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ISSUE 128

BEVERLEY

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BEVERLEY'S HANDYMAN IAN HARRISON

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



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6/7 BEVERLEY'S HANDYMAN - IAN HARRISON



SEPTEMBER LETTER FROM THE EDITORS

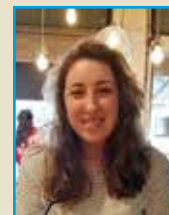


The False Autumn is moving to the real Autumn! September is the month of change. Throughout the publication we have used change as a theme, adapting to change and welcoming all that is new and different.

As always, think about "small change, BIG impact". What will you change in a positive way this September?

Last month we mentioned the Women's Rugby World Cup starting, and the Red Roses got off to a great start, so fingers crossed they will show us the way forward. At this time of year, the Autumn colours change quickly, whether you take to the trails on a bike or foot, explore and enjoy what's in our neighbourhood. Stay safe and have a good month.

Julian.



September is here and Autumn is coming. September is the month of change, the ninth month of the year. Adults and children will be embracing changes, whether that is to new schools, colleges or universities.

Parents will need to get used to changes in the home, with an empty bedroom, or a child stepping up into the bigger bedroom.

At home, in the garden or out and about, 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.

And cheer on the Red Roses in the Women's Rugby World Cup.

As always enjoy the issue.

Olivia.



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REYTA
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Contributors:

Julian Minshall, Olivia Peace, Rich Manville, Louise Barrett, Andrew Cooper, Julie Dowding, Sam Drinkall, Fran Dunning, ert, Josh Harrison, Gary Hornsby, Amanda McConnell, Navigation Wealth Management, Jayne Morgan, Colin Raynor, Ian Richardson, Ed Thompson, Nathan Wilson.

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

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

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WELCOME NICOLE, HERE TO HELP DRIVE ERT IN THE RIGHT DIRECTION

Just Beverley took time out to get to know the real Nicole, with a few questions as she stepped into the Marketing Officer role at ert.

What attracted you to ERT?

What didn't attract me to ERT?! The sense of community here is amazing, it feels like a big creative family. The role itself is a dream, so varied, so exciting, and packed with opportunities to really make my mark. I couldn't resist!

How do you relax - hobbies, sports, pastimes?

Relaxing for me means diving headfirst into music! I'm in an indie pop band called Tymisha, and when I'm not working, I'm

usually writing, recording, or gigging. It might not sound like the most "chill" way to unwind, but for me, it's the best kind of therapy.

If one sentence could sum up the ERT team, what would it be?

Mad as a box of chips and I wouldn't have it any other way! It's an incredibly strong team of staff and volunteers here.

What's the best part of your job?

Definitely the creative freedom! I love that every day brings something different, and I get to see my ideas come to life in real time. It's like mixing imagination with action and the results are so rewarding.

How would you describe Nicole?

Fun, bubbly, creative, and always bringing the energy!

What are your short, medium, and long-term goals for ERT?

Short-term: Boost our social presence and start making some digital noise. Medium-term: Get younger audiences through the doors and engaged with the theatre. Long-term: Make ERT a go to cultural hotspot where everyone knows something



exciting is always happening.

What would you say to someone to encourage them to come to ERT?

ERT isn't just a theatre, it's a cultural hub! Whether you're into powerful performances, laugh-out-loud comedy, or toe-tapping live music, there's always something going on. Plus, the café is the perfect spot to relax and connect. It's one of those rare places where you can walk in solo and leave feeling like part of the gang. Honestly, once you visit, you'll wonder why you didn't come sooner.



LOCAL'S VOLUNTEER TO DELIVER AMBULANCES TO UKRAINE

Local people Tony Harriott and Richard Yardley plan to set off on 24th October 2025 to drive one of six ambulances (or possibly 4x4 trucks) from UK to Ukraine as part of a six-ambulance convoy organised by MightyConvoy.org - assuming enough funds can be raised to purchase their particular ambulance - and that's where they need your help.

Tony and Richard are volunteering with Mighty Convoy, a not-for-profit organisation dedicated to delivering life-saving vehicles and aid to Ukraine.

Tony commented, "We will cover all travel and associated costs ourselves but we need your help to raise £7,000 to buy a second-

hand refurbished ambulance, fill it with critical medical supplies, and then we will drive it to Ukraine on 24th October where supplies are desperately needed".

Tony continued, "As the war continues, Ukraine's medical system is under immense strain. Hospitals and first responders are overwhelmed, and many ambulances have been destroyed.

"These vehicles are vital for ferrying wounded soldiers and civilians from field stations to hospitals, often making the difference between life and death".

Please donate whatever you can so that, with your help, they can:

- Buy an ambulance that will be donated to the people of Lviv.
- Stock them with essential supplies like trauma kits, bandages, IV fluids, and medicine
- Then, on October 24th, drive it from the UK to Ukraine.



This is a big target and a big goal, but every donation brings us closer to saving lives and helping some really desperate people.

Thank you for your support and for standing with the people of Ukraine!



SISTERS MEET FOR JOINT 75TH BIRTHDAY

Two sister-ships commissioned in the same year for their owner, were re-united to celebrate 75 years since they were registered.

The vessels, Syntan and Sectan were two of four vessels built by John Hepworth's yard at Paull on the River Humber in 1949-50. All four vessels survive; the other two are on the Thames and in Ireland.

The re-union has been a long time coming. The vessels were sold by Richard Hodgson's tannery at Beverley, and were pictured travelling together in Waterway's World travelling to their new owner Waddington's of Swinton in the early 70s.

Syntan was laid up at Doncaster less than ten years later whilst Sectan continued to trade.

By the early 2000s Sectan had been sold to become a houseboat, whilst Syntan languished and was vandalised, until acquired by the newly formed Beverley Barge Preservation Society in 2001, who repaired and restored her to working condition, fitting her out as a museum and Community Space, in her home port of Beverley.



The meeting was prompted by a diversion, after Syntan had come out of dry-dock, to a meeting of the ex-Commercial Barge group, at Rawcliffe on the Aire and Calder Navigation, where Sectan is now moored.

A small celebration was held on the Spring Bank Holiday Sunday, after which Syntan will return to Beverley.


Darren Hobson, the owner of Sectan has



expressed the hope that in the not too distant future, he will reunite the vessels again with a visit by Sectan to her former base at Beverley.

If you would like a chance to see Syntan on her home mooring she will be open on the 12th and 14th September as part of the Barges on the Beck within the Heritage Open Days.





HERITAGE OPEN DAYS East Riding

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heritageopendays.org.uk

HERITAGE OPEN DAYS 2025

www.heritageopendays.org.uk



BEVERLEY LOCATIONS AT A GLANCE

Please note this map is a rough guide and does not show exact locations

1 Barges on Beverley Beck	9 Minster Secret Garden	17 Salt Gallery
2 Butt Farm, WWII Battery	10 Beverley High School	18 Church of St John of Beverley
3 Eastgate Print Studio	11 No. 2 Highgate	19 Sun Inn
4 East Riding Theatre	12 Norwood House	20 Toll Gavel United Church
5 Friary	13 St Mary's Church	21 St Martin's Cemetery
6 Guildhall	14 Masonic Hall	22 County Hall
7 Beverley Minster	15 Monks Walk Inn	23 Newbegin House
8 Minster Sanctuary & Herb Garden	16 Queensgate Allotments	24 Golf Club
25 Savings Bank, Laigate	26 Champney Treasure House	

CELEBRATING 5 YEARS AS B

Since Ian set up business in 2020 he has continued to provide a good service to existing and new clients in and around Beverley, building on his reputation.

Ian commented, "Autumn is a busy season, as changing weather brings both challenges and opportunities for varied work. I prepare for the season and set out with a clear plan, as cooler temperatures, shorter days, and falling leaves all influence the type of jobs in demand.

"Clients often look for help weatherproofing their homes, sealing drafts, and inspecting windows and doors to keep the chill out, along with finishing outdoor tasks, preparing for the season changes".

Outdoor tasks dominate early Autumn. Decking, fences, and outdoor furniture may need protective treatments to withstand damp weather making the most of the weather and temperature while it lasts.



Indoors, Ian's workload shifts to maintenance and preparation for Winter sealing gaps around skirting boards or lofts which can make homes warmer and safer. September and October are also prime months for small renovations, like repairing flooring, or upgrading lighting before the darker months arrive, adding new pictures in seemingly inaccessible places, creating cupboard space, or airing cupboard racks/shelves.

Ian added, "Variety is the hallmark of Autumn handyman work, and being prepared with the right tools and materials ensures efficiency. Flexible scheduling is essential, as some days are best spent outdoors while wet or windy spells favour indoor projects".



Ian endeavours to keep on top of the weather, embracing the seasonal change and keeping on top of his clients homes making them safe, efficient, and comfortable while maintaining a balanced workload.

Here's to the next 5 years Ian Beverley's Handyman.

Ian Harrison - Beverley's Handyman.

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EVERY THURSDAY

(Doors open 9.30am)

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

Thursday 4th September -

The Life Of Chuck (£6)

Starring: Tom Hiddleston, Chiwetel Ejiofor, Karen Gillan, Mia Sara, Carl Lumbly.

Eddington (£6)

Starring: Joaquin Phoenix, Pedro Pascal, Luke Grimes, Deirdre O'Connell.

The Roses (£6)

Starring: Benedict Cumberbatch, Olivia Colman, Andy Samberg.

Thursday 11th September -

Eddington (£6)

Starring: Joaquin Phoenix, Pedro Pascal, Luke Grimes, Deirdre O'Connell.

The Roses (£6)

Starring: Benedict Cumberbatch, Olivia Colman, Andy Samberg.

On Swift Horses (£6)

Starring: Daisy Edgar-Jones, Jacob Elordi, Will Poulter, Diego Calva.

Thursday 18th September -

On Swift Horses (£6)

Starring: Daisy Edgar-Jones, Jacob Elordi, Will Poulter, Diego Calva.

The Time Machine (1960) (£5)

Starring: Rod Taylor, Alan Young, Yvette Mimieux, Sebastian Cabot, Whit Bissell.

Rebel Without A Cause (£5)

Starring: James Dean, Natalie Wood, Sal Mineo, Jim Backus, Ann Doran.

Thursday 25th September -

The Time Machine (1960) (£5)

Starring: Rod Taylor, Alan Young, Yvette Mimieux, Sebastian Cabot, Whit Bissell.

Rebel Without A Cause (£5)

Starring: James Dean, Natalie Wood, Sal Mineo, Jim Backus, Ann Doran.

Downton Abbey: The Grand Finale (£6)

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

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



On Swift Horses

From 5th September
Starring: Daisy Edgar-Jones, Jacob Elordi, Will Poulter, Diego Calva.



Honey Don't!

From 5th September
Starring: Margaret Qualley, Aubrey Plaza, Chris Evans, Charlie Day.



The Conjuring: Last Rites

From 5th September
Starring: Vera Farmiga, Patrick Wilson, Mia Tomlinson, Ben Hardy.



The Long Walk

From 12th September
Starring: Cooper Hoffman, David Jonsson, Garrett Wareing, Tut Nyuot.



Downton Abbey: The Grand Finale

From 12th September
Starring: Hugh Bonneville, Jim Carter, Michelle Dockery.



Demon Slayer The Movie: Infinity Castle

From 12th September
Starring: Zach Aguilar, Johnny Yong Bosch.



A Big Bold Beautiful Journey

From 19th September
Starring: Margot Robbie, Colin Farrell, Kevin Kline, Phoebe Waller-Bridge.



The Sound of Music - 60th Anniversary

From 20th September
Starring: Christopher Plummer, Julie Andrews.



LIVE ON STAGE: The Upbeat Beatles 2025

Saturday 20th September
8pm.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND BIG SHOWS THIS AUTUMN

ON SWIFT HORSES

Muriel and her husband Lee are about to begin a bright new life, which is upended by the arrival of Lee's brother. Muriel embarks on a secret life, gambling on racehorses and discovering a love she never thought possible. Starring: Daisy Edgar-Jones, Jacob Elordi and Will Poulter.

From 5th September.



DOWNTON ABBEY: THE GRAND FINALE

The cinematic return of the global phenomenon, follows the Crawley family and their staff as they enter the 1930s. As the beloved cast of characters navigates how to lead Downton Abbey into the future, they must embrace change and welcome a new chapter. Starring: Hugh Bonneville, Jim Carter, Laura Carmichael and Raquel Cassidy.

From 12th September.



A BIG BOLD BEAUTIFUL JOURNEY

What if you could open a doorway and walk through it to re-live a defining moment from your past? Sarah (Margot Robbie) and David (Colin Farrell) are single strangers who meet at a mutual friend's wedding and soon, through a surprising twist of fate, find themselves on A Big Bold Beautiful Journey - a funny, fantastical, sweeping adventure together where they get to re-live important moments from their respective pasts, illuminating how they got to where they are in the present... and possibly getting a chance to alter their futures.

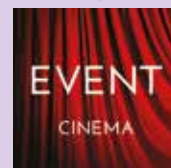
From 19th September.



THE SOUND OF MUSIC - 60TH ANNIVERSARY

Experience the breathtaking theatrical presentation of Rodgers & Hammerstein's™ iconic musical film "The Sound of Music." In this true-life story, Julie Andrews lights up the screen as Maria, a spirited young woman who leaves the convent and becomes a governess to the seven unruly children of Captain von Trapp (Christopher Plummer). But when the threat of war rises, Maria is forced to attempt a daring escape with her new family.

From 20th 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.

Thursday 4th September, 7pm -

NT Live: Inter Alia

Oscar-nominated Rosamund Pike (*Gone Girl*, *Saltburn*) is Jessica in the much-anticipated next play from the team behind *Prima Facie*.

Wednesday 17th September, 7pm -

David Gilmour Live at the Circus Maximus, Rome

The forthcoming film of David Gilmour's 2024 return to Rome's historic Circus Maximus as part of the *Luck and Strange* tour, his first in nearly a decade.

Sunday 21st September, 2.30pm -

Andrew Lloyd Webber's Love Never Dies (PG)

Love Never Dies continues the story of *The Phantom of the Opera*. Featuring one of Andrew Lloyd Webber's finest musical scores performed by a 21 piece orchestra.

Wednesday 1st October, 6.45pm -

RBO: Tosca

In war-torn Rome, Flavia Tosca and Mario Cavaradossi live for each other and for their art. But when Cavaradossi helps an escaped prisoner, the lovers make a deadly enemy.

Saturday 4th October, 7pm -

Radiohead X Nosferatu: A Symphony of Horror

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

Tuesday 21st October, 6.45pm -

RBO: La Sonnambula

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

Thursday 23rd October, 7pm -

NT Live: Mrs. Warren's Profession (12A)

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

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Building societies do not have any external shareholders. This is the key difference to banks whose driving force is creating profits to pay out to their external shareholders.

The first known building society was set up in 1775 to help ordinary working people to own their homes and to provide a safe home for people's savings. Two hundred and fifty years later and building societies are still protecting



people's savings and using these as the means for others to buy a home, ultimately creating thriving communities.

Janet Bedford, CEO of Beverley Building Society said: "At Beverley Building Society we have never lost sight of our purpose to help our members to save and to become homeowners.

"We're committed to staying on the high street for those who value our face-to-face service. But we also have the tech to support our customers, who prefer to work with us online, or over the phone.

"I am proud that our way of doing business is different to the banks. We are the original money movement, set up by ordinary working people, for ordinary working people and to help local communities to thrive.

"For anyone looking for a financial organisation that genuinely cares about them and keeps their customers at the heart of everything they do, I'd recommend consciously thinking about who you choose to do business with. The Beverley, like all building societies, is here to help you make the most of your money and to support your community."



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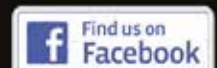
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BUILDING SOCIETY

Building Better Futures

INVESTING - THE SKILL IN DOING (ALMOST) NOTHING

The traditional wisdom for any investor is to learn to 'block out the noise'. Events may come and go, causing volatility as they pass. But over the long run, ignoring their short-term effects, and focusing on your end goal is usually the key to reaching your objectives.

Unfortunately, as 2025 progresses, this is becoming increasingly difficult. International trade negotiations were once mostly found in financial outlets.

These days tariff discussions regularly dominate the front pages of national newspapers and social media feeds. Similarly, the spike in inflation and interest rate rises after Covid meant the inner workings of central banks have entered the national conversation like never before. When was the last time a disagreement between a US president and the head of the Federal Reserve over the pace of interest rate changes went viral?

Adding to this pressure is the 24-hour always-on news cycle. Thanks to technological advancements, it's never been easier to see a developing news story and then immediately check how our investments have reacted. These days, you need to make a real effort to resist what can at times feel like a bombardment of news - both good and bad.

Noise vs news: Part of the difficulty can be understanding what constitutes a useful insight, and what is just background noise.

A key point for investors to consider first is their investment time horizon. If your time horizon is long-term, i.e. 10 years or more, then most

events will not have a significant impact over the longer term. What matters more over the long run is that companies will grow their earnings ahead of inflation, reinvest those earnings to grow their businesses and pay dividends to their shareholders. Over time, the compound impact of that is what dominates returns.

If we look back through history, there's been a multitude of huge events that have affected markets in the short-term. At the time, they would have seemed extremely consequential for financial markets. But as you zoom out to a longer time frame, these events usually end up looking like a blip on the horizon.

So, providing you have a long-term time horizon, most things are not that consequential for meeting your objectives. The real problem is reacting to these events and making poor short-term decisions that then have a negative, long-term impact.

Recent performance: 2025 has provided a good example of the dangers of this. In early April, Trump announced tariffs on imports across the majority of the world's markets. In reaction, markets plummeted. American markets were worst hit, with the S&P 500 dropping significantly in the week following so-called 'Liberation Day'. With investors fearing the worst, many took their money out of the US.

But, as Liberation Day moves into the rear-view mirror, markets have recovered. Trump rowed back on some of his boldest proclamations, supply chains started to adapt, and countries began signing trade deals.

With the S&P 500 back to record highs in recent weeks, those who panic sold after the initial market fall could be facing a real negative impact on their long-term returns.

Making predictions during short-term periods of volatility like those seen in early April as 'dangerous.' Short-term market predictions are extremely tough to do. Lots of people were incredibly pessimistic about the US in April. Since then, US equities have gone on a significant rally as market participants realised that some of Trump's rhetoric was much more aggressive than the reality of his policies.

Ignoring your emotions: When we make short-term decisions and react to market noise, what we tend to be doing is reacting emotionally. This generally means we'll look to resolve whatever we're feeling at that moment.

So, if we're feeling anxious about markets, our brains will want to make that anxiety go away. In the short-term, this probably means selling. Then, when we're feeling positive, or excited about an investment opportunity, our emotions will tell us to make the most of that opportunity and buy more. Most people lurch from being overly worried about a situation to being too complacent about a situation. We don't often exist in a middle state; it's usually one extreme or the other.

This gives rise to 'contrarian investing' - a form of going against the grain. When people get greedy and buy too much, stocks can become overvalued and then, when people feel anxious and sell, markets can over correct. Leaning against these tendencies can therefore add value over time.



Invest with confidence

Investing can be daunting. Where's the best place to put your savings? What level of risk are you willing to take? How might fluctuating markets affect your investment? And how can you monitor performance?

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This is easier said than done, however. It requires going against market narratives, and what appears to be working well at that time. As humans, we hate to be isolated and exposed in that way, and would much rather be part of the crowd, and that's why there is value in doing it - because it's hard to do.

Having a plan: Understanding the perils of investing emotionally and recognising when you're in danger of making an emotional decision are two different things, however. Having a plan is key to recognising when you're at risk of making an emotional decision. You want to know what your objectives are and how you're going to engage with your investments. Set some aims and objectives from the outset about how you'll act. Then, if you see yourself diverging from that behaviour, that's probably a red flag.

For more information on investment management, visit the Navigation Wealth Management website at www.navigationwm.co.uk or contact our Beverley office on **01482 379504**.

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. Past performance is not indicative of future performance.



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LECONFIELD KENNELS - CONSISTENCY IS KEY

It is always a big decision choosing where to board your pets when you go away, the quality of care depends heavily on having good staff, both permanent and casual.

Nigel and Jo at Leconfield Kennels understand the importance of having good staff, both permanent and casual, to assist in taking care of your pets, along with the Kennels and Cattery.



Nigel commented, "Permanent staff provide consistency and stability, which is vital for your dogs and cats who may already feel unsettled being away from home. They learn each pet's personality, preferences, and needs, ensuring routines are followed and any changes in behaviour or health are noticed quickly. Their familiarity builds trust with the pets, reducing stress and helping them feel secure".

"Permanent staff Anya, Leah and Amy over time have become part of Leconfield Kennels and Cattery, the pets look forward to their time with them and vice versa, it's the consistency which benefits staff and borders allowing owners to be relaxed leaving their dogs and cats somewhere safe".

Jo said, "Casual staff are equally important, especially during busy periods or holiday seasons when animal numbers increase. They bring flexibility and extra support, making sure every pet still receives enough attention, exercise, and enrichment. Well-trained casual staff can adapt quickly, stepping into established routines without disrupting the animals' environment".



The benefit to the pets is significant. With both permanent and casual staff working together, animals receive consistent care, plenty of human interaction, and a safe, clean environment.



This reduces anxiety, encourages play and socialisation, and supports overall physical and emotional wellbeing.

If you are looking for a Kennels and Cattery, it is important to know that whether it's a familiar face from the permanent team or a friendly casual worker during peak times, good staff help each pet feel valued, comfortable, and happy during their stay, which in turn relaxes the owners so they can enjoy their time away.



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www.leconfieldkennelsandcattery.co.uk

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FERGUSON FAWSITT - FLEXIBLE IN TRANSFORMING SPACE!

At the Ferguson Fawsitt in Walkington, the event space holds immense value because of its flexibility, offering a blank canvas that can be shaped to suit a wide range of occasions.

Allen commented, "When transformed into a wedding reception venue, its worth increases significantly, as it becomes a place where personal stories, style, and celebration come together. Unlike traditional halls or restaurants, our event space provides freedom in layout, décor, and atmosphere, allowing couples to design a setting that truly reflects their vision".

Allen added, "With the help of our creative team and clever use of lighting, floral



arrangements, and furniture, our simple space can be turned into a romantic and elegant venue".

The Ferguson Fawsitt took the opportunity to showcase the venue in a new light, preparing the room for weddings, by draping fabrics and with warm lights, they were able to soften the open areas, while carefully chosen seating plans encouraged intimacy and connection among guests.

On a more practical side, use of the room allowed for adaptation for staging, sound systems, and catering facilities, along with ensuring smooth transitions from dining to speeches and dancing.

Allen said, "The adaptability of our event space also makes it inclusive for different traditions, cultures, and guest numbers, creating a memorable experience tailored to each couple. Ultimately, its true value lies in its versatility, the ability to transform into a unique backdrop for one of life's most significant celebrations".

On Sunday 21st September 2025, there is a Wedding Fayre at The Ferguson Fawsitt, with free entry.

To find out more how you can book the event space, contact:
Tel: 01482 526317
Email: info@fergusonfawsitt.co.uk
Web: www.fergusonfawsitt.co.uk



The Ferguson Fawsitt



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TUE: 16:30-LATE

WED-SAT: 09:30-LATE

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PENULTIMATE TOUR DE SALT



For those who aren't yet regular readers, SALT Architects have been celebrating 25 years of practice with a number of events this year. One of which is the Tour d' SALT virtual cycle race.

Despite the strength in depth of the team being tested due to other commitments, the penultimate stage of the Tour d' SALT took place in baking sunshine on Saturday 16th August.

The team, based in St Helens Square in Scarborough, started brightly and as you would expect the sea air and stiff breeze on the backs helped both riders with Dom doing the 'lions' share under the watchful (and very experienced) eye of local celebrity Mick Paxton.

It was mentioned afterwards that if Mick had 'donned' his lycra, the average age of the team would have been bumped up to over 60!

We'd like to thank 'The Glass Box' who played a blinder in hosting the event and the many seashiders who supported us. The tour, over six

stages, cover 1000km and links many of our projects across the North of England. We thank everyone for the donations and sponsorships and to those who have donated to our Just Giving page.

www.justgiving.com/crowdfunding/salt-architects?utm_medium=FA&utm_source=CL

It's not too late to make a donation and all of the money raised will be between the Teenage Cancer Trust, P.A.U.L. for Brain Recovery and the Cherry Tree Centre. Although we have passed our target, wouldn't it be great if we could get to £1 per kilometre!

The final stage has been moved from the Champs-Elysees to Gallery at SALT this year with the celebration 'party' being held on the 19th September.

We will be raising a glass to all of the people who have supported us for this event and more importantly during the last 25 years. Watch this space...



Dom with Mick who used to manage our Scarborough Office.

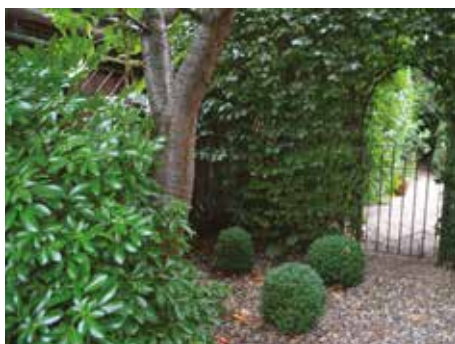
IN THE GARDEN - WHAT TO PLANT

When a new area in the garden has been created or perhaps the garden has been totally redesigned, then the next stage to consider is what to plant? And more importantly what plants will both grow and thrive in not only the soil type but also the aspect from which the garden faces.

There are numerous plants to choose from, but questions arise as to what type of planting do you want in the garden. An easy to care for border with a combination of both deciduous and evergreen shrubs will create the initial outline and structure.

An evergreen such as *Choisya ternata* that bears glossy dark green leaves throughout the year, then flowers in the Spring, is a good choice. The fragrance is outstanding. The plant can grow up to 2 metres in height and spread but can be pruned making it adaptable to medium sized gardens.

The shrub will grow in both sun and part shade though if it is in full shade then it may not flower however, the visual appearance of the shrub is second to none. It may even flower again in late Autumn. The shrub is excellent for use in flower arranging and the fragrance of the foliage adds to the display.



When choosing new plants for the garden, select the colours and varieties that you personally like. Then something as simple as the leaf shape that will give a visual texture to the border, are major points to consider.

The rate of growth is always something to bear in mind, how long will it take to reach full height? What do I do with the gaps in the border in this period in time? Do I fill the gaps with perennials and bulbs? Can I afford to purchase larger shrubs or smaller ones that may take a couple of years to establish?

These are all questions that you need to evaluate before going to the garden centre. When I produce the planting plan for my clients, I always make sure they have a list of plants that will work in the garden. I will then go ahead and put the list forward to local nurseries who can supply what is needed.

I advise that the beds are always well prepared and organic matter is added before planting giving volume to the soil and also aiding the roots of the plants to establish themselves. The plants are then positioned preferably the day before the planting will take place which gives an immediate image of the planting design.

Hard landscaping can be created almost immediately but the planting takes time to develop, and the yearly growth always changes the way the garden looks. Which is a positive as when the plants develop a new visual image is created.

The Gardening Calendar

The borders are exceptionally dry at the moment as there has been

very little rain.

Thinking ahead for 2026, I suggest that in late Autumn the addition of manure after the Summer crops have been removed from the vegetable beds be added.



Also, a layer of mulch will benefit the flower beds and borders in either late Winter or early Spring. This will create a depth of soil that can not only absorb water if we are subject to a lot of rainfall during the winter period but also if next year, we experience another heatwave the soil will then be prepared.

The photograph below is of *Echinacea purpurea* 'White Swan' an excellent flower to punctuate the border. When the petals fall a beautiful seedhead remains into the Autumn months. To the rear of the plant is the last harvest of the blueberries, this year has been exceptionally good.

I have also just harvested my potatoes in the pots, the amount maybe slightly less than last year but really good quality and excellent in size.

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



DO YOU OR A FAMILY MEMBER NEED A HELPING HAND?

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support. All home-helpers are fully reference and DBS checked and come with a wealth of experience in providing help and support to people living in our local area.

Meet Zoe Doyle

A Beverley local, mum of two and owner of Extra Help Beverley, Zoe brings years of teaching and counselling experience to her venture. She knows how much a chat over a cup of tea or a helping hand with shopping can brighten someone's day.

Living here in Beverley with her two teenage children, Zoe is deeply committed to supporting her community with warmth and care.

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Contact Zoe Doyle on **07375 709499** or email **zoe@extra-help.co.uk** for a free consultation to see how Extra Help can make a positive difference to you or someone you know.



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AUTUMN WELCOMES CHANGES AT BEVERLEY AND EAST RIDING GOLF CLUB

This September Beverley and East Riding Golf Club welcome the Heritage Open Days - East Riding from Friday 12th September - Sunday 21st September.

Whilst multiple dates are available it is advised to pre-book to guarantee entry so the Golf Club can welcome visitors to view the Anti-Mill together with the Marne clock. The Mill was originally a working mill and visitors can enjoy splendid views over the Westwood towards the racecourse and the town.

The Heritage Open Day offers free access to the historic building, building cultural appreciation and pride. Visitors explore hidden stories, architecture, and traditions, deepening local connections. It encourages learning, volunteer engagement while preserving heritage for future generations.

The Golf Club welcomes non-members and walkers to use the clubs facilities, and they recently installed the Woofy Wash which opened on Sunday 17th August, so dog walkers on the Westwood and beyond can wash their dog in 4 simple steps. The public doggy wash provides convenience for owners, saving time and mess at home. It promotes pet hygiene, reducing odors and skin issues. Affordable and accessible at the Golf Club, it encourages people to come to the club to clean their pet, have a snack/drink and support healthier and happier pets.



Theo Blake took the big step up to be promoted as Beverley and East Ridings Golf Clubs, Golf Professional early in 2025. Theo has been busy putting his touch on the pro shop, organising competitions, welcoming visitors and giving lessons in the state of the art Golf Studio. Now he has managed to secure the services of a New Assistant Golf Professional.

Theo commented, "I have been fortunate to find the ideal Assistant Professional following a number of interviews and I am delighted to announce Lewis Taylor as the assistant professional.

Lewis has been working at Cottingham Parks in the pro shop and bar, he will be joining us on 15th September, and shortly after will start his PGA training. Theo continued, "I am confident he will be a great addition to the golf club and I look forward to you all meeting him".

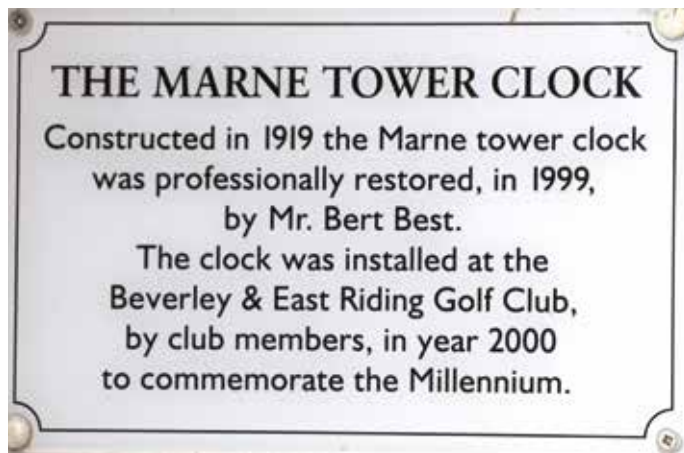
When it comes to Golf, it doesn't stop there!

England Golf promoted the "Race to Woodhall Spa", and the finals produced three new champions. On the 12th August Coby Job was crowned as one of the champions of the 2025 race to Woodhall Spa.

Coby (23), won the men's category, the two day event concluding on 12th August he took the trophy following a thrilling Final and clinched it via a countback.

Coby was on equal points (41), with Oliver Olliff (Honiton), but 9 handicap Coby after a difficult start to his round managed to put five birdies and eight pars together to pip Oliver to the title on the countback. 44 players got through to the final, Beverley's Coby Job but his victory was down to hard work and support from the club.

Coby commented, "Through the



help of the Pro I have progressed quite quickly and to win on a countback showed how close the competition was".

Ben Gardiner, Marketing Manager added, "Winning a national golf tournament boosts a young golfer's confidence, recognition, and future opportunities, and for Beverley and East Riding Golf Club it highlights coaching excellence and enhances the prestige of Yorkshire's Oldest inland Course (formed in 1889)."

Theo added, "Both Coby and our club share pride in his achievement, strengthening our reputation across the country".

Recently, a new management team joined the Club to promote and run the restaurant and entertainment, enhancing member experience, offering to the general public, social spaces beyond the course.

Spencer commented, "Quality dining attracts families, increases revenue, and encourages longer visits. Entertainment builds community, hosting events for all ages. Together, this strengthens the club's appeal, building loyalty, inclusivity, and a vibrant atmosphere. Our Jazz nights have been testament to this".



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I'VE BEEN THINKING... SAYS COLIN RAYNOR

...as I write this article for September I am still, like many other folks, reflecting on the triumph of the Lioness team and their retention of the UEFA Women's Europa Cup in Switzerland.

I am particularly thinking about modern technology that allowed us to watch every minute of every match, from the comfort of our own homes in glorious technicolour.

I must confess however that I have long admired two female athletes who will be remembered for their own exceptional performances long before the Lionesses came to prominence.

The first one I recall is a female Dutch athlete named Fanny Blankers-Koen who in 1999 was voted female athlete of the century. She was the star of the first Olympic Games to take place after the end of the Second World War.



Known as the Austerity Games for obvious reasons, events were staged over twenty five different venues around London. This 30 year old mother of two children won individual gold medals in the 100 metres, 200 metres, 80 metres hurdles and also a gold medal in the 4x 100 metres relay race. There is little doubt she would have won more individual medals but in those days women were restricted to taking part in only three individual events.

This great athlete died aged 85 in 2004 but her memory lives on for me not just for her wonderful athletic performances but for another reason which I will come to later.

In the modern era Dame Jessica Ennis-Hill from Sheffield is the stand out female athlete for me with her individual performances in the modern Olympic games particularly in the 2012 games held in London. She won her gold medal in the Heptathlon, an event which required her to take part in seven events. Although now retired from athletics she continues to speak with authority and honesty about athletics in a manner that people can trust what she says.

So let me spell out the aspect of these two athletes that keeps them in my memory. In 1948 I was only able to see my Dutch hero running in her races when my Dad and I went to the local cinema. Apart from newspapers, it was only at the local cinema that you were able to be made aware of the news of the world.

There on the screen I saw Fanny Blankers-Koen running and winning her races and receiving her

medals. The chances are however that what I watched in the cinema had probably taken place days before. Nothing you watched on the news was taking place there and then as you sat in the cinema with hundreds of other people.



The other point to recall is that it was all in black and white and you were lucky if what you saw lasted more than a few minutes. Contrast all that with the amazing (and I'm not sure if that word does it justice) spectacle of the 2012 Olympic games in London. Not only could you watch everything in real time but within seconds you could watch it again, sometimes from different angles and so on.

So even in the last ten years the development of world wide media coverage by television means every day, if we choose to, we can watch in detail the lives of people across the world. Much of what we see, can and does affect us, particularly when it means people are suffering in ways we find difficult to really comprehend.

Let me finish on a positive note. There will always be real advancement in technology that enables us all to learn more about the world we live in. Some of what we see we will not like but we do live in an era of unbelievable change that for the most part enhances our life on earth. I have to believe that there are more good people in this world than the others, and be assured, you are one of the good ones.

SSAFA - MAKING A BIG IMPACT THROUGH CHANGE

SSAFA, the Armed Forces charity, has been evolving to better support serving military, veterans their families and dependents by modernising services and widening its access to care. One key change is the increased focus on mental health support, recognising the challenges many of their veterans face when adjusting to civilian life.

SSAFA has also streamlined its casework system, ensuring faster responses and more personalised support, so veterans don't have to wait long for crucial help. Digital platforms have been expanded, allowing veterans and families to connect with advisors more easily, no matter where they live.



Partnerships with other charities and local organisations have strengthened, ensuring a holistic approach to welfare, housing, employment, and financial advice.

SSAFA is placing greater emphasis on family support, acknowledging the vital role loved ones play in recovery and transition. These changes mean SSAFA is not only more accessible, but also more effective in addressing the unique needs of veterans today.

Volunteers are required and you could make the difference - the position of a voluntary BRANCH SECRETARY is a role that needs help.

Please contact:
Tel: **01964 552 837**
Email: eyorks.branch@ssafa.org.uk
Website: ssafa.org.uk

ssafa | the
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Your Veterans Need You!

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MIND - HULL AND EAST YORKSHIRE, GOLF DAY, HOSTED BY BEVERLEY BUILDING SOCIETY



UNIVERSITY CHANGES THROUGH TIME

In the UK, the trend of young adults moving away from home for a university education became widespread in the mid-20th century, specifically from the 1960s onwards.

This was driven by a significant expansion and democratisation of the higher education system.

Before the mid-20th century, a university education was an option for only a small minority of the population, primarily those from wealthy backgrounds. Universities

were concentrated in a few historic cities, like Oxford and Cambridge.

The 1960s marked a turning point with the Robbins Report in 1963, which recommended a massive expansion of universities.

The government accepted this, leading to the creation of many new institutions, often referred to as "plate glass universities" due to their modernist architecture. In the early 1960s, only about 4% of young people went to university. By the end of the 1970s,

this figure had risen to around 14%.

This expansion required a significant increase in student accommodation.

While some students continued to live at home and commute, the

building of new halls of residence became a key part of the university experience.

This facilitated the movement of students from across the country to attend universities that were not in their home towns.

The growth in university enrolment transformed the "student experience" into a common rite of passage for young adults.

Moving away from home to live independently was seen as a crucial step towards maturity and a key part of a successful career path.

This cultural norm has continued to this day, although more recently, financial pressures have led to a small increase in the number of students choosing to live at home.

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



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LAIRGATE PROPERTY - MANAGING CHANGE

On Lairgate the old savings bank has been undergoing a detailed transformation. The eagle eyed will have noticed a glimpse of colour to the front of the building. Behind the scenes the rear elevation is also undergoing a transformation all of its own with the creation of private gardens and parking for both houses.

Richard commented, "While the alterations and change continue internally, the front and rear elevations are also an important part of the transformation of this building from office to residential.

"The front elevation is a very important part of the building. It is the public face and instantly recognisable, set back off Lairgate, with its imposing pediment sat on four giant ionic pilasters and original sash windows, so the process of its restoration and renewal has been a long and hard one but hopefully worth it.

"Equally, the rear elevation and the setting out of the private gardens and private parking are also just as important a part of the transformation, but for very different reasons. This is the private space. When renovating a building, the layout of the garden is an important part of preserving the harmony between the structure and its surroundings. Gardens act as a natural extension of the building's design, enhancing both aesthetic appeal and functionality".



Work has now begun to shape the outside rear. Elevationally, the brickwork has been cleaned and repointed, and now the process of bringing the landscape to life begins with the laying of the foundations for the gardens walls which will define the private gardens and parking areas.

Ultimately, large doors will open out from the internal spaces onto private patio areas, with soft landscaping and planting borders beyond.

The outdoor spaces will complement the architectural style, will be a welcome retreat with usable outdoor space. Integrating the garden with the renovation plans ensures that the building is not only enhanced internally but also resonates with its external environment.



The rear of the building enjoys a South West facing garden, future residents will be able to sit out and enjoy a long Summer evening while the sun sets.

The Lairgate Property will be holding a couple of open days as part of the Heritage Open Day and will soon be on the market, offering elegant family living combining history with a bright future.



IN THE PICTURE WITH JOSH

September marks the gentle transition from Summer to Autumn, offering photographers a variety of opportunities.

Managing Autumnal changes begins with embracing the changing light. Days grow shorter, and the sun sits lower in the sky, creating warm, golden tones that enhance landscapes and nature.

Planning shoots around the "golden hour" can make even familiar locations glow with seasonal character.

Nature itself transforms into a canvas of muted greens, browns, oranges, and early reds, brought on even earlier this year by the false Autumn.

It helps to scout locations with deciduous trees, riverbanks, or parks where colour change begins earliest.



A tripod allows you to experiment with slower shutter speeds for misty mornings or streams surrounded by early Autumn foliage.

September's overcast days, often dismissed in Summer, become a gift in Autumn with diffused sunlight for softer landscapes and richer colour saturation. Rain can produce reflective puddles, while fog adds mystery and depth to woodland shots. To get the most from your photography this month, pack for flexibility and keep an eye on local forecasts for dramatic light after storms or crisp dawns.

Ultimately, September rewards those who embrace change. By attuning yourself to the season's quieter rhythms and fleeting details, your images will reflect the gentle poetry of Autumn's arrival.

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

Instagram: [@joshharrison.photography](https://www.instagram.com/joshharrison.photography)
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Email: info@joshharrisonmedia.com



TRANSITION TIME... IS THAT A GOOD THING OR A BAD THING?



It's that time of the year when the Summer holiday period is coming to a close and transitions are taking place. The last couple of weeks have included nights that have been so warm I've slept on top of the duvet very comfortably and other evenings when I've considered putting the heating on. The days are getting shorter, and the leaves are turning.

There are many situations in life that we can view in either a positive or a negative way. I could be grumpy that it was too warm to sleep under the duvet or glad that it's been a beautiful, end-of-the-Summer day and I don't have to put the heating on.

I love the ancient Taoist story of the Chinese farmer which explores this theme. It goes like this... "A long time ago a poor Chinese farmer owned a beautiful horse. One day the horse broke through the gate and ran away, and all the neighbours came around and said, "well that's too bad" the farmer replied, "maybe". Shortly after the horse returned, bringing several horses with him and all the neighbours came around and said, "well that's good fortune" to which the farmer said, "maybe". The next day the farmer's son was trying to tame the new horse and fell, breaking his leg and all the neighbours came around and said, "well that's too bad" and the farmer replied, "maybe". Shortly after the Emperor declared war on neighbouring countries and ordered all young men to join the fight and countless soldiers died on the battlefield, but the farmer's son was unable to fight and was spared, due to his injury. Once again, all the neighbours came around and said, "well that's good fortune" to which the farmer replied, "maybe".



As you can see, the story can go on and on and with the complexities of life, it's impossible to tell whether anything that happens in it is good or bad because we never know what will be the outcome of misfortune or of good fortune. It is often less about the situation that we are in and more about how we respond to it - our mindset - and this determines whether we label something good or bad.

Of course, if the outcome of exams has not been as positive as expected, then it is appropriate to feel sad, upset or disappointed, particularly if this means that the university or apprenticeship aspired to, may not be a possibility anymore. However, it is also an opportunity to build resilience and adaptability and turn a disappointment into a new opportunity. Pick yourself up, dust yourself down and retake the exam or look at alternatives.

Sometimes we need to be grateful for things that make us sad... the exam results were better than expected and a child is flying the nest to a far-flung university with excellent prospects but this all feels scary and the nest is soon going to be empty. Is that a good thing, or a bad thing... who knows... only time will tell... maybe!

Every Tuesday, you can take time out for yourself with the free mindfulness session from 7.15pm to 7.45pm. For more information visit www.francesdunning.com or contact me, Fran Dunning on **07973 819867** for details of mindfulness zoom link.

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DISCOVERING A HIDDEN CORNER OF THE WOLDS - SANCTON DALE

As you can see from the map, Sancton is not very far from Beverley and yet its beautiful adjacent dale, which runs for two miles east of the village, is one of the least known and least visited in the county. It took me almost 40 years of exploring the area to eventually stumble across it - and what a wonderful place it is to discover and enjoy.



Top of Sancton Dale

Being just off the A1079 at the Arras crossroads and on the X46 bus route, it's actually easy to reach. A friend and I recently cycled there via Newbald; being gentlemen of a certain age we used our electric bikes, which I can highly recommend if you are considering buying one. We walked up the dale from the village on the A1043.

The stroll up and down dale is equally good from whichever starting point. Sancton has a good pub, The Star Inn, some lovely period cottages and a strikingly rare octagonal church tower. Sadly, I've never found the church to be open to the curious traveller, always a great pity.



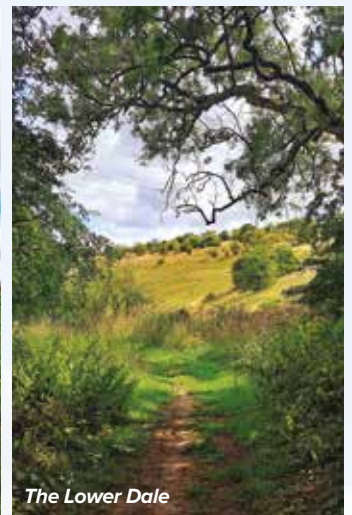
Sancton Church



The author - with e.bike



Vineyard



The Lower Dale

What is most notable about this lovely valley is its incredible variety. It has far more woodland than most Wold's dales, a most welcome feature. You can explore the rough grasslands on the lower slopes using the access gates off the clear public track that spans its entire length.

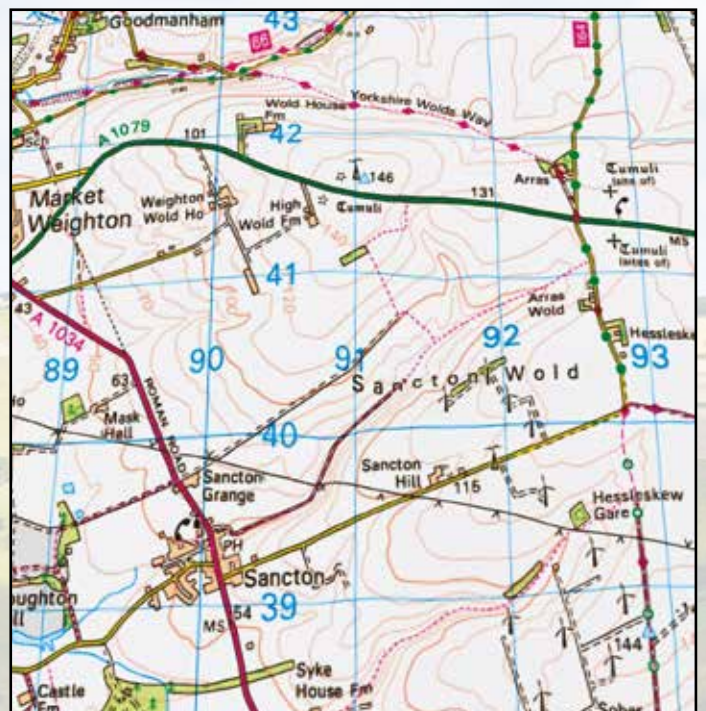
Near the bottom of the dale is a handy bench where we picnicked in late July. I even find the wind turbines a positive addition to the scenery, unlike the current US president who has a thing about wind power!

The most surprising discovery, on the south facing upper part of the dale, is an extensive vineyard, which presumably will benefit from the chalky soil. I'm not sure when the owner will be able to produce wine, but I wish them well in this admirable venture and look forward to uncorking a bottle of Chateau Neuf Du Sancton!

This is a place for leisurely wandering, the views are glorious and the walking undemanding. You can easily extend it into a longer circular, taking in the lovely village of North Newbald, if you have the energy.

So do go and seek out this special place, before colder weather sets in.

Ian Richardson, August 3rd 2025.



CHOOSING THE RIGHT TRADESPERSON - WHAT TO LOOK FOR

When it comes to finding a good tradesperson - whether you're after an electrician, plumber, or builder - most people start with recommendations. And that's a great place to begin. If someone you trust has had a good experience, that tells you a lot.

But it's also worth taking a few minutes to check them out for yourself.

Look at their online presence - do they have a website? Are they active on social media? Can you see recent reviews, or examples of their work?



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You can't see or smell electricity - so hiring someone who isn't properly qualified or insured might feel okay in the moment, but you can't be 100% confident in the work. Just because someone can get away with it doesn't mean it's safe. Whatever the trade, look for someone who's recommended, qualified, and transparent. Someone who will do the job properly, not just quickly. Someone you'll happily recommend yourself once the work's done.

And yes, we like to think that's us.

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LINK AGENCY - SELLING YOUR HOME IN THE AUTUMN

Selling a home in Autumn can be both practical and rewarding when planned carefully. The cooler temperatures make viewings more comfortable, and homes can look especially welcoming with seasonal touches. Autumn also avoids the unpredictability of Winter weather, while still benefiting from motivated buyers keen to move before the year ends.

Jayne commented, "While Autumn brings a lovely atmosphere, shorter days and wetter conditions mean that preparation is key. Ensuring your home is well-lit, warm, and inviting - especially during evening viewings - can make a big difference."

Jayne at Link Agency has built a strong reputation around the idea that preparation is key - from staging a property for sale to offering guidance through the selling process. These are the things many sellers overlook. Damp weather need not be a problem with a few thoughtful measures.

Keep porches and entrances clean and dry, add umbrella stands and somewhere to hang wet coats; use doormats to protect flooring, and make sure the exterior and gardens are tidy. Trim back overgrown trees and bushes and add seasonal blooms to the borders, enhancing kerb appeal.

Don't underestimate the small details. Fallen leaves can make paths slippery, so clearing driveways and ensuring safe, attractive access to the home is essential. A clean, accessible entrance gives a great first impression.

On the positive side, Autumn is the perfect time to showcase a home's cosiness. Think warm lighting, glowing log burners / fires (when it's safe to do so), tasteful seasonal décor, and perhaps the smell of a cake baking - creating an emotional connection with buyers looking for a fresh start before the festive season.

Jayne concluded, "A well-presented home sells faster and often achieves a better price - while preparation is key to reducing stress and attracting serious buyers."

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A SEASON OF SHIFTS AT BEVERLEY PARKRUN

As Summer begins to fade and the mornings carry a hint of Autumn's chill, Beverley Westwood parkrun continues to thrive against the ever changing backdrop of Yorkshire's most iconic pasture.

The theme of change is everywhere, not just in the golden hue of the grass or the cooler breeze, but in the lives of those who gather every Saturday morning to run, walk, volunteer, and cheer.

For many young parkrunners this time of year marks a big step, the move from primary school to 'big school'. It's a change filled with excitement, nerves, and anticipation, not unlike the first parkrun!

Just as they once nervously lined up for their debut 5K, these youngsters now face new routines, new faces, and a brand new chapter. And just like the parkrun community supported them through their first finish lines, we will cheer them on through this next milestone too.



The cows of the Westwood have also gone through their own seasonal transformation. In Spring and early Summer, they were teenage boys, boisterous, curious, and sometimes reluctant to share the course with our regulars. Sometimes they shared the course too much, running alongside the runners, but as the weeks rolled on, they seemed to mellow.

Now, with the edge of Summer smoothing into Autumn, they've become more accepting, even indifferent, to the stream of high-vis superstars and determined runners, and walkers, weaving their way across the pasture. It's as if they, too, have settled into the rhythm of parkrun.



Change is constant on the Westwood, in the landscape, the weather, the people, and even the cows.

But one thing remains the same, every Saturday morning, there's a warm welcome, a scenic challenge, and a community that embraces everyone, no matter where they are on their journey.

So, here's to change, big or small, scary or exciting, and to the many ways Beverley Westwood parkrun helps us navigate it, one step at a time.

Louise Barrett.





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FOX MOBILITY PREPARING FOR THE SEASONAL CHANGES

Autumn brings unique challenges for people with mobility requirements, making it important to prepare for the seasonal changes. As the weather turns colder and wetter, surfaces such as pavements, garden paths, and driveways can become slippery due to fallen leaves and rain.

For people who use walking aids, wheelchairs, or mobility scooters, these conditions increase the risk of accidents, so ensuring pathways are regularly cleared and well-lit is essential. Appropriate footwear with non-slip soles can also make a significant difference in maintaining safety.

Paul and Anne from Fox Mobility commented, "Equipment may also need extra attention in autumn. Wheelchair and scooter users should check tyres for good grip and consider waterproof covers to protect both the user and the equipment from sudden showers".

Shorter daylight hours can impact confidence when going out, particularly for individuals with reduced vision or balance. Carrying a small torch, wearing reflective clothing, or planning journeys earlier in the day can help reduce risks.

Anne added, "Autumn is also a good time to reassess routines - such as arranging grocery deliveries or transport services - to limit unnecessary exposure to unsafe conditions".

Ultimately, preparing for the season means balancing independence with safety. With the right precautions, individuals with mobility requirements can continue enjoying Autumn activities while feeling confident, secure, and comfortable in both indoor and outdoor environments.

For all your mobility needs this Autumn contact:

Fox Mobility: 110-112 Walkergate, Beverley, East Yorkshire, HU17 9BT.

Tel: 01482 887799.

Email: info@fox-mobility.co.uk

Website: www.fox-mobility.co.uk



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SEPTEMBER - STARTING YOUR WELLNESS ROUTINE

It's hard to believe that it is already September. For many, the month of September is a pivotal time of the year. Whether it's the case of getting back from a holiday, the kids going back to school or simply adjusting to changes in weather and natural sunlight, it can be a convenient and encouraging time to build a wellness routine and to work on healthy habits. The question I want to answer in this article is - where does one start?



Undeniably, the bedrock of wellness and performance across day-to-day life is sleep.

Now, there is a ubiquitous amount of information out there about optimising your sleep, information that I will be eager to deliver to you over the coming issues.

However, this - in my opinion - falls under the theme of "Sleep Optimisation".

It must be said that there is obviously no downside to optimising your sleep, but before we get optimising, we need to get the basics nailed down, something which the UK as a nation of sleepers struggle immensely with.

Approximately 71 percent of people in the UK do not get the recommended 7-9 hours of sleep per night. Modern society has undoubtedly made getting a good night sleep harder. If you are in this 71 percent, you are normal and should not put yourself down in any way.

With less than 7 hours sleep, you may experience at least some of side effects I am about to non-exhaustively list, even if you do not currently realise them: impaired immune function, increased risk of weight gain and obesity, cardiovascular problems, reduced physical performance, trouble with focusing, worse memory, poor decision-making, irritability, anxiety and depression.

This needs to be addressed. Now that the kids are back at school and the holiday season may be winding down, September could be the time for you to work on habits around basic sleep hygiene. To start, set targets. We set targets for so many important things in life so why not set sleep targets?

Set a wake-up target that can realistically be achieved every single day - including the weekends! Then, once you have that initial wake-up target, add on 16 hours later. That is your sleep target. For example, if your desired wake target is 7am, your sleep target should be 11pm (assuming 8 hours is right for you).

Extremely active individuals may need up to 9 hours and there could be a chance that a minimum of 7 hours works for you). The sleep target you now have is not a 'getting ready for bed target', I must emphasise. The sleep target is an 'in bed having completed my bedtime routine, ready to sleep target'.

Sticking to this routine is immensely important. Your body as a whole is combined of trillions of cells. Each of these cells has its own clock, what we term 'Circadian Rhythm'. This is governed by a consistent wake and sleep time.

If this routine is thrown off (like sleeping in at the weekend), you essentially knock these trillions of cells out of balance. If you have ever experienced jet lag when you have crossed time zones by several hours, you know how rough this makes you feel. This is almost exactly

what happens when you sleep in or stay up much later (or both).

If you sleep in 3 hours later on a Saturday and Sunday (usually because of staying up too late in my experience), your body clock is now on Dubai time.

Further to this, every hour you move this internal clock, is equal to the number of days it typically takes to readjust the clock.

With that information, think about this - is the stigma of Monday morning being arbitrarily difficult inherent to us as humans? Or is it that sleeping in 1 or even 2 days in a row and shifting our internal rhythms and trillions of your body's cells, inducing grogginess and fatigue, is the more likely cause?

In summary, set your targets initially. This is the foundation for everything. Set one target for your wake-up time that works around your individual lifestyle, taking into possible consideration kids, work, exercise and other activities in the morning.

Then, add on 16 hours and then you have your sleep target. If you are currently in the 71% of the UK who get less than 7-9 hours per night, you will feel better. Your body will be in a settled circadian rhythm. It will be in harmony and balanced - just as it wants to be. Thank you taking your time to read this, I truly appreciate it.

Now you have this foundational routine, I will be diving into more subtle routines for your health and wellness in next month's issue.

If you have any questions, feel free to reach out to me:
edjthompsonpt@gmail.com



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Where are the Ducks?
Answer on Page 35.

QUOTE OF THE MONTH

Autumn - The season that is beautiful and yet lets things go!!

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 35.



WHAT IS IT?

Can you work out what this obscure image is? Answer on Page 35.



COMEDY CORNER



What do you call 26 letters that enjoy a shower?
The Alphawet.

Why did the chicken cross the playground?
To get to another slide.

What do you call Bears with no ears?
B.

What is the biggest cause of dry skin?
A towel.

What does a watch do when it gets hungry?
It goes back 4 seconds.

What does a house wear on a night out?
Address.

Why would you take a pencil to bed?
So you can draw the curtains.

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RELAX AND ENJOY A TRANQUIL RIVER CRUISE

I have recently had a flurry of interest in River Cruising which is an ideal way to explore several iconic cities or picturesque villages within one holiday with the mode of transport between places being relaxing and scenic and a perfect setting to enjoy fantastic cuisine and delicious drinks and a leisurely pace.

River cruises are all about the journey and the destination. They offer an intimate, scenic, and culturally rich travel experience, gliding through the heart of some of the world's most iconic cities and landscapes. River cruises span the globe and are able to offer something for every client depending on what you want to see and do.

Historically I have found that first time river cruises select the Danube as the cities it covers are iconic bucket list destinations in themselves and therefore covers places the client really want to visit and while doing so they will discover if the concept of river cruising is for them - which it often is and then they will choose other rivers in the future.

Occasionally the first river cruise would be a more tropical waterway such as the Mekong as a unique way to explore Asia and works very well in that region to experience the culture and marvel at the scenery and enjoy the luxury of the cruise.

Europe: The Danube, Rhine, Seine, and Douro rivers offer a gateway to medieval towns, fairytale castles, and world-class wine regions. You can explore the vineyards of Portugal, the classical cities of Central Europe, or the art and cuisine of France.

Asia: The Mekong River in Vietnam and Cambodia, and the Irrawaddy in Myanmar, deliver a deeper look into ancient traditions, floating markets, and temple-strewn landscapes.

Africa: The Nile River cruise is a journey through ancient Egypt, offering stops at Luxor, Aswan, and the Valley of the Kings, often accompanied by expert Egyptologists.

North America: The Mississippi River provides a taste of Americana, from jazz-rich New Orleans to historic Civil War sites and charming southern towns.



River cruising can be quite a seasonal experience based on the water levels in the river and often it is lovely to enjoy some sunshine on the deck whilst floating through the river, however there are some rather special Christmas market itineraries available - again an opportunity to relax and enjoy exquisite meals and a relaxed social atmosphere and by day to be able to explore several festive markets.



Often the itineraries include many excursions - some with unique experiences that are included. It is a style of holiday that does lend itself to solo travellers as they can easily meet other guests with like minded interests as they meet on the excursions or in the intimate lounge/bar areas for an aperitif.

Riviera Travel also feature cruises on certain dates exclusively for solo travellers which are very popular.

River cruising offers a unique and enriching way to travel - one where the rhythm of the river sets the pace and every bend brings a new story. Whether you're gliding past castles on the Rhine or drifting through rice paddies along the Mekong, a river cruise isn't just a trip. It's a journey into the heart of a region, experienced with comfort, connection, and quiet wonder.

There are so many rivers to choose from, and certainly a lot of River Cruise companies too, so if you would like further information on the options available to you please do get in touch and we can narrow it down to the right river and right ship for you.

Amanda McConnell, Travel Counsellors.

Tel: 01482 770540

Email: amanda.mcconnell@travelcounsellors.com

Web: www.travelcounsellors.com/amanda.mcconnell

BEVERLEY GRAMMAR SCHOOL TRIUMPH IN BATTLE OF THE BANDS AT BRID SPA

A group of young musicians from Beverley Grammar School are celebrating after winning the prestigious Battle of the Bands competition for school pupils at Bridlington Spa.

Satin & Smoke - a six-piece group made up of Year 10 pupils - were named winners by the judges on a competitive night of high-quality music, organised by East Riding Music Hub.

Lewis Pemberton (vocals), James Harman (guitar), Ben Kerswill (guitar), Jamie Baldwin (bass) Alex Zaichevs (keyboard) and Kasper McMath (drum kit) performed Sultans of Swing by Dire Straits and It's a Man's Man's Man's World by James Brown. Pemberton also took the individual prize for vocal performance.

The judges' feedback said the Beverley Grammar School band put on a "strong performance from the opening chord" and "exceptional individual performances came together to create a great whole".

They added: "Song choices served the style and the character of the band, both guitarists soloed, which was great to see and there was excellent stage presence by all members."

Satin & Smoke are the first band from Beverley Grammar School to win Battle of the Bands and their prize is to headline their own gig at Bridlington Spa.

This year's Battle of the Bands starred 10 schools, each performing two songs each at a venue that has previously hosted the likes of David Bowie, Oasis and The 1975.

Along with Beverley Grammar, schools in action included Hornsea, Kings Mill, Longcroft, Aldbrough, Hessle, Wolreton, Cottingham, South Hunsley and local favourites Headlands. The night also featured a guest appearance from last year's champions from Goole, Counterproducts.

Ben Croombs, Area Relationship Manager



(Secondary Schools) at East Riding of Yorkshire Council, said: "This was my 11th year organising Battle of the Bands, and I can honestly say the standard of performance was the highest I've ever heard.

"Although it's a competition, it's never really been about that, it's about creating a community of like-minded young musicians. The way each band supported and encouraged each other throughout the event was truly inspiring - they are a credit to their schools."

CYCLING INTO AUTUMN WITH WILSONS WHEELS

Cycling in Autumn offers a refreshing experience, with crisp air and beautiful scenery as the leaves change colour.

Gravel riding allows you to explore more and enjoy the Autumn changes, and in turn opens up so many more miles around your local area due to the diversity of the bike and the bridleways/cycle routes you can explore. You are not just restricted to the road.

Locally we are fortunate to have bridleways like the Hudson Way, starting near the Hayride pub in Beverley going through to Market Weighton, with the exception of a few road crossings it is a car free route. Also Route 66 from Long Lane in Beverley to Cottingham.



Other bridleways, starting from Walkington can link to Skidby and down to the River Humber. There is also the old railway line from Sutton in Hull to Hornsea. Further afield there is Dalby Forest in North Yorkshire with lots of gravel/fire roads to choose from. Recently Dalby Forest hosted the Dalby Grit, held there at the end of June. This is a gravel race in which six of the Wilsons Wheels race team competed.

In the second week of September there is the British National Gravel Championships being held over a full weekend with racing for all age categories in Dalby Forest. Wilsons Wheels hope to be represented well again at this event. Your support would be welcome.

Challenge yourself and try some of these rides. Autumn cycling is rewarding, combining exercise with the enjoyment of seasonal landscapes, making each ride both practical and uplifting.

Nathan mentioned, "Think about good-quality lights and reflective gear, which we consider as essential, as shorter days mean reduced visibility. Start thinking about layered clothing, helping riders stay warm while allowing flexibility as the temperatures cool".

Wilson Wheels stock essential items, and it is worth remembering that tyres with good grip and regular maintenance ensure safety in changing conditions.







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WHAT IS IT ANSWER

Did you guess... it was an apple!



WHERE IN BEVERLEY ANSWER

The answer is Narrow Racket, an alley that runs from Lairgate to Saturday Market



FIND THE DUCKS ANSWER

You should have found those ducks on the Halmshaw advert on Page 29.

WHAT'S ON IN BEVERLEY

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For more events visit
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Until 19th September

My Home Patch, Exhibition by Susan Beaulah

Launch on 23rd August 12-2pm. Then open Tuesday to Saturday 10am to 2pm, East Riding Theatre, cafe area, 10 Lord Roberts Road, Beverley HU17 9BE. www.susanbeaulah.com
Instagram: @susanbeaulah

Until 4th October

Living Up Lanes: Stories of the Wold Rangers

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

Friday 5th September



Grease vs Dirty Dancing

Bottomless Party, Beverley Hills Diner, 8pm.

Saturday 6th - Sunday 14th September

Walking East Yorkshire Festival

The festival showcases a plethora of activities over nine days which appeal to families, casual walkers and outdoor enthusiasts alike.
www.walkingeastyorkshirefestival.co.uk

Thursday 11th - Saturday 27th September

Answering Machines

East Riding Theatre. Featuring Vincent Regan. Jordan Noble's Answering Machines, delves

into a world dominated by tech, where we "only ever talk to machines anymore."

Friday 12th September



Taylor Swift Tribute Family Party

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



Beyonce Tribute

Bottomless Party, Beverley Hills Diner, 8pm.

Friday 12th - Sunday 21st September

Heritage Open Days East Riding

With more than 100 free events. Some familiar locations in Beverley, normally closed to the public, will be open. For more information, visit the website: www.heritageopendays.org.uk

Friday 19th September



Bohemian Rhapsody

Bottomless Party, Beverley Hills Diner, 8pm.

Sunday 21st September

Wedding Fayre

The Ferguson Fawsitt. Admission is free.

Friday 26th - Sunday 28th September

Viewfinder Photographic Society Annual

Exhibition

Skidby Village Hall.

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

Friday 26th September



Mamma Mia!

Bottomless Party, Beverley Hills Diner, 8pm.

Saturday 27th September

Rotary Club of Beverley - Medieval Feast

Tickton Village Hall, 5.30pm - 7pm. Medieval boules match, 7pm - 10pm. A four course medieval themed menu - dress code medieval themed (optional). Tickets £30 - rcbsecretary1@gmail.com, 07885 222816 or Dog & Duck, Ladygate, Beverley.

Friday 3rd - Sunday 5th October

Viewfinder Photographic Society Annual Exhibition

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

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

Three FREE bonus films for Members (Guests £6.50)

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

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

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

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NEW PATHS MUSIC AUTUMN FESTIVAL

This month sees the return of New Paths Music's Autumn Festival to Beverley. Packed into the 3 days of the festival (25-27 September) are fifteen events at venues across the town. Artists appearing in the East Riding first time include the two-time GRAMMY-award winning Attacca Quartet from New York and world-famous baritone Benjamin Appl.

"It's a coup to be welcoming such global talent to the town" says the festival's artistic director, Libby Burgess.



Attacca Quartet

Performances take place from morning til night! In St Mary's Church, Libby gives a free breakfast-time performance of the Schubert Impromptus.

"I cannot wait to play these gems of the repertoire in the beautiful morning light and glorious acoustic of St Mary's", says the acclaimed pianist.

Over in St John of Beverley RC Church, the renowned recorder ensemble, The Flautadors, give a late-night performance of their Royal Rivals programme, which centres on the rivalry between Mary Queen of Scots and Elizabeth I of England.

That story is part of a Scottish thread running through this year's festival, including Farwell to Stromness, an afternoon concert featuring music by Sir James MacMillan, and Fingal's Cave, a coffee concert in which Libby is joined in duet by pianist Sholto Kynoch.

Also performing at the festival will be half a dozen talented teenage musicians from the area who auditioned for places on the Voyagers scheme recently launched by New Paths Music.

"We are delighted that our first cohort of Voyagers are performing" says Roland Deller, the founder of New Paths Music. "These promising young musicians will be receiving a year-round programme of training and mentoring from our artists, to complement the work they are doing week-in, week-out with their teachers" he added.

A highlight of the festival will be a family show The Bestiary of Brilliant Beasts. Receiving its world premiere, the band-new piece by composer David Knotts and poet John Gallas explores the strange lives of some of the world's most endangered species (including blobfish, goblin sharks, flying foxes and mole rats)! The special event is free, but registration is essential.

There's even a chance for people to participate in the music-making: recorder virtuoso Professor Ian Wilson leads a workshop for amateur recorder players.

Tickets and more information from the Beverley Tourist Information Centre (tel. 391672) and online at newpathsmusic.com



Libby Burgess



Benjamin Appl

CLUB PHOTOGRAPHY EXHIBITION FINDS A "NEW HOME"

The Viewfinder Photographic Society's (VPS) annual exhibition gets underway once again this Autumn at Skidby Village Hall with its usual diverse range of members' images before then moving on to the Society's regular new home at The Ferguson Fawsitt, Walkington.

VPS Chairman, David Marshall said; "We'll continue to hold our popular photographic exhibition each year at Skidby, but we've outgrown the space at the village hall for our regular weekly meetings. We're excited by the prospect of establishing a strong community presence in Walkington in our new home at The Ferguson Fawsitt, which begins with our follow-on exhibition."

Society members are encouraged to display their recent photographs at both exhibitions for the public to enjoy and can look forward to maybe winning a coveted trophy. The displays are a highlight of the club's yearly programme and demonstrates the range of talent within the Society.

Admission to the exhibition, which is sponsored by Harris Lacey and Swain, Chartered Accountants, is free and visitors will be able to browse the pictures, vote for their favourite images and buy from stalls selling cards, prints and gift items.

The Viewfinder Photographic Society is a friendly club of enthusiasts who meet regularly to support each other, exchange ideas and share expertise.

It provides a place for members to learn more about their photography by being with others who share their passion.

FREE ADMISSION

Photography Exhibitions

2025

Skidby Village Hall, 70 Main Street,
 Skidby, East Yorkshire HU16 5TG
Fri 26th - Sun 28th September 2025
 (10.00am - 5.00pm)

and

The Ferguson Fawsitt, East End,
 Walkington, East Yorkshire HU17 8RX
Fri 3rd - Sun 5th October 2025
 (10.00am - 5.00pm)

Prints, cards and gift items for sale

Exhibitions kindly sponsored by:

**VIEWFINDER
PHOTOGRAPHIC
SOCIETY**

www.viewfinderphoto.org

Image: The Cold Moon (Victor Vlasov)

VINCENT REGAN - IN REFLECTION

2025 marks the 10th Anniversary of ert and Vincent Regan's involvement in the theatre, so we put 10 questions to Vincent.

"Reflection!"

What's the weirdest thing you've had to pretend to like on set (food, fashion, or co-star hobbies)?

Eating fake fillet steak, lots of it, doing "One Piece". I don't know what I was eating but it certainly wasn't food.

You have to swap lives with one of your characters for a week - which one would be the most disastrous choice?

Pontus Pilate probably. I would have spared Jesus Christ and altered the course of western civilization. Would that be a disaster?

Who in your life keeps you the most grounded when things get overwhelming?

My wife, of course.

What's a simple, everyday ritual you always hold on to, even during hectic filming schedules?

Waking up.

Is there a teacher, coach, or mentor from your early days who you still think about or stay in touch with?

No.

Which movie role do you secretly wish you'd been cast in - even if it was completely wrong for you?

Tootsie.

What's your "fake acting skill" - something you pretend you can do on screen but are hilariously bad at in real life?

Any form of combat.

The world is your oyster, what brought / attracted you to live in Beverley?

Family connections on my wife's side. A nice place with nice people.

How and why did you get involved with ert?

I came up with the idea and got the project off the ground so if you want to blame anyone blame me.

Tell us about some of the films and series you have been involved in.

Our local audience knows me more from Poldark and Shetland, I guess. Have done some big movies in my day like Troy and 300. I cut my teeth doing theatre with the Royal Shakespeare company and the National. Have recently been working on House of the Dragon for HBO and One Piece for Netflix.

Between rehearsals Just Beverley managed to get time to chat with actor Vincent Regan.

Vincent Regan, Irish actor and director, is probably best known for his strong screen presence in historical and action dramas. He trained at the Academy of Live and Recorded Arts and went on to build a career spanning film, television, and theatre.

Vincent commented, "It is good to reflect at times and appreciate the audiences and the atmosphere they provide. I have performed to an audience of only 5 in my younger days, it is important to remember and value the audience, to give a performance irrespective of numbers".

Vincent Regan is recognised for roles in major productions such as Troy, 300, and Clash of the Titans, often portraying warriors and leaders with intensity and depth. Away from Hollywood epics, he has worked extensively in British television and theatre, showing great versatility.

Vincent mentioned, "Having written and directed for the stage, developing my own creative projects, working with ert in Beverley, where I have lived for a number of years, allows me to get involved in local arts initiatives and support up and coming actors".



Quite often Vincent can be seen around Beverley which reflects on his commitment to nurturing creativity and performance within the community, this can be demonstrated with an important new work developed through the PlayLab programme - Answering Machines - delves into our growing dependence on tech and explores what makes us human.

"THEY GAVE ME 6 MONTHS, 10 MONTHS AGO... I'VE STOPPED ALL THE TREATMENTS"
It's the year 2037, and Laurison Moss (Vincent Regan) is facing the end alone. He and his AI assistant take stock of what he will leave behind, Jordan Noble's Answering Machines, delves into a world dominated by tech, where we "only ever talk to machines anymore."

It's a tender invitation to hold onto what makes us feel. On his last night, can Laury learn the lessons of generations, and leave a positive mark on the world.

You can book your tickets now at ert for Answering Machines, or go online.



AN EAST RIDING THEATRE PRODUCTION

ANSWERING MACHINES

11TH - 27TH
SEPTEMBER

FEATURING
VINCENT REGAN
WITH THE VOICE OF
LESLEY SHARP

BY JORDAN NOBLE
DIRECTED BY MICHAEL KINSEY
TICKETS: £25.00 - £15.00



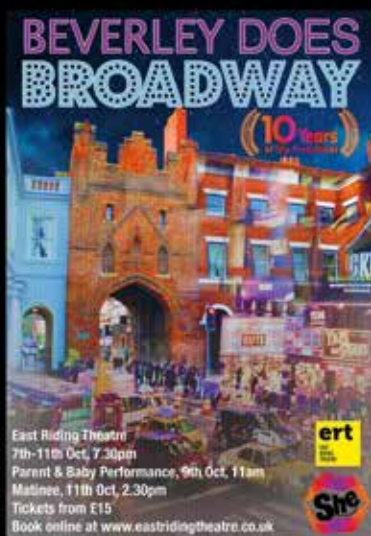
MADE IN BEVERLEY

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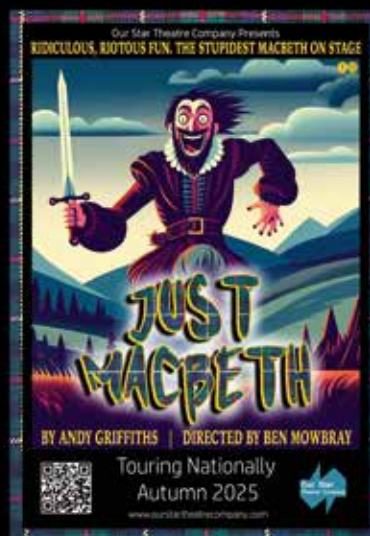
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What's On?

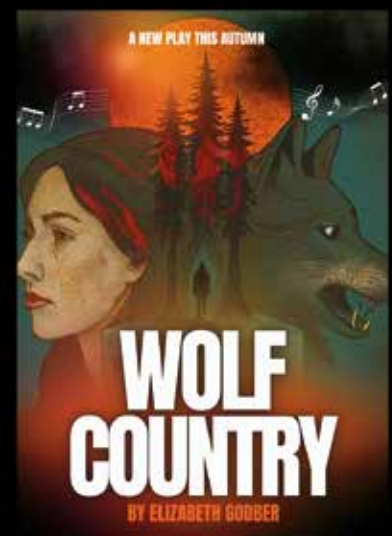
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RIDING
THEATRE



7TH - 11TH OCTOBER
£19.00 - £15.00



14TH - 15TH OCTOBER
£18.00



28TH OCTOBER -
1ST NOVEMBER
£22.00 - £15.00



New Paths Music



Tickets: 

www.newpathsmusic.com
or Beverley TIC – 01482 391672

Festival
25th - 27th
September