

just

ISSUE 138

BEVERLEY

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FREE



BEVERLEY BUILDING SOCIETY
BRINGS YOU MORTGAGES MADE FOR REAL LIVES



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

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REMEMBER! If you see examples of anti-social behaviour or other types of low-level crime, do report it to the appropriate authorities. **POLICE - Emergency 999, Non-urgent 101.**
ANTI-SOCIAL BEHAVIOUR (East Riding of Yorkshire Council) - 01482 393939.

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JULY LETTER FROM THE EDITOR



Summer has arrived with exceptionally hot weather, reminding everyone how vulnerable we all are!!

Be careful of sunburn, dehydration, and being too hot - don't get caught

out, be prepared with suncream, a hat, drink and cover up. Make the most of the beautiful sunshine.

As we enjoy long days, appreciate nature at its best with vivid flowers, blue clear skies, beautiful trees, fields full of colour, along with the birds, bees and wildlife going about their business, summer brings the best out of everyone.

This July we look forward to summer sports continuing, the World Cup football, golf, tennis, cricket, bowls, athletics, horse racing etc, along with the holiday season bringing its fun and laughter, family gatherings, beach trips, barbecues, it's at this time when beautiful memories are made. Capped hopefully with a World Cup being brought home, "Fingers Crossed".

During the summer months, head out to enjoy our countryside, support the farmers markets with all the fresh produce, and make the most of your sun-soaked adventures or by just relaxing with a book in the garden.

Have a fantastic July.

Julian.



'Community Publication Award'
Shortlisted Nominee
2017 & 2018



REYTA
'Award Nominee 2016'
'Best Newcomer'

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

SWANLAND PRIMARY SCHOOL YEAR SIX ART EXHIBITION AT ERT



Swanland Primary School Year Six Art Exhibition stands as a powerful celebration of creativity, resilience, and growth, both artistic and personal.

uniqueness of every young artist.

Corinne Platten, Teacher and Art Lead commented, "It is a moment to pause and reflect on the incredible journey these pupils have taken, and to recognise the important role that art plays not only within the school curriculum, but within life itself".

Now, as they reach the end of their primary school experience, they stand ready to take their next steps into secondary education this September with confidence and pride.

Art is far more than a subject; it is a means of expression, a way of making sense of the world, and a vehicle through which individuality can flourish.

We celebrate them wholeheartedly and wish them every success for the future.

Miss Platten
Swanland Primary School



Through art, children learn to observe closely, think critically, take risks, and communicate ideas that words alone cannot always capture.

These are skills that extend far beyond the classroom, shaping confident, thoughtful individuals who are able to interpret and contribute meaningfully to the world around them.

For this exhibition, the children were given the theme of 'Growing Up', a concept both deeply personal and universally understood. The responses to this theme have been nothing short of inspiring. Each child has created a piece that is entirely individual, drawing upon their own experiences, emotions, and inspirations. The exhibition beautifully showcases the




BEVERLEY MALE VOICE CHOIR RECEIVES PRESTIGIOUS INVITATION TO SING IN THE RHONDDA VALLEY

Beverley Male Voice Choir has become the first male voice choir from East Yorkshire to be invited to perform with the internationally renowned Pendryrus Male Choir in the Rhondda Valley, South Wales.

The concert will take place on **Saturday 4 July 2026** and will feature **33 choristers** from Beverley performing alongside one of Wales' most celebrated male choirs. Pendryrus was founded in 1924 in Tylorstown and has built an international reputation through performances across the UK and overseas.

The Beverley choir is led by **Musical Director Liz Wilson** and accompanied by **Amy Butler**. The invitation is regarded as a significant honour and recognition of the choir's musical achievements.

The visit will strengthen cultural links between East Yorkshire and South Wales while celebrating the rich traditions of male voice choral singing that both regions share.





RILEYS LAW

SIGN THE PETITION!

Make helmets a legal requirement while riding a bicycle or scooter

SCAN THE QR CODE



You may or may not know we lost Riley following a fatal collision in 2021. Since then I have set up a petition that will make it a legal requirement to wear a helmet while riding your bike or scooter.

Please scan the QR code, sign and share this petition, we need 10,000 signatures to make Riley's law possible.

Thank you 🍷

SAILS RETURN TO HISTORIC SKIDBY MILL

Restoration work on Skidby Mill has now been successfully completed, with its historic sails reinstated, marking a significant milestone for one of East Yorkshire's most cherished landmarks.

Skidby Mill, a much-loved cultural icon in East Yorkshire, stopped commercial grinding in the 1960s but has continued to stand as a symbol of the region's rural identity.

Originally constructed in 1821, the Grade II listed mill, recognised by Historic England, has long represented the area's rich heritage. In 2019, the sails were removed after it was discovered that they required essential repair works.

The mill closed for restoration in 2020 following East Riding of Yorkshire Council's approval of a comprehensive restoration plan.

The restoration programme has now been completed and the four sails have been returned

to their rightful place. Further essential repairs have also taken place, such as the waterproofing of the mill cap, which will help prevent water ingress and safeguard the structural integrity of the mill for years to come.



The sails will remain stationary and without shades, as the site is no longer a working mill. This approach has been taken to protect the structure and ensure its longevity.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "The return of the sails to Skidby Mill is a proud moment for East Riding and a testament to the dedication and expertise involved in preserving our historic landmarks.

"Skidby Mill holds a special place in the hearts of residents and visitors alike, and these works ensure it can be enjoyed for generations to come. We are delighted to see this iconic site restored to its full glory."

For more information on East Riding Museums visit: www.eastridingmuseums.co.uk

NOMINATIONS OPEN FOR TIME2VOLUNTEER AWARDS 2026

Communities across Hull and East Yorkshire are being invited to shine a light on the incredible contributions of local volunteers through the Time2Volunteer Awards 2026.

The annual awards celebrate the individuals, groups and organisations who go above and beyond to make a difference, often without recognition, by giving their time, skills and energy to support others and strengthen communities.

Delivered by HEY Smile Foundation and partners, the awards invite members of the public, charities and community groups to submit nominations and help ensure those making a positive impact are recognised and celebrated.

Nominating is simple and open to everyone. Whether it is someone who has made a difference to one person's life or a group creating change on a larger scale, every nomination helps highlight the power of volunteering.

Last year's Special Recognition Award winner, Rosie Bullard, said: "I was stunned - I never expected to receive this kind of recognition.



Photo Credit - HEY Smile Foundation

I get a happy feeling out of volunteering; after retiring as a midwife, volunteering has kept me just as busy and I thoroughly enjoy it."

To submit a nomination or find out more, visit:

<https://time2volunteer.org/news-article/2026-06-02/nominations-open-time2volunteer-awards-2026>
Nominations close on Sunday, 5 July 2026. The awards event date is Wednesday 7th October 2026 at DoubleTree by Hilton Hull.

AWARD-WINNING BEVERLEY BUILDING SOCIETY BRINGS YOU MORTGAGES MADE FOR REAL LIVES!

At Beverley Building Society, we are the only traditional mutual in the East Riding of Yorkshire, dedicated to maintaining our founding purpose of offering great value mortgage products with genuine, heartfelt customer experiences - which has resulted in us winning Mortgage Provider of the Year in the Yorkshire Financial Awards 2026, for the fourth time since 2022!

A Mortgage Market That's Changing

Over the past 25 years, the mortgage market has transformed dramatically - so we're evolving to deliver the very best service for our members today and in the future. Our recent research has uncovered some surprising findings, part of which we've shared in our infographic.



52%
of first-time buyers receive financial assistance from family and/or parents in today's world compared to 27% in 2000

Source^{1&2}

Did you know that the percentage of first-time buyers who receive financial assistance from their family has doubled today from the year 2000? In response, we've offered our Family Assist option for some time now.

It's tailored to those who want to help a loved one onto the property ladder - and it doesn't have to be parents helping their offspring, it could be people helping older parents or grandparents secure their dream home!

Supporting Customers at Every Stage of Life

Lifestyles are changing, and people are living longer than ever before - bringing new and evolving mortgage needs. That's why we created our RIO Lifetime Discount Mortgage: a solution designed to offer greater flexibility and peace of mind. With affordability assessed on a joint life basis, it helps couples plan ahead with confidence and clarity.

At the Beverley, we take pride in supporting customers whose requirements don't always fit the traditional mould. We consider applications from a range of circumstances and subject to status, valuation and affordability. For example, whether you're self-employed, working on a zero-hours contract, or building your own home, we're here to help you find a mortgage that works for you.

A Personal Approach in an Impersonal Market

One of the biggest shifts since the millennium has been the rise of automation. It's clear that technology has reshaped how we live, making some things quicker - but not always simpler. Many borrowers now find themselves feeling excluded, simply because they don't fit rigid, computer driven criteria.

In a market that is often impersonal, our team takes the time to listen, understand, and apply common-sense thinking to complex cases, ensuring every customer feels seen, supported, and treated as an individual - not a number.

We run a credit search, rather than a credit score which does not impact your credit rating. You'll also have direct access to the very person handling your case: a named, experienced underwriter that provides thoughtful, tailored support from enquiry through to completion.

In 2025, our commitment to personal service was reflected in our independent customer feedback through Smart Money People, when we achieved a 4.9 out of 5 customer service rating for the second year running.

The Beverley's Mortgage Manager, Jacob Chambers, summed it up:

"Winning Mortgage Provider of the Year for a third consecutive year is something we're incredibly proud of! What sets us apart is our personal approach. We combine modern thinking with human judgement - rather than relying solely on automated decisions. For us, great mortgages aren't just about competitive rates; they're about helping people build better financial futures with a building society that's there for them at every stage of life."

Source¹ - 52% of first-time buyers receive financial assistance from family today

<https://www.bbc.co.uk/news/articles/clyjzl9eedo>

Source² - 27% of first-time buyers received financial assistance from family in the year 2000

<https://yougov.com/en-gb/articles/42453-how-many-people-parents-help-first-home-deposit>

Lending is subject to status, valuation, and affordability checks.

Please remember, your home may be repossessed if you do not keep up repayments on your mortgage.

Tel: 01482 881510

Email: Mortgages@beverleybs.co.uk



SCAN HERE



To find a mortgage that's right for you!

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BEVERLEY
BUILDING SOCIETY
Doing Better



Beverley Building Society's Mortgage Team members, Jacob and Alix, look forward to helping you with your mortgage.



EVERY THURSDAY
(Doors open 9.30am)

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

Thursday 2nd July -
Savage House (£6)

Starring: Richard E. Grant, Claire Foy, Jack Farthing, Bel Powley, Kila Lord Cassidy.

The Fall of Sir Douglas Wetherford (£6)

Starring: Peter Mullan, Jakob Oftebro, Lewis MacDougall, Oliver Maltman, Kerry Fox.

Mad Fabulous (£6)

Starring: Callum Scott Howells, Ruby Stokes, Rupert Everett, Paul Rhys.

Thursday 9th July -

The Fall of Sir Douglas Wetherford (£6)

Starring: Peter Mullan, Jakob Oftebro, Lewis MacDougall, Oliver Maltman, Kerry Fox.

Mad Fabulous (£6)

Starring: Callum Scott Howells, Ruby Stokes, Rupert Everett, Paul Rhys.

500 Miles (£6)

Starring: Bill Nighy, Roman Griffin Davis, Dexter Sol Ansell, Maisie Williams.

Thursday 16th July -

500 Miles (£6)

Starring: Bill Nighy, Roman Griffin Davis, Dexter Sol Ansell, Maisie Williams.

Supergirl (£6)

Starring: Milly Alcock, Matthias Schoenaerts, Eve Ridley, Emily Beecham.

Toy Story 5 (£6)

Starring: Tom Hanks, Tim Allen, Joan Cusack.

Thursday 23rd July -

Supergirl (£6)

Starring: Milly Alcock, Matthias Schoenaerts, Eve Ridley, Emily Beecham.

Disclosure Day (£6)

Starring: Emily Blunt, Colin Firth, Eve Hewson.

Toy Story 5 (£6)

Starring: Tom Hanks, Tim Allen, Joan Cusack.

Thursday 30th July -

Disclosure Day (£6)

Starring: Emily Blunt, Colin Firth, Eve Hewson.

The Invite (£6)

Starring: Seth Rogen, Olivia Wilde, Penélope Cruz, Edward Norton.

Moana (£6)

Starring: Dwayne Johnson, Rena Owen, John Tui, Frankie Adams, Jemaine Clement.

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



Minions & Monsters

From 1st July

Starring: Allison Janney, Christoph Waltz, Jeff Bridges, Jesse Eisenberg, Zoey Deutch.



The Invite

From 3rd July

Starring: Seth Rogen, Olivia Wilde, Penélope Cruz, Edward Norton.



Moana

From 10th July

Starring: Dwayne Johnson, Catherine Laga'aia, John Tui, Frankie Adams, Rena Owen.



Evil Dead Burn

From 10th July

Starring: Souheila Yacoub, Tandi Wright, Hunter Doohan, Luciane Buchanan, Erroll Shand.



The Odyssey

From 17th July

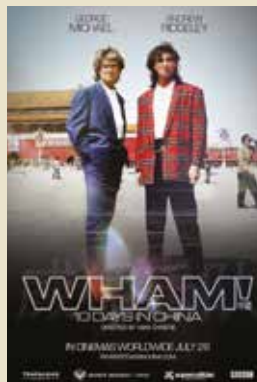
Starring: Matt Damon, Tom Holland, Anne Hathaway, Robert Pattinson, Zendaya, Charlize Theron.



Dhamaal 4

From 17th July

Starring: Ajay Devgn, Arshad Warsi, Riteish Deshmukh, Jaaved Jaaferi, Ravi Kishan, Sanjay Mishra.



WHAM! 10 Days in China

30th July only

Starring: George Michael, Andrew Ridgeley.



Spider-Man: Brand New Day

From 31st July

Starring: Tom Holland, Zendaya, Sadie Sink, Jacob Batalon, Mark Ruffalo.



Beverley Pride - Kinky Boots

31st July only

Starring: Joel Edgerton, Sarah-Jane Potts, Jemima Rooper, Nick Frost.

YOUR LOCAL INDEPENDENT CINEMA



JOIN US FOR SOME GREAT FILMS AND LIVE SHOWS THIS SUMMER

MINIONS AND MONSTERS

Illumination expands its joyful animated universe with a riotous new chapter, featuring all-new characters, in the biggest global animated franchise in history: Minions & Monsters. This is the rambunctious, ridiculous and totally true story of how the Minions conquered Hollywood, became movie stars, lost everything, unleashed monsters onto the world and then banded together to try and save the planet from the mayhem they had just created.

From 1st July.



THE INVITE

Joe and Angela's marriage is on thin ice. When they invite their enigmatic upstairs neighbours for a dinner party, the night spirals into unexpected places. Have they reignited the spark or lit the match that burns it all down? With an all-star cast starring, Seth Rogen, Olivia Wilde, Penélope Cruz, and Edward Norton.

From 3rd July.



MOANA

In Disney's live-action adaptation of the beloved Oscar®-nominated animated adventure, Moana (Catherine Laga'aia) answers the Ocean's call and, for the first time, voyages beyond the reef of her island of Motunui with the infamous demigod Maui (Dwayne Johnson) on an unforgettable journey to restore prosperity to her people.

From 10th July.



EVIL DEAD BURN

Evil Dead Burn unleashes the franchise's most savage and terrifying ride to date, blazing onto big screens with an all-new chapter of carnage and demonic mayhem. After the loss of her husband, a woman seeks solace with her in-laws in their secluded family home and one by one they are transformed into Deadites.

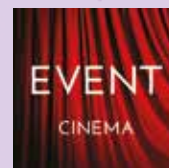
From 10th July.



THE ODYSSEY

After the fall of Troy, Odysseus (Matt Damon) embarks on an epic return journey to his homeland. Faced with foes from myth and legend, he will need to overcome impossible odds to return to the life he once knew - his kingdom, his wife Penelope (Anne Hathaway) and his son Telemachus (Tom Holland).

From 17th July.



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

Friday 10th July, time TBC -

Shoot The People

Photographer and activist Misan Harriman, documents the global impact of protest movements, capturing the resilience of grassroots activists fighting for equality, civil rights, and social justice in the year he's nominated for an Oscar.

Thursday 30th July, time TBC -

WHAM! 10 Days in China

In 1985, WHAM! made history as the first Western pop act to perform in communist China. George Michael and Andrew Ridgeley's concerts in Beijing and Guangzhou were a cultural milestone - East meets West, music meets politics. Now, newly restored footage reveals the untold story of the iconic tour that helped launch WHAM! to global superstardom.

Tuesday 20th October, time TBC -

Macbeth (MET Opera)

Tuesday 27th October, time TBC -

Manon (Ballet)

Tuesday 10th November, time TBC -

Carmen (Opera)

Tuesday 1st December, time TBC -

The Nutcracker (Ballet)

Saturday 23rd & Tuesday 26th January 2027, time TBC - La Fanciulla del West (MET Opera)

Wednesday 3rd February 2027, time TBC - Götterdämmerung (Opera)

Tuesday 23rd February 2027, time TBC - Così fan Tutte (Opera)

Tuesday 23rd March 2027, time TBC - Alice's Adventures in Wonderland (Ballet)

Thursday 22nd April 2027, time TBC - Swan Lake (Ballet)

Wednesday 5th May 2027, time TBC - Tosca (Opera)

Tuesday 25th May 2027, time TBC - Romeo & Juliet (Ballet)



BEAUTIFUL SOUTH TRIBUTE BAND AT BEVERLEY PARKWAY THEATRE & CINEMA

This Could Be Beverley (Or Anywhere)...

The UK's most authentic tribute to Hull's finest, The Beautiful South, take to the stage live at the Beverley Parkway Theatre & Cinema complex on Saturday 8th August, in what promises to be a pair of sing-along shows to remember!



The 9-piece tribute band, Very Beautiful South, are considered one of the country's best tribute bands and will be performing both matinee and evening shows at the venue in Flemingate - with shows starting at 2.30pm and 7.30pm.

"The idea of putting on matinee and evening shows came from listening to a radio interview with Hollywood actress Jamie Lee Curtis, who suggested that she would go to a lot more gigs if she could enjoy a liquid lunch beforehand and still be home in time for evening dinner," explains VBS frontman Andy Whit.

"This will be our second time putting on both afternoon and evening shows here in Beverley, and we're looking forward to being back again after last years' hugely successful performances!"



Having formed in 2022, Very Beautiful South have established themselves as the UK's most authentic tribute to The Beautiful South and to the genius songwriting partnership of Hull's very own Paul Heaton & David Rotheray.

Playing the best of sing-along classics such as Perfect 10, Rotterdam, A Little Time and Don't Marry Her; as well as a few of The Beautiful South's more obscure album tracks, the band aim to recreate the original chart-topping sound, along with Heaton-esque vocals from Andy and the female vocals of Briana, Jacqui & Alison performed by the uber-versatile voice of Lisa Arbon.

Advance tickets are just £21.00 each and can be purchased directly from the venue on **01482 968090** or secure online at <https://beverley.parkwaycinemas.co.uk/live-on-stage>

Flemingate, Beverley, East Yorkshire HU17 0PW
Tel: (01482) 968 090

WIN BEAUTIFUL SOUTH TRIBUTE TICKETS

Just Beverley and Beverley Parkway Cinema & Theatre have teamed up to give you the chance to win a pair of tickets to see the UK's most authentic tribute to The Beautiful South play live on stage on Saturday 8th August 2026.



Beautiful South Tribute Band are back at Beverley Parkway in August. The 9-piece tribute band Very Beautiful South are returning to play two shows (matinee and evening) in what promises to be a pair of sing-along shows to remember!

TO WIN a pair of tickets to the show of your choosing, all you have to do is answer the following question:

In what year were The Beautiful South formed?

Send your answer by email to competition@justbeverley.co.uk by Tuesday 21st July 2026. Put **'Very Beautiful South'** in the subject box with your name, address and daytime telephone number in the body of the email.

The winner will be the first name drawn out of the hat after the closing date.

Winners must be prepared for publicity for Just Beverley, Parkway and Very Beautiful South, there is no cash alternative. Over 18s only.



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IN THE PICTURE WITH JOSH

With this warm weather, the garden is an ideal place to start with macro photography at this time of year.

The abundance of flowers and insects gives you a wide variety to photograph. Macro photography is also great for exploring a whole other layer of nature which you might otherwise overlook.

There are advanced photography techniques for macro and extreme macro photography such as focus stacking, but I like to keep things simple



and just use a single shot of a subject in its environment. Here is how I take my photos using a 150mm macro lens.

Because the subjects are so small, depth of field is critical, so I usually use an aperture of f14 or higher to ensure as much of the subject is in focus as possible.

You also need a shutter speed of at least 1/250th for insects. This means you need light! Bright sunshine is great, but a flash gun and diffuser are also helpful.

I recommend continuous focusing, as even in the slightest breeze, the subjects will likely be moving around and soon be out of focus again.

Most importantly, go and photograph things you find interesting whether that's flowers or insects and once you're happy with your photos in the garden go and visit different habitats and you'll be amazed at what you'll find.

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



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Five Years of Service: Beverley's Independent Funeral Director

Born and raised in **Beverley**, we are proud of the funeral services we offer to our local community.

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WHAT IS PROTECTION AND WHY DO I NEED IT?

The value of protection insurance is clear. Cover brings peace of mind that the people you care about most will have a financial safety net should the worst happen.

Protection policies paid out a record £8 billion in life, critical illness and income protection claims in 2024, according to figures from the industry's trade body the Association of British Insurers¹. None of us know what's round the corner. Yet many of us still cross our fingers, and trust that 'it won't happen to me'.

Different types of insurance protection

The rule of thumb is, if you value it - protect it. Different types of protection insurance exist, depending on what, or whom, you need to protect, and for how long. The three most widely available are life assurance, income protection and critical illness protection.

Income protection pays a percentage of your income so you can continue to cover bills and outgoings, if you're unable to work or lose an income unexpectedly.

Life insurance pays out a lump sum on death. The policy should be written in trust, to ensure the monies can be paid without probate and so, it won't be liable to inheritance tax.

Critical illness cover pays out a lump sum if you suffer a specified illness such as a stroke, cancer or an event such as a heart attack.

Protecting your income protects your family

Income protection is more than just a safety net,

particularly if you're self-employed. It protects your family and your way of life. When you're self-employed, responsibility for your health and welfare, as well as your pension, passes to you, instead of being taken care of by your employer.

An income protection plan replaces a percentage of your income if you can't earn, meaning you can continue to pay the bills, make mortgage repayments, and simply stay afloat. These policies should not just be viewed as protecting your standard of living but as insuring an income-producing asset: you. Protecting yourself, your standard of living and your health can be far more valuable than protecting your material possessions.

The impact of losing an income can send shock waves through a family

If you're the main household earner, it can have a huge impact. Especially if you don't have any of the cover or benefits that might come as standard if you work for an employer. Often, the question isn't whether or not to get protection, but whether you can afford to live without it.

Income protection also means you're protecting your longer-term savings and investments too. If you're suddenly unable to earn, you wouldn't need to raid your savings to pay the bills.

Your protection checklist

- Would your family be financially secure if you couldn't work, suffered a serious illness or died?
- Do you have a 'rainy day' cash fund that you could live on for six months?

- Would you be able to afford to keep up payments for the family home if you or your partner lost your income?

What do life assurance and life insurance policies cover?

Life assurance - sometimes used interchangeably with life insurance - pays out a tax-free lump sum on death. So you know that your family will be well-provided for if the worst should happen. Life assurance policies can also be useful if you're expecting to pay inheritance tax and want to make sure your family can cover it. If the life assurance policy is written in trust, the pay-out sits outside your estate, so it won't be counted in an inheritance tax assessment but could help cover the tax bill. Life insurance covers you for a fixed term, not the whole of your life. These fixed term protection policies are useful when covering a financial commitment that will reduce or end in the future, such as a mortgage, or school fees.

Do I need critical illness cover?

All protection cover is about de-risking your financial situation and that of your family - so it's always a personal choice as much as it is a prudent one. Critical illness cover plans provide a lump sum if you're diagnosed with one of a large number of specified illnesses. The cover can be for a specific time period or for your whole life. Given that we are all living longer, a critical illness policy, whether the monies are used to assist with recovery or to cover loss of income, may be one of the most important for your future financial resilience.

Protecting others in the family

You may consider helping other family members.



We replace uncertainty with **clarity, confidence, and control** so you can focus on the freedom of living your life.



How We Can Help You

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- Retirement Planning
- Investment Planning
- Long Term Care Planning
- Corporate Financial Planning

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SJP Approved 20/01/2026



01482 379504



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www.navigationwm.co.uk

Although you can't take out a policy on your children. It may make sense to help them financially afford protection for themselves. Helping family members with insurance often pays for itself in terms of your peace of mind.

What could happen if I don't get protection?

Many people who have to take time off work due to illness or mental health events say they had used savings to get them through their convalescence period. But this can add extra stress at a difficult time if you feel your savings pot is being depleted.

The recommended amount of savings for an emergency fund is three to six months' expenditure. This can act as a buffer if you're between jobs, for example, or see you through higher living costs. But you can't rely on it for a long period of time. It can take years to build up this level of emergency funds, but a matter of weeks to run them down, depending on your financial commitments. In some cases, one household crisis could empty out a rainy-day fund entirely. For this reason, it is important to consider how you and your family would cope financially in different scenarios, such as job loss, serious illness or death.

Why protection matters

Taking out life assurance or critical illness protection could be the most far-sighted and potentially life-changing pieces of financial planning you'll ever do. If you should need it, it's invaluable.

If you've got a question about protecting you or your family, do get in touch with us at Navigation Wealth Management, www.navigationwm.co.uk or call us on **01482 379504**.

Please note that these plans do not have a cash-in value and will stop if payments to them cease. The levels and bases of taxation, and reliefs from taxation, can change at any time and are generally dependent on individual circumstances. Trusts are not regulated by the Financial Conduct Authority.

Source:

¹ Record £8bn paid out in vital protection claims during 2024. Association of British Insurers. 14 July 2025.

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RECLAIM YOUR CONSERVATORY - ALL YEAR ROUND

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tilled roof, so you can enjoy it all year round.

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Every installation is covered by building regulation certification, an insurance-backed guarantee and a 40-year warranty.



office or dining area, gained without the cost and upheaval of moving house.

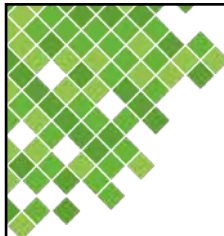
To book a free, no-obligation site survey, call Cherry Group on **01482 770621**, email **info@cherrygroup.uk** or visit **cherrygroup.uk**




Cherry Group does far more than simply replace a roof. The team also carries out minor building works, including opening a wall to connect the conservatory to the house, adjusting brickwork for new French or bi-fold doors, or reworking window openings. All handled by one trusted local team.


The result is a brighter, warmer, quieter space: a second living room, home








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IAN HARRISON - UNDERSTANDING THE IMPORTANCE OF PREPARATION AND PROTECTION

Summer brings a host of jobs, inside and out, so when carrying out these jobs around the home, it is important to protect fixtures and fittings from damage.

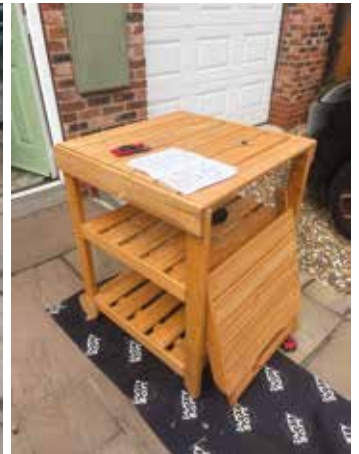
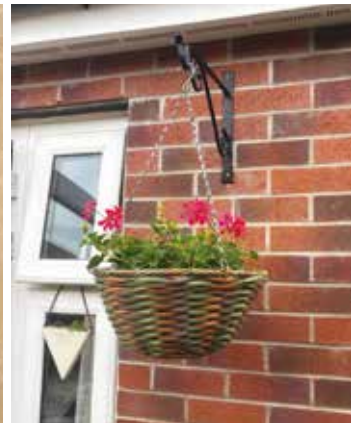
Fixtures such as doors, windows, radiators, kitchen units, sinks, light fittings carpets, and floorings can be expensive to repair or replace if they are scratched, stained, or broken during work. Taking a few simple precautions can save both time and money.

Ian commented, "Before starting any task, the work area should be cleared as much as possible. Furniture and movable items should be removed or covered with dust sheets. Fixed fixtures can be protected using plastic sheeting, masking tape and protective covers. For example, dust sheets should be placed over floors and nearby fixtures to catch dust and debris".

Good housekeeping is essential. Handymen ensure that they keep the workspace tidy, removing waste regularly to prevent trips, spills, and accidental damage. Sharp objects, paints, or chemicals are stored safely when not in use, removed from the house or garden.

Ian added, "Key to the job finishing well I remove protective coverings carefully to avoid causing damage. I like to plan ahead, using suitable protection methods, for the job in hand, ensuring projects inside or outside are completed to the customers satisfaction".

Ian Harrison - Beverley's Handyman.
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BRINGING COLOUR INTO THE GARDEN

The colour of plants you purchase for your garden is a very personal thing. It is a means of defining different areas, and those that will highlight the seasons.

Early in the year when the spring flowers arrive the senses are given a natural lift, hope and optimism are instilled, drifts of white snowdrops appear leading your eye to a plant such as the lime green *Euphorbia characias* subsp. *wulfenii* which in the photograph below both encases and highlights the water feature.

It is a stunning long-lasting plant which can be grown in many locations. The colour and texture of a plant all adds to the impact in the garden.



Another point to consider is the use evergreens, which in turn will give the garden a natural structure, a background and a textural outline from which to plant both annuals and perennials.

The colour of an annual flower can be adapted and revised each year allowing you to change the image of the garden, something as simple as changing from pink to white will create a new design. The impact it will have on your garden will encourage you to experiment further. The same can be done with pots.

I'VE BEEN THINKING... SAYS COLIN RAYNOR

The month of July this year has I suggest at least two events worthy of mention both involving people enjoying themselves and indeed perhaps making history.

American people all over the world will stop and give thanks on the morning of July 4th for something that took place 250 years ago. On that day nineteen American colonies severed their political ties with Great Britain and became a sovereign State in their own right. They adopted the Declaration of Independence despite the fact that King George III of England considered it an act of rebellion and refused to sign it.

In the years that have passed since that memorable occasion the links between the two countries have always remained strong. The land mass of the United Kingdom is 90,000 square miles with a population of around 59 million whilst the total land mass of the USA is around 3,531,905 square miles and a total population of 349 million.

That is a real difference between the two countries and there are numerous other differences, from their speech, to their money, and many other aspects of their life style. I would however urge every English person, who is able, to cross the pond to America at least once in their lifetime and see for themselves some of the most famous landmarks in the world.

Light levels can also be a major factor. I have a rose that is grown over a metal trellis in the shape of an upturned boat called 'The Pilgrim'. It is what I would term a yellow/white rose which at 10 o'clock in the evening is an incredible feature to look at from the house, the definition and the shape of the roses highlights the woodland area, creating an amazing nucleus of colour.

Another perennial which I recently put into a planting scheme for a client was *Leucanthemum vulgare* or more commonly known as the ox-eye daisy. After doing some research on the plant I found it had the name of the 'Moon Daisy' because it glows in the dark! We will wait to see what it looks like when it comes into flower.

The reading terrace although in semi shade has benefitted from the purple *Rhododendron* which requires a soil pH of 4.5-6.0. This was planted in a pot of ericaceous compost a number of years ago. The textural combination of the *Trachycarpus fortunei* and the *Rhododendron* has created an outstanding visual entry and exit point.

To take the image further through the year there is a rose called 'Princess Alexandra of Kent' which has produced an abundance of flowers already. It is planted next to the reading terrace, a rose



Grand Central Station is no more than ten minutes walk from Times Square in New York City. I did not see the trains but I remember standing in awe of this world famous building and recalling how many times I had seen this station in famous films over the years.

But I am not here however as a tour operator but as an individual who had so many wonderful experiences in the USA that will remain with me all my life.

It is however the people of America, as it is in any country, who will leave a lasting impression on you. So it is at this point that I offer you a word of advice. I have always tried to believe that if I take time to look deep enough I will find good in most people I meet. Do not let the media, of whatever kind, shape your opinion of people you have never and may never meet. It is very easy today

that also grows well in semi shade.

Jobs in the Garden

To ensure there is a good supply of roses keep deadheading and also if they are climbers tie them into the structure. Take off the dead flowers from the *Rhododendrons*, be careful not to damage the shoots. Any buds that didn't open remove also.

The *Hellebores* foliage often turns brown so remove these stems and cut back any old flowers preparing them for the coming season. If you find some have seeded, then pot these up and you will get a generous supply of plants for free!

As soon as the *Euphorbia characias* subsp. *wulfenii* are going over cut the flowering stems to the ground this again will ensure a good display for the following year. Do be careful however with the sap and make sure you are wearing gloves.

Remove any vegetables and salad crops that have gone over and prepare the ground for a new planting. Tomatoes and cucumbers can be planted out, make sure the supports are strong but also visually enhancing. Keep sowing salad seeds to ensure you have a good supply to take you through the summer months and also prepare for the winter season with crops such as Kale and Leeks.

One of the classic phrases is 'Grow what you eat' it is certainly one to adopt, think about how you can add to the dish you are going to cook for supper that night by simply going out and cutting a few leaves. There is nothing better than home grown food.

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

to be overwhelmed by the media. We have been fortunate to meet many Americans in different parts of that vast country and you know, the majority are just honest and caring people trying to live a good life just like you and me, and like us struggling to understand what it is their leaders are talking about half the time.

So when we remember their 250th Anniversary let us, in all sincerity, say God Bless America.

Now about that other event I mentioned which is of course the FIFA World Cup, starting on June 11th and ending with the 104th match final on July 19th.

In between those dates teams from forty eight countries will compete on a knock out basis in sixteen different stadiums in Mexico, Canada and the United States. Fans of each country will have travelled from all over the world to support their national football team.

So, if only for a few weeks, thousands of people will join together in what we trust will be friendly rivalry as they cheer on their teams. The sadness and sorrow that is brought about by nations in conflict with each other will not go away. But if sport can allow people to enjoy life, if only briefly, that is surely a good thing.



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FOOTBALL LEGEND STUART PEARCE BACKS CHARITY CAMPAIGN FOR MORE PUPPY TRAINING VOLUNTEERS IN EAST YORKSHIRE

Football legend Stuart Pearce has teamed up with Yorkshire-based charity Hearing Dogs for Deaf People, which trains life-changing hearing assistance dogs, to launch a new campaign encouraging people to volunteer as a hearing dog puppy trainer.

In a new tongue-in-cheek video for the charity, Pearce - known for his passion, grit and iconic penalty moments during his time at high-profile football clubs - urges people to join the 'Best Club Ever' by volunteering to train a hearing dog and transform the life of someone who is deaf or has hearing loss.

The charity is urgently looking for more volunteers in East Yorkshire, particularly Hull and Beverley, to help train their life-changing hearing dogs and its campaign, supported by Stuart, aims to highlight the benefits of becoming a puppy training volunteer.

As well as training dogs that will help deaf people to rebuild confidence, connection and companionship, volunteers for the charity also make new friends, learn new skills and feel a real sense of community with other people doing the same thing. No previous experience with dog training is necessary and all costs are covered by the charity.

Stuart Pearce said: "I've been part of some brilliant teams in my time, but this is a club that really changes lives. The volunteers at Hearing Dogs are incredible, and it's been a joy to help shine a light on the work they do."

Andy and Ness Readhead from Hull say that volunteering as puppy trainers has had a hugely positive impact on their lives: "The pride that comes each time the puppy you're training progresses and 'gets' what you're asking them to do, is huge", said Andy.

"Knowing that you have helped make that happen, and that every step brings them closer to changing someone's life, makes it even more rewarding.

Andy with hearing dog puppy-in-training, Tod.



Sage, the first hearing dog puppy Andy and Ness looked after.

"Volunteering for Hearing Dogs has had a hugely positive impact on our lives. It has helped us understand how to train a dog and to read their body language. The trainers have been invaluable in helping us train both our pups and are always at the end of a phone."

David Robson, a spokesman for Hearing Dogs for Deaf People, said: "We are so grateful to volunteers like Andy and Ness for giving up their time to train our pups, and to Stuart for lending his support to our new campaign.

"Our dogs are trained to alert deaf people to important sounds such as smoke alarms, intruder alarms, alarm clocks, doorbells and even the sounds of a baby's cry - all sounds that could otherwise be missed. They provide lots of love and companionship too, which is just as important as many people who are deaf or have hearing loss can feel isolated and cut off from their friends, families and communities because of their invisible disability."

More information on joining the 'Best Club Ever' by becoming a volunteer dog trainer can be found at www.hearingdogs.org.uk/volunteer-puppies

Photo Credits: Paul Wilkinson Photography.

BEVERLEY AC - KEEP ON RUNNING

There has been a huge choice of local events, both on the road and on trail terrain, with a range of distances on offer!



To kick off this month's accolades, it is a huge congratulations and well done to Jody Horth on completing his bucket list endeavour, the Comrades marathon in 10:46:26, a time well within the 12-hour cut-off time and earning him a well-deserved Bronze medal!

This iconic race is 86kms with an elevation of 1,800 metres and was founded in 1921 to commemorate the death march of South African soldiers through East Africa during WW1.

For Jody this race was unfinished business from 2015 when he was forced to retire at 75kms. He describes the humidity "like running in a bowl of soup" and the "Big 5" hills of the Up course which

runs from the coastal town of Durban to inland Pietermaritzburg which is so intense it "makes Spout Hill look like a gentle slope.

The Leven 10K saw Jacob Jorna the first Beverley AC runner to complete in 00:35:57, followed by Neil Ribey (00:39:10); Thomas Jorna (00:40:26).

Not content with just running, some members like to include a swim and a cycle to their event, as did Simon Pick competing in the European Age Group Triathlon Championships in Tarragona.

Racing in the Standard Distance event (1.5kms swim/40kms bike/10kms run), Simon completed in a time of 2:30:10.

Others opted to join the teams of pacers who make the enjoyment of so many runners undertaking their racing challenges, and many congratulations to Usha Chapman who was part of this year's London Marathon pace team who have set a new Guinness World Records title for Most Accurate Pacers in a Marathon, defined as the number of official mass participant pacers who finished within one minute under their target pacing finishing time!

If you have been inspired to take on your own running challenge, we look forward to welcoming you to our



next race, the Viking Pest Control Walkington 10kms and the Westwood Mortgage Advisers Walkington fun run which takes place on Friday 10th July.

This is a great opportunity to get your weekend off to a flying start!

Some last few places are still available. Further details and information can be found on the club's website.

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





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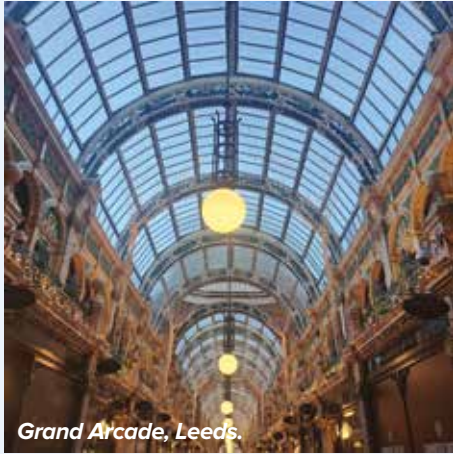
CLASSIC CAR NIGHT HELD IN SCHOOL LANE CAR PARK - WEDNESDAY 17TH JUNE



LET'S VISIT THE NEIGHBOURS - WEST YORKSHIRE & THE DALES

For this fifth and final article suggesting day trips to our neighbouring areas, we go a little further afield to sample the delights of West Yorkshire and the glorious Yorkshire Dales.

Here we will find vibrant cosmopolitan cities, traditional market towns, pretty villages and stunning landscapes. I will base my suggestions around these four things.



Grand Arcade, Leeds.

Leeds is a city close to my heart as I lived there for four years as a young student. It is a city full of splendid buildings, striking heritage ones such as the Town Hall, Grand Arcade and countless old pubs such as Whitelocks, as well as thrilling modern ones like the Royal Armouries.

The city art gallery and museum are both excellent and free. A special plug for the wonderful old cinema at Hyde Park, a mile north of the centre.

Just 9 miles away, Bradford has much to offer too, especially the National Media Museum and world class curries.

This part of Yorkshire has many wonderful towns, three of my favourites are all easily reached from Leeds.

Knaresborough is beautifully situated in the Nidd gorge. It's a place for strolling and admiring the views.

Ilkley is an exceptionally elegant former spa town, with fine shops, lovely tearooms like the famed Betty's and bracing walks on the adjacent moor, without hats of course!

Nearby Otley is more workaday, but the river Whafe is lovely here and Weegmann's sells the best pork pies in Yorkshire!

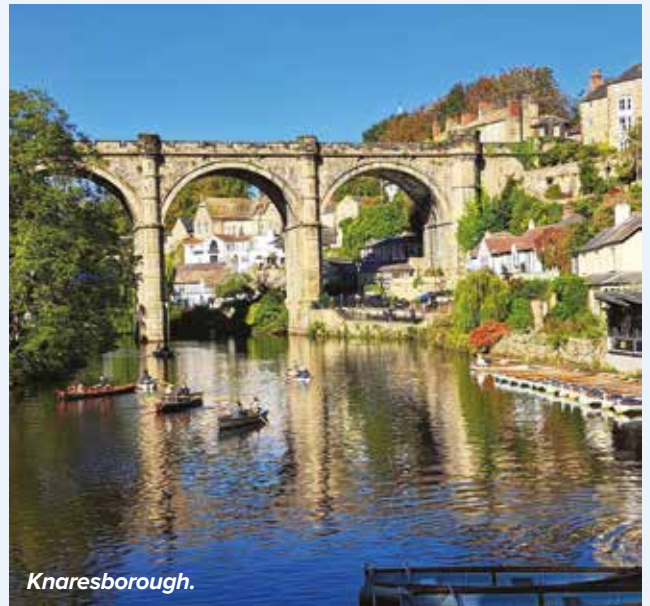
The region's fine villages are even more numerous, they include Malham, Gargrave, and Hellifield, the latter two have rail connections to Leeds.

The absolute star attraction of this region are its sublime landscapes, especially the dramatic limestone ones around Grassington, Malham, and Settle.

The classic circular walk from Malham, taking in Cove, Tarn, and the waterfalls of Gordale and Janet's Foss is highly recommended.

Wherever you head this summer for your day trips or short breaks, enjoy, and remember you can't do better than to spend them in Yorkshire!

Ian Richardson, 7/6/26.



Knaresborough.



Gordale near Malham.



Gargrave.



Hyde Park Cinema, Leeds.



Otley.

MAKE A DATE FOR THE BEVERLEY ARMED FORCES DAY

On Saturday 4th July 2026, the Defence School of Transport at Normandy Barracks, Leconfield will open its gates to the public for Beverley Armed Forces Day - a free, family-friendly celebration of Britain's Armed Forces, and this year bigger and better than ever.



This is a rare opportunity for local families to step inside an active military base, and this year the event is packed with compelling content delivering an unforgettable day of performances, exhibits and great that the Gurkhas are back and who knows, maybe special German VIP guests!!

- The Army's Strongest Man and Woman competition - watch elite military athletes lift cars, pull trucks, and hurl Atlas stones in a gruelling all-day contest culminating in a prize giving at 15:45.
- Approximately 150 classic cars from the East Yorkshire Thoroughbred Classic Car Club on display.
- Live entertainment from The Party Nuts, the Gurkha Dance Group, Cadet Bands, and the Beverley District Pipe Band.
- Tuckers Funfair with free rides and attractions for all the family.
- Stealth Racer Formula 1 Simulator and Virtual Battle Space (VBS4) military training technology - open to the public for the first time.
- Joining DST on the day: 4 Yorkshire Regiment, 150 Transport Regiment RLC, and the Queen's Own Yeomanry.
- A free bus service provided by Acklams running throughout the day from Wylies Road, Beverley.

This year is also particularly special as it marks the **30th anniversary of the Defence School of Transport**, making it a significant milestone for the local military community and the wider East Yorkshire region.

For more information follow www.facebook.com/DefenceSchoolofTransport

SCHEDULE OF EVENTS - Saturday 4th July 2026

10:00 - 10:10: Welcome and Flag Raise

10:15 - 11:15: Army's Strongest Man & Woman - Event 1: Car Deadlift

11:30 - 12:30: Army's Strongest Man & Woman - Event 2: Monster Dumbbell

12:30 - 12:45: Gurkha Dance Performance

13:00 - 14:00: Army's Strongest Man & Woman - Event 3: Bag Throw

14:00: Cadet Band Performance

14:00 - 15:00: Army's Strongest Man & Woman - Event 4: Truck Pull

15:00: Beverley District Pipe Band

15:00 - 15:45: Army's Strongest Man & Woman - Event 5: Atlas Stones

15:45 - 16:00: Strongman & Strongwoman Prize Giving Ceremony

Tuckers Funfair, classic car displays, military vehicle displays, Stealth Racer F1 Simulator, VBS4 virtual training experience, and food and drink stalls are available throughout the day.



BEVERLEY ARMED FORCES DAY 26

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SATURDAY 4 JULY 2026
1000 - 1600

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MILITARY VEHICLE DISPLAYS • LIVE MUSIC & DANCING
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Our current collection of properties showcases the very best of Yorkshire Wolds living, including exclusive homes in sought-after villages such as North Dalton and Huggate.

Surrounded by beautiful countryside yet within easy reach of Beverley, these locations offer an enviable balance of rural charm and modern convenience.

One of our latest releases is a stunning luxury bungalow set on a large, landscaped plot in North Dalton, offering spacious, beautifully appointed accommodation designed for modern living. With generous proportions, a stylish interior and an exceptional specification throughout, it perfectly reflects the quality and attention to detail that have become synonymous with Liebre and Sovereign.



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Whether you are searching for a brand-new luxury home, a beautifully renovated property or your next move within East Yorkshire, we would be delighted to help.

Jayne Morgan, Link Agency - Personal Estate Agent, Working in partnership with Liebre Developments and Sovereign Build.
Tel: 01482 699007
Web: www.jayneatlinkagency.co.uk



PLAYING THE MIND GAME FOR SUCCESS

Do what you love as a job, and you never work a day in your life is an often-used quote and has been running through my mind over the last couple of days as I have had several exciting and fulfilling conversations with my hypnotherapy clients.

Although I qualified as a clinical hypnotherapist over 25 years ago, I still notice that excited sense of anticipation when I'm preparing for a session, whether it's a new client that I've chatted with on the phone or someone that enjoys regular hypnotherapy. I still get that buzz as I prepare, knowing that each session is completely unique... wondering how much I can plan and how much will be completely *in the moment* and inspired.

As the FIFA World Cup 2026 fills our screens, I was relating this experience to that of how the footballers might approach a tournament, mind management and tactics being equally important to the physical preparation for the game.



I began investigating elite athletes and how they prepare and some common themes came up: tennis star Serena Williams talks about increasing her confidence and self-belief and managing pressure using mental strategies; Novak Djokovic specifically references meditation and breathing techniques to control thoughts.

This brings the mental balance that takes these sports starts from being exceptional players to the most consistently dominant performers in the history of tennis. In football, mindset and discipline create greatness and the story of David Beckham is often cited when he stayed back after training sessions to practice free-kicks, thereby building automatic consistency through repetition.

So, is it true to say that elite performance is rarely just "talent" but the result of deliberate practice **plus** mindset **plus** patience? Probably, but how can mindset techniques and hypnotherapy achieve this?

Current England Captain Harry Kane talks about visualisation (mental rehearsal), routine and consistency (good habits), staying confident and reframing "mistakes" and recovery and sleep routines as being fundamental to achieving results.

Of course, hypnotherapy is well known for helping people visualise positive

outcomes, whether it's in the sporting arena, on an international stage or speaking confidently at the local village hall meeting or delivering the wedding speech.



Negative habits can also be transformed and instead of identifying as "one of the lads" and heading off with them after training, a new discipline and personal identity to stay back and perfect those goal shots is the instinctive new action. The inner self sabotage language can be converted to being your inner coach and most ardent supporter, all through the power of your mind.

And if you're in any doubt about the enduring success of mind strategies, boxer Muhammed Ali is still often lauded as the greatest athlete of all time alongside basketball star Michael Jordan, both of whom cited mental preparation and radical self-belief as being influential, if not key to them becoming not just exceptional athletes but regarded as the best of all time.

This summer, whether you're ploughing up and down the pool, smashing those volleys across the court or launching the ball into the back of the net, what new strategies can you adopt to be "the greatest" in your arena?

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

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How to spot when an older loved one may need additional support

It isn't always easy to judge when a loved one may need additional help with day-to-day living, particularly if they are living with dementia or have other health needs. However, there are some subtle indicators and clues that can signal that the person may not be coping and may benefit from support, either from members of their family or from professional caregivers.

Physical indicators

This might include the person becoming disorientated and getting lost in familiar places for those living with dementia. Other signs might be weight loss or looking unkempt which may suggest the person is having difficulty attending to their nutritional or personal hygiene needs. Bruising or similar injuries may indicate an increase in falls or accidents caused by physical and cognitive decline.

Emotional changes, including increased distress

Family members often notice subtle but growing changes in a loved one's behaviour, like increased anger, frustration, anxiety, or withdrawal.

If your loved one has dementia, they may also become rude, swear more, or lash out, which is linked to brain damage affecting their ability to process the world around them. These shifts can be signs that they need more support.

Safety warning signs

Signs that your loved one may need help include neglecting their safety, like forgetting medication, leaving appliances on, or leaving doors unlocked. If their home is unusually messy or has expired food in the fridge, it could indicate they're struggling with everyday tasks. These are important things to watch for when assessing if they need extra support.

What to do

Raising concerns about a loved one's declining abilities can be tough, but starting with open-ended questions like "How are you feeling?" can help. Offering practical support, like helping with shopping or housework, is a gentle way to assist without overwhelming them.

It's also helpful to consult their GP, who can provide guidance and point you to local resources and support. Patience and understanding are key in these conversations.

Nestled in the market town of Beverley, Beverley Parklands is a CQC 'Outstanding' rated care home offering residential and specialist dementia care on a permanent and respite basis.

Our beautiful care home is designed with residents in mind and features

many luxury facilities including a café, two bars, hair and beauty salon and bowling green. Choose from a tastefully decorated bedroom with an en-suite bathroom, or a premium suite - perfect for couples or individuals who prefer a little more space. Outside there are large, landscaped grounds, an enclosed courtyard garden with raised flower beds and a stunning balcony and roof terrace.

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To find out more about our luxury care home, call 01482 262 163 or visit careuk.com/beverley-parklands

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SUMMER ADVENTURES START WITH A FULL BATTERY

With the warmer weather arriving, many of us start making the most of it. Whether it's a day out on the Yorkshire coast, a weekend away in the countryside, or simply visiting friends and family, summer usually means more time spent on the road.

For electric vehicle owners, one of the biggest advantages isn't actually the car itself - it's having the ability to charge at home. Many energy suppliers now offer dedicated EV tariffs that provide heavily discounted electricity overnight.

While standard electricity might cost around 30p per kWh, some off-peak EV tariffs can be as low as 7p per kWh. Depending on the vehicle, that can reduce your running costs to around 2p per mile, compared with around 15p per mile for many diesel cars. The savings can add up surprisingly quickly.

It's not just about cost either. Waking up every morning with a fully charged vehicle means less reliance on public charging infrastructure and less time spent planning journeys around charging stops.



For many EV owners, home charging quickly becomes one of the biggest benefits of owning an electric vehicle. If you've been considering installing a charger, there is still financial support available for some groups, including certain landlords, tenants and business owners.

The available grants and eligibility criteria do change from time to time, so it's always worth checking the latest guidance. Another thing many people don't realise is that a professionally installed EV charger isn't simply connected and left. The installation should be properly certified and, where required, the local electricity network notified so everything is correctly recorded and compliant.

As more drivers make the switch to electric vehicles, home charging continues to be one of the easiest ways to reduce running costs while making day-to-day driving more convenient.

If you'd like to understand the options available, we've put together a straightforward guide on our website, and we're always happy to have a chat if you have questions.

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GET OUT AND ABOUT THIS SUMMER WITH FOX MOBILITY

Fox Mobility, based in Beverley, are there to help people who use mobility aids. They understand the importance for people to get out and about during the summer and how it can provide many important health and welfare benefits.

Spending time outdoors encourages physical activity, which can help maintain strength, flexibility, circulation, and overall fitness.

Fresh air and sunshine can also contribute to better physical health by supporting vitamin D production, which is important for healthy bones and the immune system.

Anne added, "Our customers enjoy significant mental health benefits, just by being outside in pleasant weather, it helps to reduce feelings of stress, anxiety, and isolation. Visiting parks, community events, or local attractions provides opportunities for social interaction, helping people



stay connected with friends, family, and the wider community".

Paul added, "Summer outings increase confidence and independence. Using mobility aids to access shops, leisure facilities, and outdoor spaces allows individuals to participate more fully in everyday life. In turn it can improve self-esteem and quality of life".

Overall, regular outdoor activity during the summer promotes better physical health, mental wellbeing, social inclusion, and greater independence for people who use mobility aids.

For all your mobility needs, inside or outside, get in touch with Fox Mobility.

Fox Mobility: 110-112 Walkergate, Beverley, East Yorkshire, HU17 9BT.
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BEVERLEY & EAST RIDING GOLF CLUB CELEBRATES A SUMMER OF SPORTING SUCCESS, COMMUNITY SPIRIT, AND GROWTH

Beverley & East Riding Golf Club is enjoying a vibrant summer season, marked by high-level sporting achievements, successful community events, and a renewed commitment to inclusive growth. From hosting prestigious county championships to nurturing the next generation of golfing talent, the club continues to solidify its place as a cornerstone of the regional sporting community.

Sporting Excellence and Emerging Talent

The club is proud to celebrate significant milestones in individual and team performance. New member Millie Russell, who joined the club with a +1 handicap, is currently competing in the English Women's Stroke Play Championship at Ganton Golf Club, showcasing the high standard of talent the club attracts.

Alongside Millie's success, our members are excelling on the national stage: Assistant Professional Lewis Taylor has been competing in the PGA Assistants' Championship qualifiers, while Richard Norton has represented the club in the Scottish Senior Men's Open Stroke Play Championship.

Furthermore, the team of Jamie Gill, Rich Norton, and Dave Jackson successfully defended the club's position in the YUGC Division 4 Team Championship.

Regional Prestige: Hosting the County Finals

Demonstrating the high quality of the course

and the club's operational strength, Beverley & East Riding Golf Club recently had the honour of hosting the Yorkshire County Ladies Foursomes Finals on June 16th. This event highlights the club's capability to deliver top-tier regional competitions and reinforces its standing within the Yorkshire golfing community.

A Hub for Community and Charity

Beyond the fairways, the club continues to foster a strong community spirit. The recent President's Weekend (June 27th-28th) featured a celebration of golf culminating in a Charity Auction in aid of the Daisy Appeal, with members contributing generously through both attendance and advance bidding. Additionally, the clubhouse is embracing its role as a social hub, opening its doors to members and families for a relaxed environment to view England's World Cup fixtures, complete with live screenings and refreshments.

Growing the Game: The "Women in Golf" Initiative

In an effort to secure the long-term future of the sport, the club has launched a structured "Women in Golf" membership drive. This initiative offers a clear pathway for new lady golfers, providing a 50% discount on subscription fees in the first year

and a 25% discount in the second year. Already seeing successful uptake, this program aims to strengthen the Ladies Section and build a more diverse, welcoming environment for all players.

"We are incredibly proud of our members' achievements and the way our club has come together this summer," said Martin Baltazar, the Club Captain. "Whether it's competing at a national level, hosting county finals, or welcoming new members into our community, the future at Beverley & East Riding Golf Club looks bright."

For more information about Beverley & East Riding Golf Club, please visit <https://beverleygolfclub.co.uk/>



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



Join Our Women in Golf Membership Initiative

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HISTORY ON THE WESTWOOD - EACH HOLE TELLS A UNIQUE STORY

The Beverley Westwood is one of the most historic areas of common land in England, with origins dating back to the medieval period when local residents were granted grazing rights.

Covering around 550 acres, it has long been used for farming, recreation including cricket and football played around the Black Mill, along with horse racing and golf.

The area is famous for its open pasture, grazing cattle, and iconic windmills, including the Black Mill and Anti Mill. The Beverley and East Riding Golf Club, founded in 1889, is one of Yorkshire's oldest golf clubs, located on the Westwood.

As you explore the Westwood, you will note and maybe wonder how each golf hole is given a unique name and how the hole names reflect local history and landmarks. Over the next few months we will take you on a journey covering all the 18 holes of the course and revealing the history to the hole.



Where better to start than Hole Number 1, The First Tee, **"The Gallop"**.

This hole is linked to horse-training activities on the Westwood, golfers start their round with a dog-leg right par 4. Otherwise known as the 'Tan' Gallop.

Towards the centre of The Westwood lies a circuit formerly used from circa 1690 for horse racing. In 1853 the main racecourse was moved to its current site on the upper Hurn area of the common although horses continued to be trained on the original 'Gallop' until 1988.

Beverley was once known for its leather tanneries and much of the tanning bark waste was used to help line the track. A section of the



The Gallop.

Gallop lies approximately 75 yards short of the first green.

tan(v).c. 1400, tannen, in part from late Old English tannian "convert hides into leather" (by steeping them in liquid containing tannin), from Medieval Latin tannare "tan, dye a tawny color" (c. 900), from tannum "crushed oak bark," used in tanning leather.



The Second Hole is known as **"The Hummocks"**:

This hole, a Straight par 4. Named due to the undulations and former grass bunkers along the hole. These gentle undulations, noticeable on many of the fairways, were formed by the felling and excavation of trees which were once a prevalent feature across the common. Large scale felling of these trees began in the 16th century. Trees were sold off in their hundreds during the 17th century for building supplies.

The roots were dug out and smoothed over to improve the quality of the land. This explains many of the smaller hollows and undulations.



The Third hole, **"Mill Vale"**: A Gentle downhill dog-leg left, par 5. This hole follows the route down to where one of five Windmills across the common once stood. The Low or Fishwick Mill



The Hummocks.

is referred to in the 1640's and therefore the earliest recorded windmill on the common. Sadly, it was completely dismantled in 1856.



The fourth hole **"Jubilee"**: This Par 3. named in celebration of Queen Victoria's Platinum Jubilee in 1897, a line of lime trees were planted along the side of Newbald Road. To this day these magnificent trees remain a prominent feature. Due to extensive root growth, the 4th and 7th greens have been required to undergo a slight change in location.



Jubilee.

These names preserve important connections to Beverley's landscape and yesteryear.

Beverley and East Riding Golf Club continue to do a fantastic job in maintaining the heritage and connection to the past, while also ensuring the Club is highly valued throughout the golfing world with its unique history and connection to Beverley's growth.

Over the past eighteen months, several Beverley and East Riding Golf Club members led initially by Paul Fowler, Captain of the Club in 2025, and more recently Kenton Wright, East Yorkshire Golf Passport have formed a Heritage Working Group. Their aim whilst progressive is to help preserve, celebrate, and promote the Club's rich history.

Since its formation a wealth of valuable data has been collected by using previous information held by the Club, from the East Riding Archives, old newspaper articles and even stories from previous generations of Club members past and present.

Much of the new information will prove to offer a further awareness of the connections the golfers and the public have to the glorious Westwood landscape. **Kenton Wright**.



Mill Vale.



ED THOMPSON - WELLNESS ON HOLIDAY



Holiday season is here and the time for a well-deserved break is coming soon. Whether the break involves lots of walking, cycling, visiting tourist destinations or is simply spent relaxing on a sun bed, the typically desired outcome is that you come back feeling refreshed, re-energised and ready to get stuck back into the trials of regular life once again.

To achieve the outcome of true restoration and to improve wellness as a result, many factors may need to be considered to ensure this. Unfortunately, most holidays are not designed for deep and certain rest. Usually, there are composed of some of these happenings: moderate to high alcohol intake; a total breakdown of usual sleep and wake times; dehydration; low-nutrient, calorically dense foods; lack of movement and potentially even financial overreaching, leading to stress and negatively impacting wellness as a whole.

In order to get the most out of your break for your health and wellbeing, slightly changing the hedonistic and impulsive culture of typical British holiday behaviour will need to be considered.

The best place to start is sleep and wake times. Having a consistent sleep and wake schedule is easier maintain whilst at home and living the routine day to day life. On holiday this may change, especially if travelling across time zones. Although this cannot be dealt with easily, it is best to start with planning ahead and having a target time - give or take half an hour - of when you want to wake up on holiday and when would be sensible to go to bed and sleep. It is important

to design this so at least seven hours of sleep is protected.

Alcohol intake may be another issue. Despite being typically demonised in the industry of wellness, it does have one specific benefit - it is a social lubricant and can increase the joy and fun of being around others. So, to completely eliminate it may be not be necessary or even advised, realistically. That being said, it can be consumed in a smarter way.

The main detriment of alcohol is its negative effect on sleep quality. I hear constantly how people say it helps them sleep. This is simply wrong - alcohol depresses and sedates the nervous. Sedation is not the same as getting deep, restorative sleep. So drinking earlier in the day - giving your body time to metabolise the alcohol - is the best practice here. Moderation is still advised however.

In regards to food, a week or two of eating low-nutrient, calorically dense, ultra-processed is not going to have a significantly negative impact on your long term wellness. But I would urge you to consider how you want to feel on your precious time away. The aforementioned food choices will leave you feeling sluggish and likely craving more due to their strong palatability and low nutrient density. The most well-known impact of this will be seen on the scales when you get home.

For many, this jolts them into cleaner eating or more exercising but they usually wind up chasing their tails every time they go away. It's a form of yo-yo dieting associated with excessive indulgence of high calorie foods and alcohol whilst

away, combined with little daily movement. A few added kilos can be frustrating to get off after the holiday and maybe it would be better to consider your choices and avoid this cycle.

In regard to exercise, my advice is basic. Focus less on 'exercising' or 'workout out' and simply focus on not staying sedentary too long. You don't need to go to the hotel gym every day. You just need to move little and often to burn some calories throughout the day and to keep natural energy levels up.

Lastly and simply, hydration often gets neglected. High sodium food and alcohol will dehydrate if insufficient level of fluids are not consumed all day. It does not need to be plain water, but any liquids other than alcohol are usually a good choice throughout the day. Even coffee and tea, typically described as diuretics, actually have a net positive hydrating effect - especially when taken with milk.

In summary, holidays are a special and precious time. Why would you want to spend that time not feeling great? And why would you not want to return back home feeling truly restored? Perhaps think about if there is anything you could change in your holiday lifestyle for the better - you deserve to feel great, all year round!

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



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

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 TENNIS



Where are the Ducks?
 Answer on Page 37.

QUOTE FOR JULY

Remember, whatever you do
 will make a difference.
 Make it a positive one.

WHERE IN BEVERLEY?

Where in Beverley can you find this landmark? Answer on Page 37.



WHAT IS IT?

Can you work out what this obscure image is? Answer on Page 37.



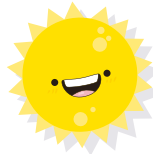
EXPRESSIONS

What do they mean and where did they come from?

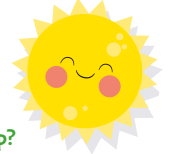
"I'll go to the foot of our stairs"

A statement to express profound astonishment, disbelief or shock on hearing some news. Believed to come from going to the bottom of the stairs to shout shocking news up to the rest of the family.

COMEDY CORNER



Why are soccer players so cool?
 They play in front of 1000's of fans.



What is the most common mis-spelt blood group?
TYPO

Why wasn't Cinderella selected for the Ladies Football Team?
 She kept running away from the ball.

What time do tennis players go to bed?
Tennish.

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CARE AND SUPPORT IN EVERY DESTINATION



As I write this article announcements have recently been made advising that travel to the Middle East is beginning to feel possible again for many UK travellers, but the picture is still nuanced and can change quickly.

That is exactly why it is so valuable to have a trusted travel professional on your side: someone who can interpret the latest advice, sense-check your plans and wrap everything in the reassurance of a properly protected package.



Rather than relying on headlines or social media snippets, working with an experienced travel professional means your holiday is shaped around the most up-to-date guidance, not yesterday's news.

Before recommending any destination or routing, I review the latest official travel advice, look at local

rules and entry requirements, consider flight options and then translate all of that into clear, practical guidance: what it means for you, on your dates, with your travelling party.

Just as important as where you go is how you book. Choosing a fully bonded package holiday is one of the most powerful ways to protect yourself. When flights, accommodation and key elements are booked together as a package, you benefit from robust financial protection and clear rights if circumstances change.

If advice shifts, flights are altered or a supplier fails, you are not left to battle with multiple companies on your own. You have structure, legal backing and a dedicated person to turn to.

This protection and support was invaluable to our Travel Counsellors clients during the pandemic and our reputation in how we dealt with that crisis showed that we are trusted travel professionals and both you and your money are very much in safe hands.

That support does not stop once the booking is confirmed. In the run-up to travel, I am there to deal with any changes that might affect your trip and keep you informed.

While you are away, if something unexpected happens, you have a



direct line back to someone who knows your plans in detail and can step in to help put things right. It is a world away from being passed between anonymous call centres.

Knowing that wherever you are in the globe you have professional support to proactively find solutions and be there to guide you is worth its weight in gold.

Often it is not until you find yourself in these difficult situations that you realise that the best way to travel is with the backing of a travel professional with the legal backing of a fully protected package.

Every journey I design is tailored: destination choices that fit your comfort levels, handpicked hotels with strong safety and service standards, and itineraries shaped around what you love, whether that is spa downtime, cultural exploration, family fun or fine dining. The aim is always the same: a holiday that feels exciting and inspiring, but also considered and well protected.

The landscape will continue to evolve, and advice may shift again. What should not change is your expectation of expert guidance, financial security and genuine care. When you are ready to look at travelling, choosing to book through a trusted travel professional, on a fully protected package, is one of the simplest ways to give yourself the peace of mind you deserve.

If you would like to talk through ideas or sense-check plans you already have in mind, I will be here to help you navigate it all, calmly and confidently.

Amanda McConnell, Travel Counsellors.

Tel: **01482 770540**

Email: amanda.mcconnell@travelcounsellors.com

Web: www.travelcounsellors.com/amanda.mcconnell

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PRECAUTIONS WHEN CYCLING IN SUMMER HOT WEATHER

Cycling during hot summer weather can be enjoyable, but it is important to take precautions to stay safe.

Always carry enough water and drink regularly to avoid dehydration. Wear light-coloured, breathable clothing to help keep your body cool, and apply sunscreen to protect your skin from harmful UV rays.




Try to cycle during the cooler parts of the day, such as early morning or evening, and avoid the hottest midday temperatures. Plan your route carefully and take regular breaks in shaded areas if needed.

A cycle helmet can make a significant difference to safety. In the event of a fall or collision, a helmet helps protect the head by reducing the impact force, lowering the risk of serious head injuries.

Cycling gloves also improve safety. They provide a better grip on the handlebars, especially when hands become sweaty in hot weather. Gloves can also protect the hands from cuts and abrasions during a fall and help reduce vibration and fatigue on longer rides.

Together, sensible precautions, a helmet, and gloves can make summer cycling safer and more comfortable.







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View dates and times www.beverleyminster.org.uk
Price £12.

Every Monday

Together in Grief Group Walks

6.30pm. Morton House, Morton Lane, Beverley.
Cost: Free. Group walks for those who are bereaved. TiG walks are easy-paced, group walking sessions to help people cope with the loss of loved ones.

Every Wednesday Morning

Tai Chi Class

10.30am-11.30am, CLCGB Building, George Street, Beverley. Come and feel the benefits of learning Tai Chi. Ideal for beginners. Cost £6.00 per person. First class is FREE. To book a place and for more information please contact Shaun 07854 306762 or by email shaun-sun@hotmail.co.uk

4th Wednesday of the Month

Beverley Ladies Who Latte

New venue - King's Head, Beverley. 10am-12pm.

Until Sunday 26th July

Beverley Puppet Trail

www.beverleypuppetfestival.com

Until Saturday 29th August

May The Toys Be With You

New Star Wars 'May The Toys Be With You', FREE exhibition, showcasing one of the UK's finest collections of vintage Star Wars toys and original cinema posters, from 1977 - 1985. Beverley Art Gallery. First Floor of Champney Treasure House, Champney Rd, Beverley, HU17 8HE.

Friday 3rd July

Beverley Racecourse

Evening Racing featuring DJ after racing.

Saturday 4th July

Beverley Racecourse

Summer Saturday featuring Chris Moyles DJ.

Joint Choral Concert

With St Mary's Church Choir and The Lyndhurst Singers. Entry £10. Tickets on the door. Free for children and students in higher education.

Tuesday 14th July

Beverley Racecourse

Afternoon Racing.

Wednesday 15th July

Cherry Burton Arts

Black Umfolosi African singing / dancing workshop. The St Michael's Centre, Cherry Burton. 6pm-7pm. The evening show in St Michael's Church is at 7.30pm. Tickets via wegottickets.com £5. Email: info.martin.peirson@gmail.com

Sunday 19th July

Cherry Burton Village Show

The Sportsfield, HU17 7SD. 1pm-6pm. Adults £7.50, U16 £2.50, U5 FREE.

Monday 20th July

Beverley Racecourse

Skybet GRIY Summer Festival (Evening Racing).

Tuesday 28th July

Beverley Racecourse

Family Fun Raceday.

Saturday 8th August

Beverley Pride 26

Main Event 12pm-6pm, Flemingate. Pride after-party 6pm til late at Firepit.

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THE COMEDY OF ERRORS
15th July



MARK HARRISON
8th August



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