHEAD

**As Autumn approaches, pet owners face new challenges to ensure the well-being of their dogs and cats.**

The changing weather, shorter days, and falling temperatures necessitate specific preparations, and the kennels play a crucial role in this seasonal transition. Autumn is the time the infrared heating at the kennels begins to take effect, maintaining the dog's body temperature without the need for jackets.

Depending on your dog's breed and tolerance for cold, consider getting a doggy sweater or coat to keep them warm during walks.

Leconfield Kennels and Cattery offer a safe and comfortable environment for pets when



their owners are away. During Autumn, when unpredictable weather can make outdoor conditions difficult a well-maintained kennel provides shelter from the cold, rain, and wind.



For dogs, especially those not accustomed to being indoors, kennels offer a familiar space where they can stay warm and secure.

Cat owners, too, benefit from kennels, particularly for outdoor cats that need a safe retreat during colder nights.

Nigel mentioned, "Preparing pets for Autumn involves more than just kennel care. Owners should ensure their pets' living spaces, whether indoors or in kennels, are well-insulated and dry.

This is especially important for older animals or those with health issues, as they are more susceptible to the cold. Bedding should be thick and cosy. Proactive care during this season ensures pets remain healthy and happy as they transition into the colder months".

As the temperature begins to drop, your dog may need more calories to maintain their energy levels. Consult with your feed provider about adjusting their diet for the season.

Ensure your dog has access to fresh water, as cooler weather can sometimes lead to decreased water intake by your pet.

**Pet owners** - Be aware that Autumn can see an increase in seasonal pests like fleas and ticks, thriving in cooler weather. Plan regular grooming and vet check-ups, these are essential to keep these parasites at bay.

The change in weather can also lead to harsher ground conditions. Check their paws for cracks or injuries and consider using paw balm to protect them from cold and rough surfaces.

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# CYCLING WITH WILSONS WHEELS - AUTUMN

*Cycling in the Autumn sunshine offers a unique and invigorating experience, blending the crisp, cool air with the warm, golden light of the season.*

As the leaves turn vibrant shades of red, orange, and yellow, the landscape transforms into a picturesque backdrop, making every ride a visual delight.

Nathan commented, "The milder temperatures are perfect for cycling, providing comfort without the heat of Summer or the chill of Winter."

It's an ideal time to explore scenic routes, enjoy quieter roads, and reconnect with nature".

Cycling with the right gear, such as layered clothing and proper lighting, cycling in Autumn becomes a safe, enjoyable way to stay active while embracing the beauty of the season.





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# CULTURE, SCENERY & CELEBRATIONS - CONNECTING EUROPE BY TRAIN

*I have now worked in the travel industry for 33 years. This year marks 10 years of running my own independent travel business based in Beverley. I am incredibly proud that my business has grown each year.*

Being incredibly passionate about travel and the benefits it brings, I am very fortunate that I have a job that I love so much and have wonderful customers, many of whom have booked with me for many years and have become good friends.



Every year I embark on a small adventure with some very good Travel Counsellor friends to explore new places and get good recommendations for our clients. To celebrate our 10th year anniversaries we fancied a change! So with our branded teddy TC Ted we set off on our British Airways business class flight from Heathrow to Vienna.

It was an early start to the day. The lounge was a wonderful experience with a wide choice of food and drinks to enjoy whilst we waited to board the flight. The plan was 3 nights in Vienna followed by an overnight train from Vienna to Zurich on board

the Nightjet service in a cosy couchette which comprised two bunks and sleeps four people.

Vienna is a beautiful city - very clean and tidy with stunning architecture and lovely friendly people. Very efficient metro system to get you around the city. We took the airport train to the centre and then purchased a 3 day travel card to enable us to explore with ease.

We enjoyed walking round the exquisite gardens at Schonbrunn Palace, tasted the world famous Sacher Torte, enjoyed a wonderful performance from the Lipizzaner horses, an evening meal on a river cruise on the Danube, a theme park, and a small man made beach to relax on the Danube in glorious sunshine to enjoy the river views and architecture. Vienna is a city which I would highly recommend and would happily return to.

I enjoy all modes of travel and was excited to board the Night Jet service to Zurich. It is efficient and compact, connecting you to a variety of cities so this is not the only journey that you could choose. There is no dining car so we packed up a few snacks. A basic breakfast is served at 0800 before you arrive at Zurich at 0900. Whilst not the comfiest of beds we did get to sleep and before I knew it we had crossed a couple of borders and arrived in Switzerland.

Zurich by comparison to Vienna is a lot more compact and located by a lake is incredibly beautiful. Lots of waterside eateries, designer shops and several



exquisite chocolate shops. Very clean and very beautiful however also very expensive - meals out double UK prices. A more compact city feeling similar to a town rather than a city.

We explored everywhere on foot and didn't need the metro like we did in Vienna.

An impressive main railway station gave access to a highly efficient and comfortable train to Lake Lucerne in about 45 minutes.

Again incredibly beautiful and relaxing and a lovely place to stay. Boat trips to various resorts in the lake was an option too but we decided to explore Lucerne.

So two holidays in one or it could be two separate holidays - either way both fantastic destinations and if you would like to know more than please do get in touch.



**Amanda McConnell, Travel Counsellors.**

**Tel: 01482 770540**

**Email: [amanda.mcconnell@travelcounsellors.com](mailto:amanda.mcconnell@travelcounsellors.com)**

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# HULL AND EAST YORKSHIRE ADVANCED MOTORISTS - AUTUMN LEAVES

As a representative from your local road safety charity, Hull and East Riding Advanced Motorists, I have been asked to write a series of articles covering different aspects of Advanced Driving.

We are all volunteers and our group is currently celebrating our Diamond Jubilee Anniversary 1964-2024. 60 years of coaching Advanced Driving, contributing to making our local roads safer. We run a range of courses and our contact details are at the bottom of this article. Please get in touch.

Saturday 23rd September marks the official start of Autumn. Whatever the date, here are some tips to prepare drivers for 'falling leaf' season.



As drivers before we travel we must carry out checks to ensure that our vehicles, and ourselves, are ready for the damp, cold and foggy conditions which will likely arrive this Autumn.

Remember, every time we drive a car, our safety depends on it being roadworthy.

Check your battery. We often place a strain on the battery with lights, heated screens, seats and air conditioner to demist and keep us warm. If there are any signs of your car battery struggling now, it's likely to let you down as it gets colder.

Prepare for darker mornings and evenings. You'll be doing a lot more driving in the dark when Autumn hits, so ensure you're confident whilst driving in the dark.

The low Winter sun can be an issue so keep a pair of sunglasses in the car and also make use of the sun visor too. If you are dazzled, slow down immediately.

Now is the time to check your antifreeze levels.

Top up the windscreen washer with de icing additive - the colder it gets the stronger the solution needs to be.

Check your windscreen wipers. If they begin to blur the front/rear window or begin making an awful squeaking noise, it's time to replace them with new ones.

Have a look at your car headlights. It's dangerous for you and the other road users if your lights

don't work properly. Changing a bulb is often a complicated job these days so do it at home and not at the roadside.

Check your tyres for both pressure and tread depth.

Leaves and pine needles on the road can turn into a mushy film which obscures potholes, road markings and increases stopping distance. Anticipate problems when you approach woods and trees and slow down until the road is clear.

Finally, as drivers, we must genuinely check ourselves. The acronym, **I AM SAFE** is a useful aid.

**ILLNESS**, am I well?

**ATTITUDE**, how do I feel about this journey?

**MEDICATION**, am I taking medication which may affect my performance?

**SLEEP**, am I suffering from fatigue or lack of sleep?

**ALCOHOL**, have I had a drink?

**FOOD**, am I hungry or thirsty?

**EMOTION**, am I stressed?

National Highways have also introduced a handy guide called **TRIP**, to help motorists prepare for their journey.

**TOP-UP**

**REST**

**INSPECT**

**PREPARE**

**CONTACT DETAILS:**

To find out more, call Hull and East Riding Motorists on **07752 694394** or visit [iamroadsmart.com/groups/heram](http://iamroadsmart.com/groups/heram)

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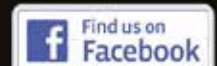


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# WHAT'S ON IN BEVERLEY

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)

## Wednesday 4th September

### Law and Order in Medieval Beverley 1272-1534

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

## Wednesday 4th September, Wednesday 2nd October and Wednesday 4th December, Mezzo Soprano Victoria Wright

St Mary's Church, North Bar Within. Lunchtime Concerts, 12-1pm.

## Saturday 7th September

### Daylight Disco

Beverley Memorial Hall. 2pm-6pm. Tickets £12 from Beverley Tourist Office.

## Eco Fair

Toll Gavel United Church in Beverley will once again be participating in the annual Heritage Open Days which are organised as a festival of history and culture. This year's theme is 'Be Creative to Save Creation'. The event will be open from 10am until 4pm and entry is free.

## Saturday 14th and Sunday 15th September Heritage Open Days

The Church in Tickton. Exhibition of wedding dresses and christening clothes. Saturday 10am-4pm, Sunday noon-4pm. Free entrance.

## Saturday 21st September

### The Upbeat Beatles

Parkway Beverley, 8pm. The show takes you through the Fab Four's long and winding road from the early Cavern days through Beatlemania, America, Sergeant Pepper to Abbey Road, with narrative and full multi-media presentation. Tickets **beverley.parkwaycinemas.co.uk**

## Saturday 28th September

### The High Wolds Poetry Festival 2024

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

## Saturday 5th October

### Jasdeep Singh Degun Concert

Beverley Minster, 7pm. As the Royal Philharmonic Society's Instrumentalist of the Year 2024, this acclaimed musician from Leeds has been recognised for 'showing us all the beauty and boundless possibilities of the sitar'. Tickets are available via the Minster website.

## The Amazing Blues Brothers

Beverley Memorial Hall. 7.30pm-11.45pm. Tickets £18 from Beverley Tourist Office.

# Season Finale

TUESDAY  
24<sup>th</sup> Sept

Beverley RACECOURSE

Get your tickets at

[beverley-racecourse.co.uk](http://beverley-racecourse.co.uk)



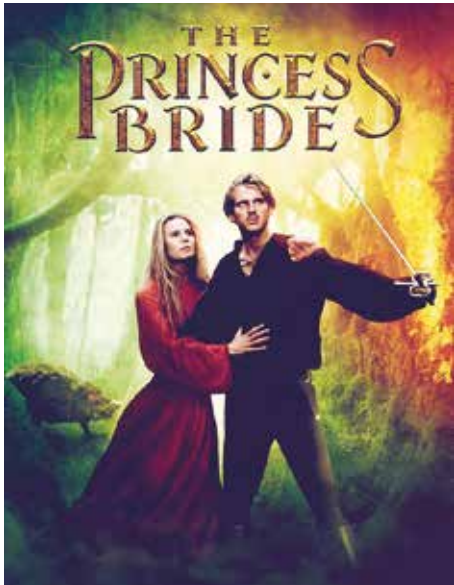
# ERT'S SEPTEMBER LINEUP

## ERT Cinema: Princess Bride

Experience the magic of 'The Princess Bride', the 1987 fantasy adventure comedy that has captured hearts for generations. Directed by Rob Reiner and adapted by William Goldman from his 1973 novel, this beloved film stars Cary Elwes, Robin Wright, and Mandy Patinkin. Follow the swashbuckling farmhand Westley as he embarks on a quest to rescue his true love, Princess Buttercup, from the evil Prince Humperdinck. Don't miss this timeless tale of adventure, romance, and humour.

**Date: Sunday 1st September, 4pm**

**Price: £7.50 Standard, £5 Concession (Under 16)**



## Harold's War

'Harold's War' is a powerful and moving true story of the youngest of five brothers who served in World War Two. Presented through short video clips, live narration, and readings from letters and interviews, this performance captures the brothers' experiences in key battles across Europe, North Africa, and the Far East. Originally a school project by Harold's grandson, Daniel, the story was later praised by Steven Spielberg. Now, Daniel's father, Jonathan Levy, brings this emotional story to life as a live radio podcast recording, honouring a family's legacy and the deep emotions of the era.

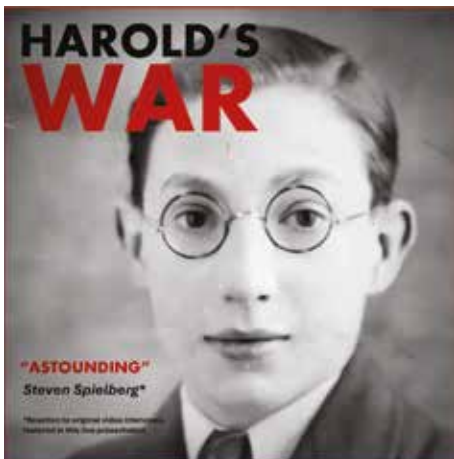
**Written and Narrated by: Jonathan Levy**

**Additional Readings by Hannah Smith-Levy and Richard Avery**

**Produced by: Jonathan Levy and Richard Avery**

**Date: Thursday 5th September, 7:30pm**

**Price: £18 Standard, £15 Concession (Under 16)**



## Graffiti Classics

Prepare for an evening of musical comedy like no other with 'Graffiti Classics'!



Graffiti Classics burst the elitist boundaries of the traditional string quartet with their hilarious all-singing, all-dancing musical comedy show. It's a classical concert, a gypsy-folk romp, an opera, a stand-up comedy set, and a brilliant dance show all rolled into one! From Beethoven to Bluegrass, Baroque to Pop, Mozart or Offenbach to Elvis, and Strauss to Saturday Night Fever, there is something for everyone. It's an exhilarating, fun-filled experience that will have the whole family laughing, clapping, and singing along.

**Date: Thursday 12th September, 7:30pm**

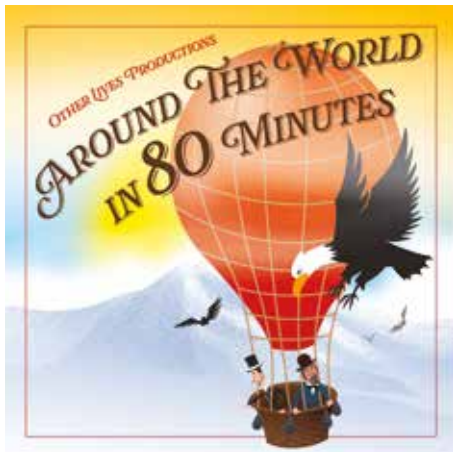
**Price: £25 Standard**

## Around the World in 80 mins

Join Other Lives Productions for 'Around the World in 80 Minutes', a fast-paced and entertaining evening featuring readings, dramatisations, and the quickest adaptation of Jules Verne's classic novel you'll ever see. This unique performance will take place in the ERT cafe bar, offering a delightful mix of factoids, humour, and literary fun in two engaging 40-minute halves.

**Dates: Saturday 14th & Sunday 15th September, 7:30pm**

**Price: £14 Standard**



## Hancock's Half Hour- The Lost TV Episodes

Step back in time with Hambledon Productions as they present a live stage adaptation of the iconic sitcom 'Hancock's Half Hour', celebrating 100 years of Tony Hancock and 70 years of the show. This special performance brings to life three "lost" episodes from the original series, missing from the BBC archives. Relive the humour of Tony Hancock, Sidney James, and Hattie Jacques at 23 Railway Cuttings, East Cheam, as this groundbreaking comedy is performed live for the first time since its original broadcast.

**Date: Sunday 22nd September, 7:30pm**

**Price: £20 Standard**

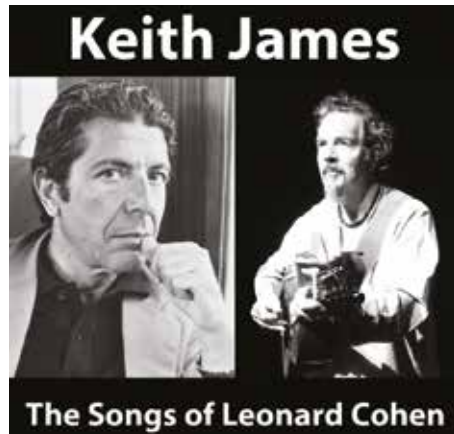


## Keith James in Concert

Immerse yourself in the profound and timeless music of Leonard Cohen with Keith James in Concert. Known for his dedication to the "pure song," Keith presents Cohen's work in its most intimate and authentic form, starting with the iconic "Anthem." Experience both Cohen's well-known classics like "Hallelujah" and "Suzanne" and his deeper, rarer works. Keith also performs pieces inspired by Federico Garcia Lorca and brings to life Cohen's poetry from 'Book of Longing'.

**Date: Wednesday 25th September, 7:30pm**

**Price: £18 Standard**



## Big Beverley Comedy Night

Don't miss the Big Beverley Comedy Night featuring the gloriously baffling Spencer Jones, a multi-talented actor, comedian, and writer. Spencer's unique brand of physical comedy has earned him accolades at the Edinburgh Festival Fringe and beyond. Joining him is the brilliantly funny magician Jack Rhodes, fresh from his success on 'Britain's Got Talent'. Hosted by the ever-popular Jack Gleadow, this comedy night promises an unforgettable evening of laughter. Plus, more great acts from the comedy circuit to be announced!

**Date: Thursday 26th September, 7:30pm**

**Price: £17 Standard**





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