

Cottingham Times

and District

Issue 289 - April 2026

Magnolia
House



A Word from our Chairman

As we move into April, Easter celebrations are in full swing at Magnolia House, with a range of themed activities planned for residents to enjoy together.

Alongside these celebrations, residents will also be taking part in Park Lane Healthcare's annual arts and crafts competition. This year's theme is spring, and we are looking forward to seeing the creativity of residents across all seven of our homes. The finished pieces will be displayed around the home, creating a colourful seasonal showcase.

For anyone interested in learning more about our vibrant community, please feel free to reach out to Lindsay Altoft, our registered manager, at lindsayaltoft@parklanehealthcare.co.uk, or visit our Facebook page for a glimpse into our daily lives.

Chris Lane, Chairman, The Park Lane Healthcare Group

Last month, residents at Magnolia House celebrated Mother's Day with a special afternoon tea accompanied by live music. The celebration brought residents together with family and friends to enjoy refreshments, music and good company, creating a warm and relaxed atmosphere and providing a lovely opportunity to mark the occasion together.



A trip down memory lane at Streetlife Museum

Residents recently enjoyed a trip to Hull's Streetlife Museum, where the historic buses, trams and cars sparked many fond memories. Residents shared stories about travelling on similar vehicles in years gone by and spoke about family members who owned cars like those on display, while the traditional sweet shop also proved a highlight, reminding some of places they had visited or even worked in.



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Hard Water Horrors?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water: limescale, soap scum, streaks, and spotting—the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances, it is only natural to want to keep them sparkling and pristine, and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers, and appliances and keep everything at peak efficiency and performance year after year.



Amazingly, the softener doesn't stop there; it will also undo the previous years of scale build-up in existing plumbing and appliances, and over a period of 12 months or so, it will gently dissolve away the limescale.

Cleaning and caring for the kitchen and bathroom is transformed with a softener; there is no need for harsh chemicals, scrubbing, or elbow grease; a rinse and wipe-down are all that are needed.

How will I find room for a water softener, they are huge aren't they?

Well, yes, they used to be, and indeed, some of the older styles and more basic "builder grade" softeners still available are on the bulky side. However, the good news is that there are now compact, non-electric "consumer range" softeners that are the size of a tower computer, superbly efficient, and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power; they are kinetically powered by water flow and are pre-set by our skilled installer to give perfectly soft water all of the time. There are no dials to set or flashing lights to look out for; it's all perfectly simple and perfectly soft.

I don't want to be moving big, heavy bags of salt around; has this been improved?

Yes, indeed, it has. I am pleased to say that 2.15Kg salt blocks are now available, which makes storing and replenishing salt much easier. Salt can be delivered directly to your door or picked up from our Hull shop as required.

All the above benefits of a softener will not be at the top of most long-term softener owners lists of reasons they would not be without theirs; they almost all say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry.

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In Cottingham and District

The deadline for entries in the May 2026 "What's On" section, is no later than the 17th April.

Cottingham Civic Hall Film Shows

Thursday 2nd April - the film will be **Downton Abbey – The Grand Finale (2025)**.

Cottingham Methodist Church

Thursday 2nd April - 10am-12noon– Discover the Easter story in a hands-on creative way! Join us for a morning of crafts, colour and discovery as we explore the journey from Palm Sunday to Easter Day. Everyone welcome as we create and uncover the hope of Easter together.

F4 Photographic Group – Cottingham's Friendly Camera Club

Thursday 2nd April - Members Night photographing with Steve Littlewood.

Thursday 9th April - Competition: BDI Round 6. Hope & Member Presents - Martin Byrne.

Thursday 16th April - Bluebell Photography - Northcliffe Woods (Day). Visit by Brooklands Photographic Society.

Thursday 23rd April - Competition - PDI Round 7 - Creatures Making their Homes & Member presents Cameron Thompson.

Thursday 30th April - London Salon - British Photographic Society. We meet at 7.30pm every Thursday evening at Cottingham Civic Hall.

Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 2nd April - Michelle Beadle - Amy Johnson Aviator. In the Skidby Village Hall.

U3A Cottingham

Thursday 9th April - 'Inn and out at the top' – tales of life at the highest pub in Britain Neil Hanson is a hugely engaging storyteller and award winning speaker, and his talk 'Inn and out at the top' is a laugh a minute tour of the quirks and foibles, highs and lows of his time running Britain's highest inn back in the 1970s and 1980s.

East Yorkshire Embroidery Society (EYES)

Saturday 11th April - in the Darby & Joan Hall, Finkle Street, 2pm for 2.30pm. Members £2. Visitors welcome from 2.15pm (£3). Melanie Grange will make 'An Introduction to Needle Felting'. For further details contact eyesembroidery@gmail.com

Skidby Village Hall

Sunday 12th April - Easter Craft Fayre Comes to Skidby Village Hall Residents and visitors are warmly invited to a delightful Craft Fayre. From 11:00am.

Hull and East Riding Astronomical Society

Monday 13th April - 7.30 pm (doors open at 7.15pm). £4.00 visitors. "The Search For Life As We May or May Not Know It" Guest Speaker: Tim Old (HERAS/BROUGH Member).

Front cover: Memorial Gardens, Cottingham.
Photo: Courtesy Paul Lakin.

Cottingham Men's Deluda Society

Wednesday 15th April - Karina Papp - Yorkshire Air Ambulance.
Wednesday 29th April - Paul Schofield - Hull Parks and Gardens.
Meetings held at the Willerby and Kirkella Social Club, 51A Main Street Willerby HU10 6BY. Meetings 1.30 pm for 2.00 pm. Cost per meeting paid at the door £4.00.

Hull Stamp and Postcard Club

Wednesday 15th April - Dr Michael Waugh will speak on 'Siam'.
Wednesday 6th May Edith and Rodney Knight will speak on 'Spanish Tapas -Sahara and Ifni'. Meetings are in the Arlington Hall at 1.30pm. Doors open at 1pm. Visitors and prospective members welcome. For further details please contact the secretary robertfmcmillan@gmail.com

Little Weighton Gardners

Friday 17th April - 7.30pm. Doug Stewart - Talk on a new way to garden. LW Village Hall. £3 per talk. Contacts: Prue 01482 844461 and Sylvia 07714 089289.

East Yorkshire Woodturners

Tuesday April 21st - 7pm, Skidby Village Hall. (Doors open 6.30pm). Woodturning demonstration by Ian Ethell Professional Woodturner. The club meets on the third Tuesday evening each month. Non-members are always welcome (£10.00 entry) - no need to book in advance. For more information about the club, please visit the club's website: <https://eastyorkshirewoodturners.org.uk>

Hull and East Riding New Stitchers (HENS)

Tuesday 21st April - Spring With Louise - Practical. Third Tuesday of the month in the Darby & Joan Hall, Finkle Street, at 7.15 pm to 9.15 pm. Website: www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 21 st April – Sarah Lenton: "Everything you need to know about The Royal Ballet in 60 minutes". At 10.45a.m. Lazaat Hotel, Woodhill Way, Cottingham. Non-members welcome. Guest tickets £5.00. For further details contact Membership Secretary, Andrew Frankland-Barber. (tel.07843784763).

East Riding Flower Club

Monday 27th April - Our demonstrator is Louise Jones from Wallasey. Doors open 1230 to start at 1p.m. Civic Hall, Cottingham. £8.50 for visitors. E-mail eastridingflowerclubinfo@gmail.com for further information.

Keep Fit & Line Dancing Classes

In the Darby & Joan Hall, Finkle Street, Cottingham.
Keep fit Mondays 10am-11am or 11 15am-12 15pm chair exercises then low impact aerobics
Line dancing Tuesdays 10am-11am beginners are welcome

Contact Janet Trew M.BATD (SB) A.BATD (JB)
01482 666794 or 07773 189990.

Alternative Aquatics

Is a local self-help group providing gentle exercise for people with back & mobility problems in warm water. On Thursdays, 4.45–6pm term-time, at Hydrotherapy Pool, Frederick Holmes School, Inglemire Lane, Hull. Cost is £52/ 13-week term. Places now available; for info or a free trial, call Karen (807072) or Steve (826873)

Arterian Singers

Do you enjoy singing in a group? Arterian Singers rehearse weekly at Cottingham Methodist Church, Hallgate, Cottingham, Tuesday evenings at 7.30. We are a friendly mixed voice choir singing a variety of music and welcome new members. For more information ring 07597 459 000.

Continued page six

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Cottingham Little Theatre presents... 'Enchanted April' by Elizabeth von Arnim

Adapted for the stage by award winning playwright
Matthew Barber.

"To those who appreciate wisteria and sunshine..."

The play begins in a Ladies Club in London on a dark and dreary day in February, 1922. Lotty Wilton, a housewife from Hampstead, feels that something is missing in her life. Her deep sense of sadness and disappointment is not helped by her overbearing, bumptious husband who dominates her life.

Always a dreamer, Lotty's imagination is fired by an advertisement she spots in 'The Times'. For Lotty, suddenly there is the possibility of something better- the warmth of the Italian sun, the sweet scent of the flower garden, the soothing sound of the sea and the promise of April being a truly enchanted month. Instantly, without thought to the practicalities, Lotty sets about making her dreams into reality.

For her plans to work, Lotty will need to convince others to join her. She approaches Rose, a lady whom she has noticed in Church but never spoken to before. The devout, respectable Rose is alarmed by Lotty's suggestion, telling her husband that she has met a 'most unusual woman'. Although intrigued, Rose has no intention accepting the invitation. Lotty will also attempt to recruit the crotchety and cantankerous Mrs Graves who lives her life in the past, and the glamorous socialite Lady Caroline, both of whom carry the weight of sadness and loss deep within themselves. Will they agree to join her? Will April in Italy meet Lotty's fervent expectations or is there more trouble ahead?

CLT ambitions to secure the rights to perform this play have been a long time in the making. Director Lynda Danby is delighted to see the play finally coming to fruition, and directs the cast with energy, enthusiasm and ambition. Our talented costume department have worked with diligence to ensure that the costumes are an accurate representation of the era. With her usual sense of dedication to the task, our 'props' manager is also working tirelessly to ensure that everything is in place. The inspired set design brings an ambience to the play, and the lighting and sound effects combine with this to transport the audience back in time. This gentle comedy certainly has the 'feel good' factor and is guaranteed to make you smile.

Performances are on Thursday 7th, Friday 8th and Saturday 9th of May, at 7.30pm. Tickets are on sale from Saturday 4th April from the wonderful team at Barker's Newsagents, Cottingham (cash only please, £10 per ticket). Alternatively, book from 4th April onwards via the CLT ticket hotline 07955 138061 or by email at 1920clt@gmail.com.

For any accessibility issues, please contact us in advance via the ticket hotline or email so that we can ensure your needs are met. A big thank you our lovely regular audience members for their support past and present. Your loyalty is much appreciated! New audience members are assured of a very warm welcome.

East Yorkshire Fly Dresser's Guild.

Enhance your fly fishing skills and experience by joining like-minded fly fishers. We are a thriving group keen to learn and share the skills you need to create flies that catch fish. The club meets on the first Tuesday of each month, July and August excepted. We meet monthly (September to June) at the Conservative Club, in Beverley. All welcome - please email cyfdg.sec@gmail.com.

Rebecca's Colouring Club.

Colouring Club for adults. All materials provided. Plus tea and coffee. Just £5 entry. Every Thursday evening 7-8pm. In the Mark Kirby Hall, (at the side of St. Mary's Church), Cottingham, HU16 4DD. Email rebeccaharbottleart@hotmail.com or search Rebecca H Art on Facebook for more info.

Cottingham Cricket Club

We run three Saturday sides, a Sunday side and junior teams from U9 to U15. Cottingham Cricket Club Junior training continues all through winter. Starting at 7pm every Friday night at South Hensley School sports hall. We welcome new members at any level. In the Summer, junior training is on a Friday evening with coaching sessions for all formats during the week. For any further information please contact Matt Aled at cottinghamcc@hotmail.co.uk or on Mobile 07986 329441. We are Clubmark Accredited and all Coaches are DBS checked"

Scottish Country Dancing

Monday nights in Arlington Hall with qualified teachers. New dancers welcome 6.45 - 8.15 pm. Main class 7.30 - 9.30pm. £3 per session (first session free) including refreshments. No partner necessary. A great way to keep active and have fun. Find us on Facebook or our website, RSCDSYork.com. Contact Joyce Cochrane 01482 871790 or Lynne Brooks 07834 992027.

Kirk Ella and Willerby Short Mat Bowling Club

Welcome new members at St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA. Mondays and Thursdays, 2 - 4 pm (Sept - April). Summer, only Mondays. Come around 1.40pm. For new bowlers, 1st session is free. Club bowls available to borrow. Bring flat soled shoes. Contacts: Ian or Brenda 01482 650157; email hgih@hotmail.co.uk; visit website: <https://sites.google.com/view/kewshortmatbowls/home>.

Cottingham Food Bank

Cottingham Food Bank is open every Wednesday from 10am to 11.30pm. For £2.00 you will be able to select eight items from our shop style display and in addition refreshments are available in the Church hall next door. You can find us behind Zion Church, Hallgate Cottingham (access via left hand passage). All welcome.

The Cottingham Community Garden Group

The Cottingham Community Garden Group [CCGG] meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF [Far right corner past last polytunnel] - All welcome. Find us a Facebook or visit us to find out more.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9.30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482 840637.

Continued on page eight

Medieval Jousting spectacular returns to Sewerby Hall and Gardens this Easter

Sewerby Hall and Gardens' ever-popular Jousting event returns this April, bringing live action entertainment to families, visitors and Medieval enthusiasts alike.

The day features England's number one jousting team from Nottingham, who will bring approximately 20 jousters and their horses, including the Black Knight and Sir Michael of York.

Taking place on Sunday, 5 April, the event which feature jousting displays at 1pm and 2.30pm.

The event will take over the front field with visitors being entertained by 'rival' jousters seeking to strike their opponent for points.

Councillor Nick Coultish, cabinet member for culture, tourism and leisure at East Riding of Yorkshire Council, said: "This popular event which is part of the Easter programme at Sewerby Hall and Gardens is sure to draw in the crowds.

"This fast-paced and action-packed event is a great way for families and visitors to enjoy something different whilst enjoying the beauty of Sewerby Hall and Gardens."

The Clock Tower Café will be open and serving a variety of food and drink for those who requires a refreshment during the event.

Standard admission charges to Sewerby Hall and Gardens apply.

Here you can see the fun from 2025's Jousting event: Sewerby Jousting Day 2025

To find out more about Sewerby Hall and Gardens and see opening times, visit: [Home](#)

To explore what's on this Easter, visit: [Easter](#)



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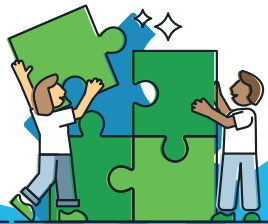
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What's On - Continued from page six

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings, 7pm-9pm except second Thursday each month. All are welcome to any session and can borrow woods if required Please bring flat soled shoes. For further information please contact Mike on 07889 007 005.

Cottingham Bowling Club

Our Indoor Bowling sessions are now in full swing, and are staged every day of the week at varying times, at our New Village Road clubhouse.

Outdoor bowling sessions will commence at the end of April, in preparation for the 2026 outdoor League season which commences in May and will see the Club enter 12 different League competitions.

The Club are to hold a Spring Coffee Morning on Saturday April 11th 2026 at 10.00a.m. were existing and new members will be made most welcome. New members for the Indoor and Outdoor sessions will be made most welcome and for further details please do not hesitate to contact our Recruitment Secretary Lesley Davy (Tel. 846611).

Windmill Walkers seek new ramblers

The club was established in 1999 with its base in Skidby, which at the time had a working windmill, hence the name Windmill Walkers. The club currently has just over 50 adult members who reside throughout East Yorkshire. Each year, we concentrate on a programme of weekly Wednesday walks starting at 10:00am covering distances between 5 and 7 miles taken at a steady pace.

We usually have a short break during the walk for a drink and snack. At the end of the walk, there is usually an option to enjoy an organised meal or drink with some of the group at a local pub or café. Membership is just £10 per year to cover essential expenditure for third party insurance for leaders and members as well as website fees. The club is affiliated to the Ramblers as we support their aims and objectives in protecting and maintaining Public Rights of Way.

Most walks take place within the East Riding with some further afield to North Yorkshire and over the Humber Bridge. Your own transport is recommended, but car share can be offered on occasions. Our usual number of members attending each event ranges between 20 and 30 per walk.

As mentioned, we have a comprehensive website where you can explore various aspects of our activity including details of previous walks to show the variety under the tab 'Routes'. Under the tab 'Documents' there is our Membership Form with the e-mail address of the club Secretary Jackie under 'Contact Us' tab. www.windmillwalkers.org.uk

If you would like to meet members and try a couple of free taster walks, you will be very welcome. Walks planned to date are shown on the website under 'Walks this Year' tab. Please wear suitable clothing and footwear and with our fickle weather, always carry a rainproof outer garment.

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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles
www.instinctivehorsetraining.co.uk



Appeasement & Displacement Behaviours in Horses and Dogs

I hope you find this a useful article to better understand your horse or dog. Avoid labelling observable behaviour with human type descriptives and see it for what it is - valuable information and very real communication about the emotional affective state your animal is in at that moment in time. Look at the context, the situation, the environment or reflect on your ask. The answer is inside all of that so you can adjust, back off, stop or rethink. It's important because nobody wants their animals to feel conflict in our presence.

What Your Horse or Dog Is Really Saying: Appeasement vs Displacement.

Today I am looking at two important categories of behaviour that help us understand how our horses and dogs cope with stress: **appeasement behaviours and displacement behaviours.**

These behaviours are subtle, easy to miss, and often misunderstood as 'naughty', 'stubborn', or even 'guilty' (a term very much used with dogs!). But they're early communication signals. When we learn to spot them, we can respond with empathy and prevent bigger problems later.

Appeasement Behaviours.

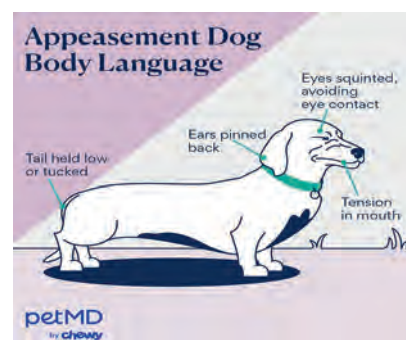
Let's start with **appeasement behaviours.** These are social signals. The animal is saying: 'I'm not a threat. Please be gentle with me.' 'I want to keep things calm.' 'I'm trying to avoid conflict.' They're directed towards another individual — a person, a horse, a dog.

Examples in Horses

- Lowering the head when someone approaches
 - Licking and chewing during moments of tension
 - Turning the head away instead of meeting pressure head-on
 - Approaching in a soft curve rather than straight
 - Blinking softly or averting the gaze
- These are all ways a horse tries to keep the interaction peaceful.

Examples in Dogs

- Lip licking when someone leans over them.
- Lowering the head, the body or crouching.
- Turning the head away from direct eye contact, rapid blinking.
- Offering a paw slowly.
- A low, tentative tail wag.



These behaviours aren't 'submission' in the old-fashioned sense — they're communication. They're saying: 'I'm uncomfortable, but I'm trying to keep things friendly.'

Displacement Behaviours

Now let's look at **displacement behaviours.** These aren't social signals. They're coping strategies.

The animal is saying: 'I don't know what to do right now.' 'I'm conflicted.' 'I'm feeling pressure and need a moment. These behaviours appear out of context — they don't match the situation.'

Examples in Horses

- Grazing suddenly when they're not hungry.
- Yawning when they're not tired.
- Shaking the head during confusion.
- Scratching or rubbing when asked to perform a task.
- Sniffing the ground during training difficulty.

These behaviours tell us the horse is mentally stuck between options — maybe they want to respond, but they're unsure or overwhelmed.

Examples in Dogs

- Sniffing the ground suddenly during social pressure.
- Shaking off when nothing is wet.
- Scratching or grooming themselves midinteraction.
- Yawning during training.
- Sudden, irrelevant behaviours like looking away or freezing.

These are classic signs of internal conflict — the dog is trying to self-soothe.

Why This Matters.

When we recognise these behaviours early, we can adjust what we're doing before the animal feels the need to escalate into avoidance, flight, or aggression.

Appeasement and displacement behaviours are your early warning system. They're the animal's way of saying:

'I need you to slow down.' 'I'm trying to cope.' 'Please make this easier for me.'

Responding to these signals builds trust, reduces stress, and creates safer, more ethical training sessions."

What Owners Can Do

When you see these behaviours:

- Pause what you're doing.
- Reduce pressure or intensity.
- Give the animal space or time.
- Break the task into smaller steps.
- Reinforce calm, confident behaviour.

Small adjustments make a huge difference to both welfare and learning.

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A Day of Aspiration and Big Ideas: Our 2026 Learner Conference

This week The Consortium Academy Trust hosted its annual Learner Conference—one of the most inspiring dates in our calendar. It's a day that brings together learners from a number of schools, including a brilliant Year 9 cohort from Cottingham High School, to stretch their thinking, broaden their horizons and connect with peers who share their drive to grow, adapt and aim high.

For Cottingham High students, the conference offered a chance to collaborate with learners from different settings, share ideas and experience the energy of learning in a wider group beyond their own school.

Held at the University of Hull, the event gave Cottingham students the excitement of exploring a world-class campus—an experience that, for many, was their first time stepping inside a university. Walking through real lecture spaces and working with university partners helped spark imaginations and encouraged them to picture the future paths that may one day be theirs.

Throughout the day, Cottingham students took part in workshops facilitated by the Humber Outreach Programme and

Hull Children's University. These sessions challenged thinking, built confidence and helped students recognise their own strengths and incredible potential.

A highlight for many was the keynote from Martin Burder of *The Art of Brilliance*. With humour, energy and authenticity, Martin explored how confidence and mindset shape success—and how small, brave steps can lead to big changes. His message about positivity, taking chances and backing yourself resonated strongly with Cottingham students.

Staff and students alike described the day as uplifting and full of memorable moments:

- “The students loved every minute of it!”
- “We really enjoyed all the activities throughout the day and everyone learnt loads.”

Acts of kindness and encouragement were visible everywhere—from supportive teamwork to thoughtful reflection. The 2026 Learner Conference once again showed what happens when young people come together with open minds and big aspirations: they inspire each other to be brave, reach higher and grow in ways they didn't know were possible.

Marie Curie street collections raise £1,010 for nursing care

On Saturday 7 March Marie Curie volunteers held their 28th street collection in the village and raised the amazing amount of £1010.

This will be used to provide free nursing care to people with any terminal illness, and give help and support to their families.

Many thanks to everyone who helped in any way, by donating their money or their time.

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Wordsearch - Flowers

Can you find the hidden words. They may be horizontal, vertical, diagonal, forwards or backwards.

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

Find the words in the letters above:

Alstroemeria, Amaryllis, Anthurium, Aster, Baby's Breath, Bell Flower, Bird of Paradise, Bouvardia, Calla, Carnation, Chrysanthemum, Clematis, Cornflower, Daffodil, Daisy, Delphinium, Forget-me-not, Foxglove, Freesia, Fuchsia, Geranium, Gerbera, Ginger, Gladiolus, Golden Rod, Heather, Hollyhocks, Hyacinth, Hydrangea, Iris, Lavender, Lilac, Lily, Lisianthus, Marigold, Orchid, Pansy, Peony, Petunia, Rose, Snapdragon, Statice, Stock, Sunflower, Tulip, Violet, Yarrow.

Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 225

This is an easy challenge this month - Answer on page 29

2		7		6	9	8		
	3	5						
1		9	4					3
			8	4				
	2			5		1	3	
		1	2	7				
			6	2			7	8
								5
7								

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You can travel with Confidence...

Life in travel is always something of a rollercoaster—and a timely reminder of why our role as professionals is so important. When you book with us, your holiday comes with full financial protection and complete peace of mind.

Many travellers choosing DIY holidays may have noticed that standard insurance policies often don't cover cancellation due to war or geopolitical events. With our fully protected holidays, you're in safe hands—should the unexpected happen and a trip is cancelled, you will receive a full refund. Even better, while refunds are being processed, we will happily secure you an alternative holiday with no additional payment required.

Thankfully, we've seen very little disruption to our departures. Many of our clients choose to fly from Humberside via Amsterdam, and even when travelling east, these routes avoid affected airspace. Cruise lines such as Regent Seven Seas continue to adapt brilliantly—reworking itineraries to ensure guest safety, often with the added bonus of generous future cruise incentives. A real win-win.

What we are seeing, however, is increasing demand for destinations closer to home, European escapes, and journeys heading west—meaning availability is becoming more limited. Booking early has never been more important.

"Escorted Touring Month" is now in full swing with special discounts on various departures. Now is the perfect time to discover the joys of travelling with like minded people. Escorted tours offer a wonderful way to explore, with expert guides bringing destinations to life while you enjoy all the must-see sights without the stress of planning.

Both Emma and I are passionate about touring and cruising—it's the ideal way to experience multiple cities, countries, cultures, and breathtaking scenery, all in one unforgettable holiday.

Keep an eye on our Facebook page and website blog for updates, or better still, give us a call on **01482 212525** to join our mailing list.

We look forward to sharing more ideas, booking your next adventure, and looking after you every step of the way—you really will be in very safe hands. and 24/7 support while you are away.

We look forward to hearing from you where ever in the world you are looking to travel **Marion & Emma x**

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02 Jul	Cruise ship Experience - Regent Seven Seas Grandeur	£ 175
05 Jul	"The Azores" 10 day guided tour scenery, culture & wildlife	£3100
19 Aug	Sailing the Dutch & Belgian Waterways—a short flight to/ from Amsterdam Ultra luxury Amadeus Star .on Request.	£2254
07 Sep	Kent's Castle & Gardens 5 days exceptional tour	£ 855
22 Sep	India's Amritsar, Shimla & more from Humberside	£2995
16 Oct	Llandudno, Tynedale Hotel - 5 day break Dinner B&B	£ 645
Nov	Christmas Lunch on the Rails day out 25th & 26th	£ 115
28 Nov	Regent Seven Seas Grandeur Caribbean Cruise from	£POA
19 Dec	Royal Albert Hall, Kew & Windsor Castle 1 night B&B	£ 310
30 Dec	New Year in Southport - 4 days DBB with Gala Dinner	£ 549
2027	For additional tours ask about our special selection with CAB Travel	
21 Jan	Day outing Boundary Mills for the January Sales	£ 25
24 Jan	Luxury Winter warmer in the Lake District 3 nts DBB	£ 420
31 Jan	NORTHERN LIGHTS— 4 nights full board & Activities	£1279
01 Feb	Potters all inclusive resort meals, drinks & entertainment	£ 649
16 Apr	Treasures of Egypt cruise & tour 12 days from	£3640
01 May	Isle of Man a 7 day tour including a special Viking Event	£1195
27 Aug	Isles of Scilly - a 7 night holiday call for details	POA
04 Oct	Hidden Japan small group tour only 9 places	£6390
28 Oct	Tynedale Llandudno - Holly & Mistletoe 5 days	£ 665
20 Nov	Thursford Christmas Spectacular 2 days	£ 279
05 Dec	Canterbury at Christmas - 5 days Dinner B&B	£ 599

Please do not panic if the special departure you are booked on is not shown above - we have removed those that are now full.

STOP PRESS - River Cruising 2027 on sale Flying from Humberside Airport via Amsterdam

Treasures of Egypt - 16 Apr 27

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Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

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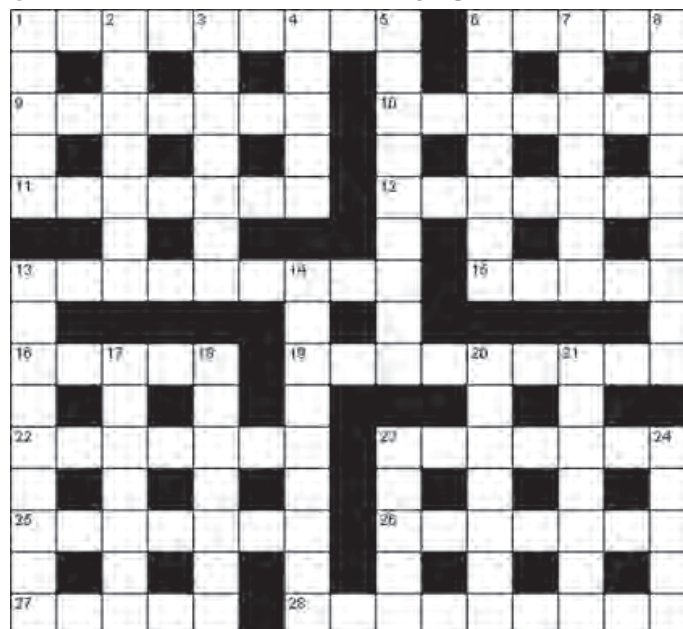
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Crossword – Solution on page 29



Across:

- 1 Lucky (9)
- 6 A family of African languages (5)
- 9 Used to spin yarn (7)
- 10 Stopped up (7)
- 11 Surpasses (7)
- 12 Bishopric (7)
- 13 Prediction (9)
- 15 Corrodes (5)
- 16 Classical music theater (5)
- 19 Water deposits (9)
- 22 Hunting guide (7)
- 23 Joins the army (7)
- 25 Flightless bird (7)
- 26 Exhilarates (7)
- 27 Loaded (5)
- 28 Swordsman (9)

Down:

- 1 A friction match (5)
- 2 Freight car (7)
- 3 Take one's clothes off (7)
- 4 Regions (5)
- 5 Hastened (9)
- 6 Bedchamber (7)
- 7 Lumps of precious metals (7)
- 8 Disrobes (9)
- 13 Ottoman (9)
- 14 Non-electric streetlights (9)
- 17 Gave off (7)
- 18 Breed of horse (7)
- 20 A parasitic disease spread by mosquitos (7)
- 21 Snuggles (7)
- 23 Additional (5)
- 24 Indian antelope (5)

Crossword courtesy of www.crosswordpalace.com

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Why more families are choosing help with probate

Dealing with probate after losing a loved one can feel overwhelming. A local East Yorkshire firm is helping families navigate the process with clarity, care, and practical support when it's needed most.



When someone close to you passes away, the emotional impact can be difficult enough without the added responsibility of managing their estate.

Many people are surprised to learn that being named as an executor on a Will comes with significant legal and administrative duties. From notifying banks and valuing assets, to dealing with HMRC and distributing inheritance, the process can quickly become time-consuming and, at times, stressful.

While some estates are relatively straightforward, others can involve property, multiple financial accounts, pensions or more complex family arrangements. Even smaller estates can require careful handling to ensure everything is done correctly and in line with legal requirements.

What does probate actually involve?

Probate is the legal process of administering a person's estate after they die. In practical terms, this often means identifying and valuing all assets, applying for the Grant of Probate, settling any outstanding debts or taxes, liaising with banks and financial institutions, and ultimately ensuring the estate is distributed correctly to beneficiaries.

For many executors, this is something they've never had to deal with before, and it can feel like a lot to take on — particularly at a time when they are also dealing with loss.

Some families prefer a fully managed service, where everything is handled on their behalf. Others may simply need guidance or help with certain aspects, such as applying for probate or dealing with documentation.

The Probate People offer flexible support to suit both, including fixed-fee options where appropriate, providing reassurance that there will be no unexpected costs.

Taking the next step

If you've been named as an executor, or are currently dealing with an estate, speaking to someone with experience can help you understand your responsibilities and options more clearly.

For a calm, informal conversation about your next steps, call 01482 651153.

Helping families through probate

with clarity and care.

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estate-probate.co.uk

Cottingham's Travel & Cruise Centre



A Personal Note from Josh (founder of Cotton Travel)

April is here, and with it comes that unmistakable lift in mood, that shared feeling across our community that summer is just around the corner, **conversations turn to holidays**, plans start to come together, and excitement builds. Over the past few weeks, we've also been reminded, very clearly, why booking with a trusted, local travel team truly matters. With the ongoing situation in the Middle East, every one of our customers affected was supported by our team, **we worked around the clock to make sure people were safe** and never left wondering what to do next. For those due to travel, we didn't leave them waiting for refunds that would take months, we stepped in immediately, rebooked new holidays, secured alternative flights, covered additional nights where needed, and in many cases paid for those solutions upfront ourselves. That's the difference. That's what booking with us means. It's not just about finding a holiday; **it's about having a team behind you when it really counts**. And what's been so powerful throughout all of this is the response from all of you. The messages, the kind words, it's been incredible. We've had so many people say the same thing: **they were so glad they didn't book online** with a faceless company, because when things mattered most, they had a local team they knew, trusted, and could rely on. The good news is things are improving, confidence is building. It's also important to remember that around 90% of the world remains completely unaffected and ready to be explored. And we're seeing that reflected right now in the **high demand particularly in Europe and the Caribbean**. Airlines are adding extra flights, but availability is changing quickly, and the best holidays are going fast. If you're thinking about getting away this summer, **now really is the time to act**. Another positive note: **Our escorted trips, they're not just holidays, they're shared experiences**. Travelling with like-minded local people, being looked after from start to finish, picked up from home, **travelling with myself and Scott**, and simply enjoying every moment without having to think about the logistics. Its travel made easy. Because of the demand in 2025/2026, **our 2027 trips are now open**. In February, we have our **adults-only Lapland Arctic adventure**, a four-day trip with a snowmobile safari flying direct from Humberside, now down to limited spaces. **Our Mekong River cruise** through Vietnam and Cambodia in March has just 1 cabin left, and hot off the press, in mid-October 2027 we have the **October on the Rhine**, eight days onboard Emerald's incredible luxury river ship, also flying from **Humberside**, due to a historic wait list we now have just a handful of cabins left. These trips bring people together in such a unique way, and with large group savings included too. If you'd like to join me on Lapland or the Rhine, please call me on 01482 680 580 and ask for myself, these will go quickly, just like our previous years. Your loyalty and choosing to book with us means the most. I remind you that our door is open, I hope to see you soon for a cuppa, a coffee, or maybe even a glass of bubbles, and a good chat about your next adventure... in the meantime **I shall now below tempt you with this month's special offers**, and on the adjacent page you will see this month's supplier of the month, Royal Caribbean who we are proud partners with, for exclusive discounts, book your next **Royal Caribbean/Celebrity cruise** with us! 😊 JC.

APRIL'S HAND PICKED SPECIAL OFFERS... BOOK FAST TO SECURE YOUR PLACE.

Kefalos, Kos, 15th May 26, 10 nts, bed & breakfast, from Manchester, wow only £369pp!
Agadir, Morocco, 12th Oct 26, 14 nts, bed & breakfast, from Leeds Bradford, only £489pp!
Majorca, Spain, 4th May 26, 7 nts, all inclusive hotel, from Manchester, wow £529pp!
Palma City Break, 28th Sep 26, 3 nts, room only, from Birmingham, only £389pp!
Budapest City Break, 11th Oct 26, 4 nts, room only basis, from Manchester, only £399pp!
Family of 4 Deal to Marmaris, 1st May 26, 10 nts, all inclusive, from Leeds, Only £1,599 TOTAL!
Family of 4 Deal to Disney Paris, 31st Aug 26, 3 nts, B&B, from Leeds, WOW ONLY £1,299 TOTAL!
C'an Picafort, Majorca, 22nd Sep 26, 11 nts, **half board**, central hotel, from **Humberside**, £949pp!
Antigua, Caribbean, 5th Oct 26, 10 nts, all inclusive, popular hotel, from Gatwick, £2,299pp!
Solo Puerto Rico, Gran Canaria, 2nd Jun 26, 7 nts, half board, from Leeds Bradford, only £599 wow!
Solo Guided Tour of Borneo, 9th Sep 26, 12 days, meals, trips & door to door pickup included, £3,775!
Iceland & New York Combo, 20th Feb 27, 6 nts, B&B, popular hotels, from Manchester, £1,049pp!
Dubrovnik & Montenegro Tour, 18th Oct 26, 8 days, meals/trips incl, **from Humberside**, £1,799pp!
Best of Scandinavia Cruise, 16th May 26, 14 days, full board, sailing from Southampton, £1,649pp!
Virgin Islands Yacht, 13th Dec 26, 8 days, all-inclusive **5 star luxury**, from Manchester, £3,899pp
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Magic of Spain Cruise, 4th July 26, 7nts, all inclusive, direct from **Humberside**, from £1,749pp!
Magical Danube River Cruise, 26th Oct 26, full board plus, flying from Manchester, only £1,198pp!
ABBA Voyage Trip, 3 days, 2nd May 26, departing from Hull, bed & breakfast, £239pp!
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www.cottinghamtimes.co.uk - April 17



The Haltemprice Art Group's Annual Exhibition to be held in the Cottingham Civic Hall

The 76th Haltemprice Art Group Annual Exhibition, was held in the Civic hall, Cottingham from Wednesday April 9th to Saturday April 12th.

The event was officially opened by ERYC Chairman, Councillor Linda Bayram. Councillor Bayram congratulated the Art Group, on the quality and diversity of the work on display.

Our adjudicator this year was Pauline Stannard. Pauline was tasked with selecting award winners for different mediums and subjects, a difficult job considering the variety of styles. She spent some time discussing the merits of each painting with her husband, also an artist.

A big 'thank you' to everyone who came along to see our work, your support of the art group is much appreciated. We welcomed almost 400 visitors over the four days, selling 34 framed paintings, 17 unframed and lots of our handcrafted greetings cards. These are just two of the messages from our visitor's comments book, "Amazing artwork-such talent" and "Fantastic paintings from talented local artists- thank you for sharing". This confirms the general consensus, that the Exhibition was an outstanding success.

As artists, we greatly appreciate the local response to our Exhibitions each year. We all paint or draw for our love of art. The enjoyment of spending time with others, who share our passion for art, is a bonus. The meetings are always "buzzing" with friendly chatter and laughter. When all our efforts are collated as an Exhibition, it really is the icing on the cake.

We already have our dates for our 2026 Exhibition.

We will open our 77th Annual Exhibition on Wednesday April 22nd 2026.

We will then be open each day, Thursday 23rd to Saturday 25th of April 2026.

We hope to see you there.

Easter fun for all at Sewerby Hall and Gardens

Visitors are in for an egg-citing treat this Easter at Sewerby Hall and Gardens, with a fun filled line-up of family-friendly activities taking place throughout the school holidays.

From Monday 30 March to Sunday 12 April, visitors can enjoy an exciting mix of live entertainment, hands-on workshops, and interactive experiences in the setting of the historic Sewerby estate.

The Easter celebrations will feature Rusticus immersive adventures, where visitors can join in the 'Great Flying Caper' adventure, follow the quest in the 'Search for the Golden Fleece' or time travel to medieval theatre to watch the 'Knights of the Round Table' in a thrilling experience that brings history to life.

Animal lovers won't want to miss the chance to meet the animals

18 April - www.cottinghamtimes.co.uk

at Sewerby Zoo where they can make fruit kebabs for the animals and meet the hoof stock.

Easter Sunday (5 April), showcases an action-packed medieval jousting tournament featuring England's top jousting team from Nottingham. Expect heart-pounding action, dazzling horsemanship, and thrilling combat in this spectacular live event.

There's also plenty of creative fun on offer too, including face painting, magic shows and wildcats natural art workshops.

The Easter fun will reach its climax with the East Yorkshire Thoroughbred Car Club, Historic and Classical Vehicle gathering on Sunday 12 April with exhibitors travelling from across the country.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism says, "Sewerby Hall, gardens and zoo are excited to welcome visitors this Easter. There's something for everyone to enjoy, and we hope families and visitors of all ages will join us for a fantastic Easter school holiday."

All events are included in the standard admission price, unless otherwise specified.

Join in the fun and explore the full programme of events and visitor information at eryc.link/Sewerby/Easter.

DadFest will return to East Riding of Yorkshire this year

DadFest is returning to South Cliff Holiday Park, Bridlington, this May after a successful event last year.

Organised in partnership with East Riding of Yorkshire Council and Rewilding Youth, DadFest is a unique 'Festival of Fatherhood', offering a weekend full of activities for dads and children.

The unique festival, which was created by The Dads' Network CIC, is for dads, father figures, male carers and their children of all ages, winning 'Best Small Event in the UK' by the National Outdoor Events Association in 2025.

The event focusses on children and their fathers, or father figure, spending quality time in nature, building bonds and making new friends.

A range of activities, run by qualified leaders, will include archery, camping, storytelling, bat walks, kids disco, den building, trampolines, star-gazing, water rockets, high ropes, lots of beach games, Forest School activities.

This year the event will take place Friday, 15 May to Sunday, 17 May and all activities over the whole weekend and camping are all included in the ticket price.

DadFest is also home to the Regional Dad Dancing Championships, with one dad going home as the Yorkshire Champion.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism at East Riding of Yorkshire Council, said: "It's a pleasure to welcome DadFest back to South Cliff Holiday Park in 2026. This unique festival gives dads and children the chance to connect with nature while enjoying fun activities that help develop new skills and strengthen family bonds.

"I had the privilege of taking part in the last DadFest and was hugely impressed by how well organised it was and by the wide variety of activities on offer. My daughter and I had a fantastic time, and I'm delighted to see the event return."

DadFest organiser and founder of The Dads' Network, Ian Blackwell, is excited about this year's DadFest: "DadFest started in Devon in 2014 and we ran our first DadFest in Bridlington in 2025. We are really pleased to be bringing our small, award-winning festival to East Yorkshire in partnership with East Riding Council and Rewilding Youth.

"The festival will also be bringing the renowned 'Yorkshire Dad Dancing Championship' - a hotly contested dance off by grooving dads, much to the sheer embarrassment of their kids. The winning dad in Yorkshire will take home the bragging rights as the Yorkshire Champ and will get free tickets to The World Dad Dancing Championships in Devon in September, along with a fetching trophy for the mantlepiece."

A small number of discounted tickets will also be available to low-income families, if interested please email: info@thedadsnetwork.org to enquire.

For more information and to book online, visit: www.eryc.link/dadfest.

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PORTUGAL - THE ALGARVE

Date: 27th August 2026

Duration : 7 Nights

Departs: Liverpool

Board Basis : All Inclusive

Accommodation :

4 * AP Victoria Sports & Beach Hotel

Total Family Price £2,999pp

2 Adults + 2 Children (based on ages 7&9 yrs) approx.
£24 in tourist is payable at the property your total holiday cost is £3,023

MAGICAL LAPLAND

Dates: 1st December 2026 – Board: Full Board

Departs: Manchester – Duration : 3 Nights

Accommodation: 4 * Pyhä Hotel

Total Family Price £5,580

2 Adults + 2 Children up to 11 years)



5 * CAPE VERDE

Dates: 27th August 2026 – Board: All Inclusive

Departs: Manchester – Duration : 7 Nights

Accommodation: 5 * Melia Dunas Beach Resort & Spa

Total Family Price £2,941

Based on 2 Adults & 2 Children - *£22 local tax to be paid at the hotel -
the total holiday cost will then be £2,963.



FAMILY CRUISE - MEDITERRANEAN

Dates: 22nd August 2026 – Board: All Inclusive – Departs: Humberside

Duration : 7 Nights – Accommodation: Marella Explorer

Itinerary: Palma, At Sea, Livorno (For Florence or Pisa) Villefranche
(For Monaco), Toulon (Cote D'Azur), Barcelona, Valencia, Palma

Total Family Price £5,496

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One lump or two

Poor Dexter (one of my grand-dogs - see pic) has been in the wars and it all began with my girl Tali. Now, Tali isn't aggressive at all with other dogs (good job when there are four in the family and I do tend to look after them all if my family are away), she is just my Velcro dog as I like to call her.

So, there I am sitting on the sofa with Dexter by my side when in strolls Tali and with one leap, she decided it's her place on my knee and no one else. Of course, Dexter was in the way of the 25kg Labrador and with a yelp he jumped off the sofa. Poor Dexter's tail drooped and remained like it for the rest of the evening. Thinking it was damaged, my daughter took him to see Barbara Wynn at Kingston Vets Cottingham.

Upon examination much to our relief, there was no break but what Barbara did feel was a lump towards the base of his tail. Now, how long that had been there we don't know, but we think Tali had landed on it causing the extreme pain.



My daughter decided to have sample sent off and much to our relief it turned out to be a cyst. Of course, it costs to be seen by a vet and even more to send a sample off so thank goodness for insurance but what if you don't have this cushion?

From 13th April to 24th May, KINGSTON VETS are running a free lump check campaign. In their words.... lumps and bumps are common in pets, especially as they age. Most are harmless but some can cause discomfort or become more serious over time. It's best to book a vet check if a lump or bump is new or has changed in shape and size, looked over oozing/bleeding, is being licked or scratched again and again and comes with changes in behaviour.

During your FREE appointment your vet will check the lump and your pet's health, plus talk through possible causes and if any tests are needed. If they are required, the vet will take a small sample (which will be chargeable) plus give clear advice of what to do next. Many lumps can look alike on the surface but only a vet can tell you what they might be and whether they need treatment.

So, with all this in mind if you are worried about a lump or bump, please remember they are not all serious but they're always worth checking. Please give KINGSTON VETS a call to book your appointment. You have nothing to lose.

AND FINALLY...TALI..

My poor girl didn't realise what she did to Dexter but for once we are so thankful that she jumped up. If she hadn't 'injured' Dexters tail then we would never have noticed the lump. Who knows what it would have turned out to be if left. Thank you Tali for being the clumsy girl you are.

Until the next time

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UK set for a summer of butterflies!

The UK is set for a spectacular summer of butterflies - and everyone is invited to take part!

Leading wildlife charity, Butterfly Conservation, is calling on the public to prepare for a bumper summer of butterflies. This year, alongside its hugely popular Big Butterfly Count, the charity is launching something brand new - a vote to discover Britain's Favourite Butterfly!

Famous for its annual Big Butterfly Count, in which tens of thousands of people spend 15 minutes counting butterflies, Butterfly Conservation is adding an exciting new milestone to the 2026 summer season as it sets out to discover which of the UK's butterfly species takes the top spot in the nation's hearts.

The call to action follows scientific evidence that proves counting butterflies boosts how connected people feel to nature and how motivated they are to protect it. Now the charity is encouraging people to vote for their favourite species, then head outside during Big Butterfly Count and see what they can spot this summer.

Kate Merry, Head of Engagement at Butterfly Conservation, said: "Over the last 16 years, more than 1.35 million Counts have been done by hundreds of thousands of people across the UK, spotting almost 13.8 million butterflies and helping us with our vital science and conservation activities.

"This year, we can't wait to celebrate a bumper summer of butterflies by holding the first-ever vote to discover Britain's Favourite Butterfly, before welcoming back the 17th annual Big Butterfly Count. Will the nation's favourite species go on to reign supreme in the Count? Save the dates in your diaries to take part and help us find out!"

Britain's Favourite Butterfly - Friday 15 May - Sunday 7 June

Britain's Favourite Butterfly marks the first-time UK residents will be invited to champion their most-loved species.

Will the colourful Peacock take the crown? Or how about the understated Small White? Maybe it will be annual visitor the Painted Lady, or hedgerow fan the Gatekeeper.

The highly coveted title is up for grabs. The nation will decide...

Big Butterfly Count - Friday 17 July - Sunday 9 August

The 17th annual Big Butterfly Count is back and better than ever. Following hot on the heels of the first-ever vote to find Britain's Favourite Butterfly, keen citizen scientists are encouraged to get out for the Count and see what they can spot.

Will the nation's favourite species reign supreme in this year's Count? Or will it have to share the summer top spot with another?

The vote to find Britain's Favourite Butterfly will take place from Friday 15 May - Sunday 7 June, followed by Butterfly Conservation's Big Butterfly Count from Friday 17 July - Sunday 9 August. Find out more at www.butterfly-conservation.org

Jock's Lodge - Update

The UK is set for a spectacular summer of butterflies - and Landscaping work across the scheme has made significant progress. To date, more than 18,000 trees and 4,650 metres of new hedgerow have been planted.

On the A1079, underneath the existing Jock's Lodge bridge, concrete has been poured for the new vehicle resistant system.

Works remain on schedule

to switch traffic onto the final road layout in late spring. The slip road at Lincoln Way / Regiment Roundabout and the dedicated Hull-bound lane at the new A1079 roundabout is now being prepared for the final stages of works. This includes the installation of road markings and safety barriers. Once these works are complete, these new routes will be opened to traffic at the earliest opportunity. This will increase capacity at the junctions and help to improve traffic flow through the area.

Traffic management - A164

Works to improve Victoria/Morrisons roundabout started on Monday 2 March. This includes:

Widening the existing Victoria / Morrisons roundabout

Creating new dedicated free-flow left-turn lanes between the A164 Lincoln Way and A164 Victoria Road

Improved footpaths and upgraded crossing facilities for pedestrians and cyclists

The works will be done in a series of phases to minimise disruption.

Some works will be carried out overnight between 8pm and 5am. During these times, temporary traffic lights will be in operation on Victoria Roundabout to maintain access to and from Wingfield Way and Lincoln Way.

We will provide information on each phase of the works on our website as the works progress.

A1079

The A1079 will be closed in both directions overnight between Killingwoldgraves roundabout and Jock's Lodge roundabout to allow for the installation of the vehicle restraint system and surfacing works.

The closures will take place between 8pm and 5am, it is hoped that not all of these periods of time will be needed:

Monday 30 March – Thursday 2 April

Tuesday 7 April – Friday 10 April

Monday 13 April – Friday 17 April

Monday 20 April – Friday 24 April

Please note these dates have changed since the last newsletter.

To keep up to date with traffic management, including road closures, diversion routes and more, visit eryc.link/jockslodge/traffic-management.



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Sparkling Wine for Sunny Days

As Spring arrives and the days start to linger a little longer, it feels like the perfect time to open something sparkling. Bubbles have a way of lifting everything. They do not need an occasion, yet somehow they always create one. Whether it is Easter lunch, a simple meal in the garden or just a quiet moment at the end of the day, a good bottle brings a sense of ease and celebration that sits perfectly with the season. What I love most is the variety. From the elegance of Champagne to the lightness of Prosecco, the energy of Cava and the growing confidence of English Sparkling Wine, there is something for every mood. Some are refined and structured, others bright and fruit driven, but all share that freshness that makes them so right for Spring.

One bottle that really captures this is the Santa Teresa Frillo Spumante (£13.69). It is a slightly unexpected find from Sicily and all the more enjoyable for it. There is a gentle floral note, green apple and a touch of citrus, followed by a lively, balanced palate with refreshing acidity. Spumante made from Grillo is quite rare, but we have found a gem here and it is absolutely superb!

Staying in Italy, there is a natural shift towards something more familiar. The Prosecco Valdobbiadene Superiore D.O.C.G. Extra Brut La Rivetta 120 from Villa Sandi (on offer at £13.89) captures the essence of Spring in a bottle with pear, white peach and blossom. Its drier style keeps it fresh and focused, making it just as enjoyable on its own as it is alongside antipasti or soft cheeses.

From Spain, Can Xa Cava Brut (£12.99) brings a fresh, zesty energy. Made in Penedès, it is a classic blend of Macabeo, Xarel-lo and Parellada, organically farmed and produced using the traditional method. With 12 months on lees, it has that lovely balance of citrus freshness with a subtle almond and biscuit note. Dry, zesty and elegant, it's ideal as an aperitif or with grilled seafood.

Nothing suits Spring quite like a glass of rosé sparkling wine. The Bodegas Gouguenheim Malbec Rosé (£13.19) is full of bright strawberry and raspberry notes with a light floral lift whilst staying dry and refreshing. It works beautifully with lighter dishes, from vegetable led plates to seafood tapas. Equally appealing is the Dopff & Irion Crémant d'Alsace Brut Rosé, on offer at £14.99, which has fine bubbles, red berry character and a crisp, structured finish. And for something a little more easy-going, Villa Sandi Prosecco Rosé (on offer at £10.99) brings soft red fruit, a hint of pomegranate and a silky, rounded palate that is very easy to enjoy.

Then of course there is Champagne. Whilst Les Grandes Marques are always a draw, Champagne Gardet's Origine (£26.49) is one I keep coming back to. Made predominantly from black grapes sourced across the region, it is a classic non-vintage Brut with depth, balance and that reassuring sense of tradition done well. Fresh, full bodied and well structured, it is a perfect example of classic style.

Crémant also deserves attention at this time of year. Le Funambule Crémant de Loire from Vignobles Alain Robert (£17.49) is a great example, with citrus freshness, a mineral edge and a delicate mousse. The peppery lift of Pineau d'Aunis balances beautifully with the fruit of Grolleau and Pinot Noir, giving it both energy and charm.

From further afield, the Avondale Armilla Blanc de Blancs (£19.99) brings a little more depth. Made from Chardonnay and aged extensively on lees, it shows green apple, floral notes and a subtle toasty richness with a fresh, precise finish.

As some of you may know, we are celebrating our 120th anniversary this year and it felt only right to mark it with something special. The Roebuck Estate House of Townend 120th Anniversary Classic Cuvée at £32.99 is exactly that. This award-winning English Sparkling Wine from West Sussex strikes a lovely balance between richness and elegance with baked apple, citrus and a gentle toasty edge, carried by fine, steady bubbles. It is the sort of bottle that feels right for marking an occasion, easy to enjoy and beautifully put together, a fitting way for us to raise a glass to 120 years.

For me, these wines show exactly why Sparkling Wine works so well in Spring. Bright, lively and energetic, they come into their own with seasonal food such as asparagus and artichokes, grilled fish, salads or lighter roasts. The acidity sharpens flavours, the bubbles lift everything and each sip brings a smile. From the floral lift of the Grillo Spumante to the crisp notes of Can Xa Cava, the easy charm of rosé, the freshness of Prosecco and the structure of Crémant, they all reflect the energy of the season. April is the moment to lean in. Not in a grand way, but in small, simple occasions. Sparkling wine in Spring is not about luxury, it is about embracing the season, savouring the first sunshine and raising a glass to life's simple joys.

Cheers!

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On offer at £9.99 per bottle



2024 Mendel Rosadia
A succulent Provence-style rosé with vibrant red fruit and wonderfully crisp acidity from this award-winning Argentinian winery. Perfect for spring sipping or light lunches.

On offer at £14.99 per bottle



2024 Shiraz Wide River
Full bodied and easy drinking, this Shiraz is a brilliant example of why the Cape has made this variety so popular. Smooth, approachable and bursting with ripe, juicy flavours.

On offer at £8.49 per bottle



2024 Dancing Flame Gran Reserva Pinot Noir
A fruit-forward Pinot Noir from the cool Leyda Valley in Chile, showing cherry and strawberry notes with a soft, velvety mouthfeel. Elegant, smooth and effortlessly drinkable.

On offer at £12.49 per bottle

**All wines are available from The Cellar Door and www.houseoftownend.com*



World class volleyball to return to Bridlington this summer

England will stage its first ever World Beach Pro Tour (BPT) volleyball event in Bridlington this year, with world class players travelling to East Yorkshire for the event.

Volleyball England will partner with East Riding of Yorkshire Council and local club Skyball Beach Volleyball Club to deliver the competition from Thursday 25 to Sunday 28 June.

The event follows the ongoing development of the infrastructure needed to stage top level tournaments. The NEVZA Youth Beach Championships for U18 and U20 players was held in Bridlington in 2023, as well as the 2024 NEVZA Beach England for senior players.

Spectators will be able to attend free of charge, while a selection of matches will be live streamed.

Councillor Nick Coultish, East Riding of Yorkshire cabinet member for culture, leisure said: "We are delighted to welcome this brand-new event to Bridlington and build upon our long-standing partnership with Volleyball England.

"We look forward to welcoming some of world's best volleyball players to East Yorkshire. This high-profile international event will provide a huge tourism boost to our local businesses as well as attracting international visitors."

As hosts, a strong contingent of England players are guaranteed entry into the male and female events, with a maximum of three teams from the host country, excluding wild cards, able to enter the main draw of both the men's and women's tournaments.

A fourth team from the host country may also enter the qualification tournament provided it has enough ranking points calculated at its point of entry, otherwise the team will be placed on the reserve list.

Pete Makowski, co-founder of Skyball and Lead Coach at The Gorse Academies Trust, said: "The Beach Pro Tour is the highest level of beach volleyball competition on the world stage, contested by athletes from a multitude of countries. Having some of the top players globally in attendance is seen as an ideal chance to inspire future generations of players both across Yorkshire and the country as a whole."

Rob Payne, Volleyball England's Strategy Manager for an Ace Service said "We have shown over the last two years that Bridlington is a fantastic destination for beach volleyball and we are proud and excited to have now earned the opportunity to stage an elite level event in the town,"

"With some amazing male and female players from across the globe, we hope that the volleyball community across the country is able to come out and support and make them feel welcome."

"This is a landmark moment for us in our bid to make the sport more visible in the UK and we would like to thank the FIVB for allowing us to showcase what we have to offer."

Roko Sikirić, CEV President said: "I am pleased to see that beach volleyball is gaining momentum and expanding its reach with the delivery of the first event of this calibre in England and across the whole of the UK.

"We are confident this showcase of the game will inspire

many people to follow it more closely and hopefully the local youngsters will be inspired to pursue a career in the sport, thereby following in the footsteps of the highly successful Bello twins (Javier and Joaquin."

Businesses interested in partnering with the event to support it are encouraged to email competitions@volleyballengland.org for more information.

East Yorkshire Embroidery Society to hold a Golden Stitchers event in St. Mary's Church, Cottingham

An exhibition to celebrate 50 years of needlework enhancing St Mary's church, Cottingham is being held on Friday 24th and Saturday 25th April 2026

Exhibition is FREE. Open 10am to 4pm Refreshments available.

Saturday 25th April 4pm. Service of Thanksgiving

We invite you to see the exquisite work completed by local ladies over the years. There is a wide range of skills on display and great creativity on the vestments, textile furnishings, hangings or kneelers. Does embroidery make you think of cross stitch, chain stitch etc, we will show you its so much more!

Our 400 kneelers tell so much local history, your local organisations and local residents. Is there a kneeler commemorating your family member, friend or occasion such as a wedding.

There is so much to see whether you are linked in some way or are just interested in textile art.

We look forward to welcoming you and sharing a conversation as you look at the work on display.

Val Wright 01482 843976.

Val Baxter 01482 843445.

HumberWolds Oddfellows | Events 2026

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Classic Cars with Dave Turner

The Two-Stroke from Sweden - Saabs 96



Svenska Aeroplan Aktiebolaget - Swedish Aeroplane Corporation - is the source of the Saab nameplate that was first applied to planes in 1937. Reduced demand for aeronautical products following WW11 inspired the start of car production. A two cylinder two stroke engine/transmission from a scrap DKW was installed in a monocoque body inspired by aero principles in 1947 and was thought to answer the need in Sweden for a small, cheap, strong front wheel drive car in those early post war years.

This eventually went into production in January 1950 and as the previous two planes made by Saab were the 90 and the 91, this new venture into car production was naturally designated 92. This developed into the 93 in 1955 now featuring a 3 cylinder two stroke 748cc engine placed longitudinal rather than across the car. The 96 was made from February 1960 and imported into the UK from October. A larger 841cc engine was featured, while an estate version was numbered 95. Despite the Ford V4 engined 96 arriving in August 1966, production of the two stroke engined version continued into 1968 although imports of it to the UK stopped in December '67.

XDB 618 was first registered in Stockport in January 1963 but had reached East Yorkshire a few years later when it joined the Turner family. Its cost new had been £762 - a new 105E Anglia would have been £200 less at the time. Once all its idiosyncrasies had been accepted and accommodated it was among the most memorable of cars to own and run. As long as the two stroke additive was

24 April - www.cottinghamtimes.co.uk

A sure-footed family car with sports car spirit

SAAB 96

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A car for any road

All over the world the Saab car has been praised for its sound quality and for its ability for fast, safe travel — in summer or winter, on smooth, wide high-ways or rough, winding by-roads.

The design rests on a firm basis of knowledge and experience. Nothing has been left to chance. Detailed analysis of car dynamics preceded the important design decisions and every part was made subject to severe tests. Numerous victories in all kinds of competitive motor sport bear witness to the Saab's high standard. But above all, the Saab is a car for the everyday motorist, for business and pleasure, for long holiday trips as well as city driving. It is an economical family car, lavishly equipped and with a high degree of comfort. It is easy to drive, attractive and pleasant.

The new Saab 96 is a top-line product from the most modern car plant in Sweden.

- reliable, responsive 42 HP engine
- sturdy, unit construction body
- front wheel drive and outstanding road holding qualities
- good acceleration and hill climbing ability
- comfortable interior — seats five
- efficient heating and ventilation system
- functional styling with low air resistance
- large, curved rear window, 96 % all-round visibility
- 13 cu.ft luggage compartment

The rear window of the new Saab has been enlarged 117 %. The car is bright and airy and gives a feeling of extra safety. The air intake is located well above the exhaust of other cars. The high-capacity heater ensures comfort even in the hardest winter.

Ventilation air is exhausted below the rear window and let out through openings underneath the decorative shield behind the side windows. No need to be bothered by noise.

Are you a motor sport enthusiast? Then you know all about Saab's successes.

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remembered, the engine was almost bullet proof while a column change lever controlled the three speed gears (the 95 boasted four speeds). A free-wheel was regarded



as necessary to avoid oil starvation to the engine when the throttle was closed for long periods - going downhill for example - controlled by a tee handle - out of reach near the pedals - not to be operated while on the move! It also smoothed out the sometimes jerky progress of the two-stroke on the over run. The brakes had to be good as two-strokes offered very little engine braking and so aerodynamic was the body shape that there was no wind noise.

Top speed of these small engined cars was around 72mph but ours would cruise happily at 65 when the only sound was a hum like a dynamo while the road holding was amazing helping the Saab to dominate the rallying

scene during the 1960s. We used it to make our annual pilgrimage to the Earls Court Motor Show where we almost bought a then new V6 engined 96 - but the price had just topped the psychological £1000 barrier! This was pre-motorway and we stopped on the way to London and reversed into our regular picnic spot - a gated field entrance near Wansford on the A1. Re-starting an hour or so later it was quite amusing to witness the puzzled expression on numerous cows faces who had curiously gathered around the other side of the gate - as they disappeared in a cloud of two-stroke smoke! We did have to have front wheel bearing replaced at a London Saab agents on that trip - the job cost a total of just £11.

Driving the two-stroke 96 was a unique experience, when cruising at around 65 the engine was so smooth that it sounded like a four stroke in-line six with no valves to add to the mechanical noise. In fact it was described as 'singing along like an electric motor' in contemporary road tests. So quiet on tick-over that sometimes gave the impression of having stalled while standing in traffic.

The aerodynamics were such that there was no wind noise at any speed while the shape around the door windows - that were pivoted for opening at the lower front corner - allowed them to be open while moving without resulting in a draught. The roll bar built -in around the windscreen was obviously designed in for the use of the cars in competition - rallies etc. The engines created and tuned for such use in these cars were known to be able to reach three figure speeds.



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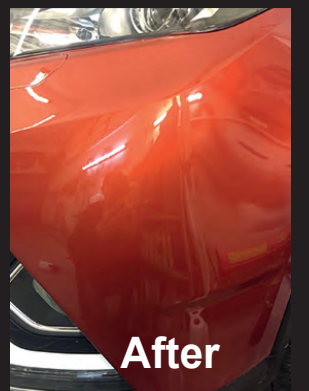

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www.cottinghamtimes.co.uk - April 25



March has been quite cool but now the daffodils and crocuses should be in full bloom. With these gorgeous, showy spring displays it's time to start thinking about the summer. There's something to do in the garden whether it's planting, pruning or tidying up – have a literal spring clean in the garden.

When the inevitable April showers stop you from getting into your beds and borders, why not give your greenhouse a clean. Use warm, soapy water on the glass to get rid of pests and diseases, and let more light in.

Now is also the perfect time, if you haven't already, to repair any damage to your lawn. The wet weather will help the grass seeds and fertilisers penetrate your lawn fully. We have a great range for your lawn in the garden centre this month to suit gardens of all sizes, including GroSure Fast Acting Lawn Seed and Aftercut 3 Day Green Lawn Feed. A high-nitrogen fertiliser will give your lawn a boost to start the growing season.

Hoe your borders, getting rid of the weeds before they take over and apply mulch before the herbaceous growth blocks your view. Improve your soil as well if you haven't already. Use your own compost, organic manure enriched composts or soil conditioner to pep up your soil ready for the growing season. Once the weather begins to warm up add a general-purpose fertiliser to load your soil full of much needed nutrients.

There are plenty of new products and offers in the garden centre this month to help you get your garden looking its best. Visit us soon or take a peek on our website.

26 April - www.cottinghamtimes.co.uk

This spring and summer get the kids in the garden with some great 'Grow Your Own' projects. Gardening projects can be fun, creative and educational all at the same time.

Grow Wildlife-Friendly Plants

Plants like Buddleia, wildflowers and Lavender all attract pollinating insects like butterflies and bees. These insects are great to watch and will also help you get a good crop of fruit and vegetables.

Pick up our Perfect Plants for Pollinators at the Information Desk or take a look at our selection of Pollinator Friendly plants in our Planteria.

Plant Sunflower Seeds

See how high you can grow your sunflower by planting a selection of sunflower varieties in your garden. Stake them to hold them upright and watch them grow and grow.



Sunflowers are another plant that is quick and easy to grow with kids.

Plant them in different spots in the garden with varying levels of sun and see which grows best. This is a great way to teach children the importance of sunlight for plants.

10 Jobs for this month

1. Increase the water given to houseplants.
2. Feed shrubs and roses.
3. Divide bamboos and waterlilies.
4. Protect fruit blossom from late frosts.
5. Sow hardy annuals and herb seeds.
6. Tie in climbing and rambling roses.
7. Sow new lawns or repair bare patches. (visit us for all your lawn care needs)
8. Prune fig trees.
9. Plant summer flowering bulbs in beds, borders and containers.
10. Feed citrus plants.

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Create a Vegetable Patch

Growing vegetables is a great way to show kids where food comes from. It's also an exciting project with delicious rewards at the end. Tomatoes, cucumbers, broad beans and peas are ideal if you are a beginner too. They can either be grown outside, in a greenhouse, in growbags or in a growhouse if you have little room.

Get a bit more adventurous by planting carrots.

A particular favourite for us is the growbag, the growbag makes it easy to grow all your favourite vegetables and team it up with a hozelock growbag waterer. The easiest way to grow plants in a growbag with no pipes, no timers and no fuss.

How best to grow potatoes in a planter

1. Quarter fill the potato planter with a good quality multi purpose compost.
2. Set 2 or 3 seed potatoes (do not use more than this as you will only end up with very small potatoes), chits or eyes up, into the compost and cover with another 15 to 20cm layer of compost.
3. Water well, two to three times a week, to ensure the compost never dries out. Once shoots break through,



roughly every seven to 10 days, cover over with more compost, until the bag is full. Potatoes like a lot of water. You don't want the compost soaking wet but it should be moist all through. Once the bag is filled, feed weekly with a liquid tomato fertiliser instead of watering that day.

4. Once the plants flower, this is the indicator that the tubers are forming and may be ready. Scrape some compost out and if the tubers look OK, empty the bag and harvest your crop. Not all varieties flower so check bags according to the type of potato grown.

Fill a Container with Sensory Plants

Young children love plants that stimulate the senses – pick out a selection of plants with them and have fun filling a border or container. There's a wide selection of seeds and plants in our Planteria. Choose plants for each sense. Ornamental grasses rustle in the wind for sound and

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there is a large selection of plants with fragrant flowers and leaves for smell. Aromatic herbs for taste, brightly coloured flowers for sight and plants with soft or rough leaves for touch.

Plants that stimulate the senses can benefit children with sensory impairments and special needs as it encourage them to explore and enjoy the garden.

Try Heuchera 'Chocolate Ruffles' and Marigolds for bright colours, bamboo Nigella Damascena for sound, Silver Sage and Sempervivum for touch, Chocolate Cosmos and Sweet Peas for smell, Rosemary and Chives for taste. Explore our Planteria to discover more plants to create your sensory garden or container.

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www.cottinghamtimes.co.uk - April 27



Your Stars for April 2026

By Kay Gower

Aries (Mar. 21- April 20)

Mind planet Mercury moves into your sign on the 16th. Plans you put on hold can now start moving. Recent delays have been discouraging but those delays were necessary to give you time to get your thoughts in order.

Taurus (Apr. 21- May 21)

The plans you put in place now will bear fruit over the coming weeks. Some may find themselves in a somber mood mid month which often has its roots in old feelings of rejection.

Gemini (May 22-June 21)

Stop overthinking, this has cost you enough energy already. Begin the month with intuitive action, be gentle with yourself during April, and remain confident.

Cancer (June 22-July 22)

If something matters to you, it matters. Measure your life by how it feels, not how it looks from the outside.

Leo (July 23-Aug 22)

A calm approach gets you further, and after the new moon (17th), your nervous system will begin to feel like a partner instead of an enemy.

Virgo (Aug 22 – Sept. 23)

Your ideas are strong so you can reinvent them, and they'll continue to work. The proof of this comes around the 10th (last quarter moon), when you take something you've been thinking about and apply it to good effect.

Libra (Sept. 24 -Oct. 23)

Acting on strong instincts to protect and care for others you become a powerful leader in moments that matter. Success will be high for those taking exams at this time.

Scorpio (Oct. 24 - Nov. 22)

April will be special indeed. Look forward to change. Emotionally, mentally and physically you will be stronger and happier than ever.

Sagittarius (Nov. 23 -Dec. 21)

The planets endow you with so much energy and enthusiasm this month that anything short of excellence will be considered a failure. You're doing so much that's right so remind yourself every day.

Capricorn (Dec 22.- Jan. 20)

Don't hesitate for even a second if you see an opportunity this month. The planets are offering you a chance to get ahead, but if you're not fast enough you're the one who will get left behind.

Aquarius (Jan 21 - Feb 19)

The astrological setup is positive all month, and you're beginning to feel that, maybe, 2026 will be special. It will, but much still depends on the choices you make.

Pisces (Feb. 20-Mar. 20)

Expect good things to happen because they will. Positive planetary activity means that, even if you're easily discouraged, your spirit will soar in the days ahead. Life does not have to be difficult.



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East Riding Libraries to launch '5 Minutes a Day' campaign

East Riding Libraries are launching a campaign which encourages people to read for just '5 minutes a day' as part of their National Year of Reading programme.

Aimed at adults, the campaign is based on recent research conducted by the Queen's Reading Room and is designed to encourage more people to make reading a part of their everyday routine.

It has been found that reading for just five minutes every day can reduce stress by almost 20% and helps to manage stress levels for the rest of the day too.

There is an important link between reading fiction, mental health, brain health, and social connectedness, with reading fiction being proven to help reduce feelings of loneliness in adults.

Councillor Nick Coultish, cabinet member for culture, leisure, and tourism at East Riding of Yorkshire Council, said: "Across our communities, reading for fun is declining among adults and children."

"This campaign is a brilliant way to bring the idea of small wins to the forefront, with the aim of getting people reading and doing something to help them disconnect from their busy lives."

"We have lots of fantastic libraries across the East Riding and I look forward to seeing people getting involved in this campaign and making use of our fantastic facilities."

Librarian, Zac Girdlestone, added: "Reading is such a valuable way to spend any free time and has so many benefits, yet many people find it difficult to fit it into their busy lifestyles."

"Through our new campaign, we're trying to encourage people to find at least '5 minutes a day' to pick up a book or listen to an audio book. Just five minutes of reading for pleasure offers huge benefits, reducing stress, improving your brain function and enhancing empathy and social skills, all contributing to overall mental health and wellbeing."

The campaign will last throughout 2026 during the National Year of Reading, but will continue to develop and leave a lasting legacy once 2026 is over.

To keep up to date on the campaign, including what you can do to get involved, visit: [Health Zone](https://www.healthzone.org.uk).

Crossword solution from page 14

F	O	R	T	U	N	A	T	E		B	A	N	T	U
U		A		N		R		X		O		U		N
S	P	I	N	D	L	E		P	L	U	G	G	E	D
E		L		R		A		E		D		G		R
E	X	C	E	E	D	S		D	I	O	C	E	S	E
	A		S					I		I		T		S
F	O	R	E	S	I	G	H	T		R	U	S	T	S
O					A		E							E
O	P	E	R	A		S	E	D	I	M	E	N	T	S
T		M		R		L				A		E		
S	H	I	K	A	R	I		E	N	L	I	S	T	S
T		T		B		G		X		A		T		A
O	S	T	R	I	C	H		T	H	R	I	L	L	S
O		E		A		T		R		I		E		I
L	A	D	E	N		S	P	A	D	A	S	S	I	N

Sudoku Answer from page 12

2	4	7	3	6	9	8	5	1
8	3	5	7	1	2	4	6	9
1	6	9	4	8	5	7	2	3
3	7	6	8	4	1	5	9	2
4	2	8	9	5	6	1	3	7
9	5	1	2	7	3	6	8	4
5	1	3	6	2	4	9	7	8
6	8	2	1	9	7	3	4	5
7	9	4	5	3	8	2	1	6

Cottingham Bowling Club prepares for a busy year

Cottingham Bowling Club are busy preparing for the start of their 2026 outdoor bowling season, which is set to commence on Monday 27th April, with a trip to the coast to take on Hornsea Promenade BC in the Monday night Humber County Triples League.

> Cottingham BC are under a new management regime in 2026, and leading the way is the vastly experienced Mike Newell who is the newly elected Club Chairman, along with Club Secretary Brian Barker and Club Treasurer John Osgerby, who are also both in their first years of office.

> Long serving Club Captains Steve Lambert and Lesley Davy and their card working ground committee have been busy overseeing facility improvements during the winter months, at their New Village Road premises.

> Improvements started in October 2025 with extensive end of season renovation work on the main green, which appears to have been successful, and Will hopefully produce an improved playing surface in 2026.

> In addition, new benches around both greens are being installed, along with two new viewing platforms, new access steps onto the greens, and two new changing shelters, along with equipment storage sheds.

> A defibrillator machine has also been installed on the premises and a dozen club members have undertaken the required training programme to successfully operate the machine if it becomes necessary.

> Funding for the ground improvements have come from internal fund raising and successful grant applications with East Riding Yorkshire Council and the Sir James Reckitt Trust.

> Season 2025 saw Cottingham 4th team win the Driffild Vets League Division G whilst the Ladies Section under the leadership of Captain Lesley Davy, won the prestigious Hull and District Robinson Trophy for the first time in the club's history.

> Indoor Bowling is held every day of the week within the Cottingham BC Clubhouse whilst outdoor practice roll ups are planned to start in mid April 2026, weather permitting, and after the Clubs' Coffee and Raffle morning on Saturday April 11th at 10.00 a.m.

> The Club would welcome experienced bowlers or newcomers to join the Club and further details can be obtained by attending the Coffee morning or contacting Club Secretary Brian Barker (Tel 07970 241427).



Carbon monoxide advice for East Riding businesses, residents and visitors

East Riding of Yorkshire Council, along with partners in health and Fire and Rescue, are providing advice about carbon monoxide.

The council is writing to holiday caravan sites to remind them of their requirements in relation to gas appliances.

Councillor Lyn Healing, cabinet member for communities and public protection said: "We know that most companies understand their duty in terms of annual gas safety checks, but we would like to reinforce the importance of businesses ensuring regular servicing and maintenance of gas appliances, alongside installation of carbon monoxide alarms.

"We also want to provide residents and visitors with simple information about what they should expect, and look out for, when booking holiday accommodation. Alongside this we want people to know the symptoms of carbon monoxide poisoning

and what to do if they think they, or someone they are with, may have been affected by ingesting carbon monoxide."

Advice for businesses

Businesses have a legal responsibility to ensure gas appliances, such as boilers and heaters are safe. Gas appliances should be -

- Serviced annually by a Gas Safe-registered engineer

- Tested for safe operation, including flues and ventilation

- Maintained in a safe condition throughout their use

- Supported by working carbon monoxide alarms installed in appropriate locations.

Advice for booking holiday accommodation and what to check

With more people booking holidays online, it's worth taking time to check key health and safety information before booking, as well as upon arrival. Here's what to look out for -

Check for evidence of gas safety measures: listings should mention annual servicing of boilers and gas appliances and look for confirmation that a Gas Safe-registered engineer carries out checks. If you're unsure, ask the host directly for reassurance - responsible operators will be happy to confirm.

Look for carbon monoxide (CO) alarm information: Properties with gas boilers, heaters, or solid fuel stoves must have working CO alarms, and listings should state that alarms are installed and tested. When you arrive, check for CO alarms and test them using the button. Consider taking a CO detector with you.

Review recent guest feedback: check whether other guests mention cleanliness, maintenance, heating systems, or general safety. Be cautious about properties with repeated comments about faulty equipment, damp, smells, or poor upkeep.

On arrival trust your instincts: If the accommodation feels unsafe, has strong smells, leaking appliances, missing alarms, or anything that concerns you, contact the site operator immediately. Operators should provide clear instructions on how to contact site staff, how to report concerns and what to do in an emergency.

Report any safety concerns to the site operator. If you aren't satisfied with the operator's response, you can report safety concerns to the Health and Safety team within the local council. In East Riding report at: Health.Safety@eastriding.gov.uk.

Advice about the symptoms of ingesting carbon monoxide and what to do

Carbon monoxide is a poisonous gas that can make you seriously ill if you breathe it in. It can be made by fires and appliances that burn gas, wood, oil or coal. It is colourless and does not smell so you cannot tell if it is around you.

Symptoms of carbon monoxide poisoning include a headache, dizziness, feeling sick or being sick, feeling weak, tiredness and confusion, chest and muscle pain, shortness of breath, loss of vision, your face turning hot and red. Symptoms can come and go and may get better when you leave an affected room or go outside.

If you think you may have carbon monoxide poisoning:

- Stop using appliances you think might be making carbon monoxide - such as the boiler, cooker or heater

- Open windows and doors to let fresh air in

- Go outside

- Get medical advice as soon as possible

- Do not go back into the affected building until you've received professional advice

If you think a gas appliance is leaking carbon monoxide, [call the free National Gas Helpline](tel:0800111999) immediately on 0800 111 999. The service is available 24 hours a day, 7 days a week.

Find out more about carbon monoxide: <https://www.nhs.uk/conditions/carbon-monoxide-poisoning/>.

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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

Traditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

TCM also holds its central belief that health in all parts of the body is due to the relative balance of Yin and Yang. Yin-Yang theory forms the basis of TCM's holistic approach to health and disease and also offers practical guidance in the prevention and management of diseases.

TCM has two basic components - Chinese Herbal Therapy and Acupuncture.

The aim of Chinese Herbal Medicine and Acupuncture is to regulate the meridians or channels of the body to unblock the stagnation of Qi, as it believes that the disease is caused by the energy blockages within the body.

The channels are related to the internal organs, which, if out of balance, is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

Chinese Medicine is, therefore, a truly holistic form of medicine, aiming at treatment of the whole body, rather than just the symptoms.

Problems and Diseases commonly treated by TCM

Skin Problems:-

Eczema, Herpes, Dermatitis, Psoriasis, Warts, Shingles, Vitiligo, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.

Muscular, Neurological, Skeletal and Vascular:-

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury, etc.

Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

Men's Problems:-

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

Women's Problems:-

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

Ears, Eyes, Nose and Throat:-

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, Ear Infection, Viral Infection, Eye Problems, etc.

Cancer and Tumour:-

Herbal Therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

Mental and Emotional:-

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from the La Perla takeaway.

For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.





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