

Cottingham Times

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Issue 221 - April 2020



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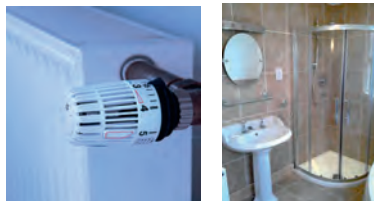
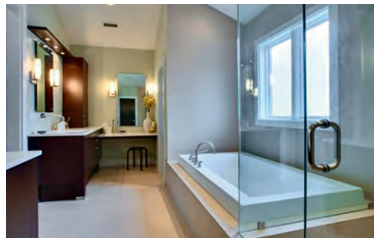
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In Cottingham and District

The deadline for entries in the May 2020 "What's On" section, is no later than the 20th April.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Cottingham Pavilion

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Telephone No. 01482 840290

Email:- info@cottinghamsportscentre.co.uk.

Web Site www.cottinghamsportscentre.co.uk

www.cottinghampavilion.org

Facebook@tumblentwist

Activities: Daily Childrens Tumble n' Twist Classes; Children's Gymnastic Classes; Children's Softplay Parties; Children's Football Parties; Walking Groups; Karate Classes; Fitmums & Friends; Fitness Circuit Classes; Mini Soccer Skills; Autism Friendly Play Sessions; 3G Football Pitches; Children Outdoor Playground; Nature Walks.

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•••••

Are you self-isolating and need help?

• Cottingham Is Kind are a group of volunteers who are willing to help those who are in need during self-isolation.

• If you require help call **07376 533252** or email cottinghamiskind@outlook.com and we will assign a volunteer who can assist you.

• To volunteer or for more information visit facebook.com/groups/cottinghamiskind.

•••••

Front cover: Cherry Blossom on South Street.
Photo: Paul Lakin.



Local house-builder contributes £1,800 to honour Hull hero, Jack Harrison

Five-star house-builder, Barratt Homes Yorkshire East, continues to honour fallen war hero, Jack Harrison, at its aptly named Poppy Fields development in Cottingham, with a £1,800 donation towards a statue in his memory.

The recent contribution to the Jack Harrison statue has been raised by Barratt Homes through an ongoing pledge to donate £100 for each new home sold at its Poppy Fields development in Cottingham between Remembrance Sunday and Christmas in 2019, combined with a £1,000 donation from the business' Community Fund scheme.

The Poppy Fields development, where the fundraising took place, was respectfully named with the World Wars in mind - taking inspiration from the famous war poem In Flanders Fields. To further amplify the sentiment behind the development, a group of students from Cottingham High School were invited to name the streets researching local wartime history, war poems and Hull veterans to inspire their suggestions. Amongst the names chosen was Jack Harrison Avenue, named in memory of the fallen war hero.

Jack Harrison, who was born in 1890, was commissioned as Temporary 2nd Lieutenant in August 1916. Harrison was twice recognised for bravery, receiving the Military Cross in February 1917 for leading a patrol into no-man's land on the Western Front of the Battle of the Somme, and a Victoria Cross for his self-sacrifice at Oppy Wood in May 1917.

In celebration of Hull's treasured war hero, Ian Judson, playwright and Manager at Jack Harrison, VC., MC, statue campaign, has written the chronicles of Jack Harrison's life, An Ordinary Hero. The funds raised from the performance have been donated towards the statue, which will be situated in the heart of Hull.

Ian Judson commented: "I'd like to thank Barratt Homes Yorkshire East for its generous donation and ongoing support to the Jack Harrison, VC., MC, statue campaign. We hope to continue raising funds and aim to have the statue in place by 2025 to act as an ever-lasting tribute to the life of Jack Harrison. It's so important to remember those who have served and sacrificed to defend our freedom to help pave the way for a peaceful future."

Linzi Bentley, Sales Manager at Poppy Fields commented: "I had the pleasure of meeting Ian Judson last year, to mark Remembrance Sunday at Poppy Fields, so it was lovely to see him again and hear more about his plans to honour Jack Harrison both in the statue and his future work. We continue to support the local community wherever possible, and it will be fantastic to see the statue when it's built".

For more information about Barratt Homes' Poppy Fields development, please visit: <http://www.barratthomes.co.uk/PoppyFields>

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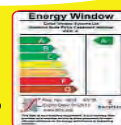
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Visiting stopped at Hull Royal Infirmary and Castle Hill Hospital

All visiting at Hull Royal Infirmary and Castle Hill is being stopped from Wednesday 25th March in line with the Government's social isolation policy to protect staff and patients during the COVID-19 outbreak.

Hull University Teaching Hospitals NHS Trust is stopping all visiting to patients unless in a few exceptions approved in advance by senior ward staff. Those exceptions include end-of-life care, birthing partners when a woman is in labour and one parent only for children in our paediatric wards and neonatal intensive care unit.

Chief Executive Chris Long said: "In light of the Government's instruction over social isolation and the need to stop all but essential travel, we have no alternative but to cease all visiting at our hospitals from Wednesday.

"This is not a step we take lightly. But it is a step we must take if we are to have any chance to protecting our staff and patients from the virus."

The trust has delayed the introduction of visiting restrictions until Wednesday to give members of the public time to make alternative arrangements.

Staff will be redeployed from other areas to work on wards answering increased telephone calls from relatives to ensure ward staff are not diverted from frontline care to answer phones.

Additional security will be brought in to ensure people do not attempt to flout the restrictions and place hospital teams and patients in danger by attempting to get onto wards.

Until the restrictions come into force on Wednesday, the trust is renewing its plea for visitors to stay away from hospital if they have a high temperature or dry, continuous cough or are vulnerable as a result of their medication, a chronic illness or they are over 70 years of age.

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Cottingham man Lee Shipman successfully gains a 2nd Dan Black Belt in Karate

Cottingham man Lee Shipman a member of the Wilberfoss Wado Ryu Karate Club successfully gained his 2nd Dan Black Belt recently in Manchester at the BKA (British Karate Association) - members of the English Karate Federation. The Wilberfoss Wado Ryu Karate Club is run by Mike Lewis 6thDan - Lewis said: "He has worked extremely hard to achieve this 2nd Dan Black Belt Grade."

The club combines judo and jiu-jitsu influences and full on self defence techniques as part of its Karate Wado Ryu training.

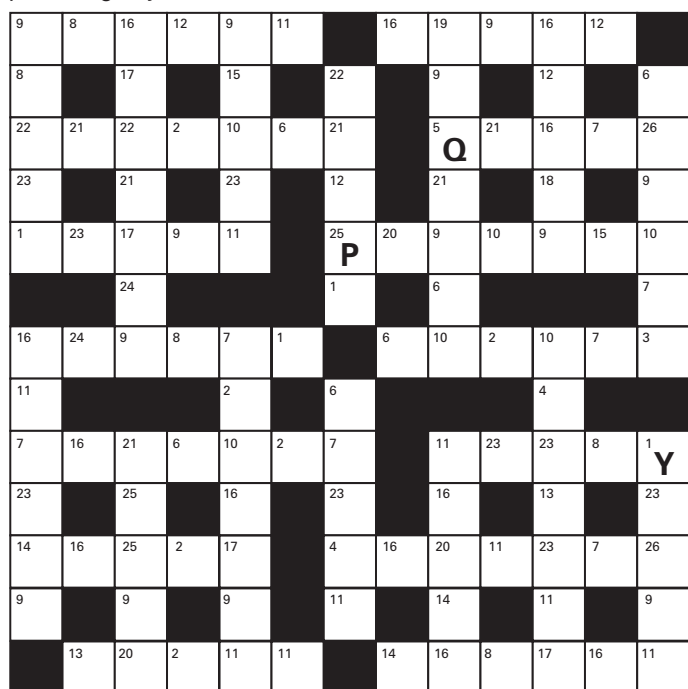
The club meets every Saturday morning at 10-30am within the Community Centre at Wilberfoss.

If anyone is interested (15+) in joining the Wilberfoss Wado Ryu Karate Club please contact Mike Lewis on 07904-653337.

Pictured from left to right are Brian Seabright, BKA Chairman, Lee Shipman and Mike Lewis 6th Dan.

Codeword No. 1 - Answer on page 38

Each letter in this puzzle is represented by a number 1-26. Can you crack the code to solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.



1	Y	2		3	4		5	Q	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	P	26			

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www.cottinghamtimes.co.uk - April 7

Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

• Word from the Clerk

Well, there is only one thing that needs talking about this month, coronavirus. Given the demographics of our Councillors, staff, and the general population of Cottingham we made the difficult decision to exclude the public from our March meeting and close our office to the public until further notice. As I type this, we are currently planning for working from home. Telephone calls and emails will still be dealt with.

Unfortunately, the Parish Council is quite limited in what direct help we can provide during this difficult time, however, a number of volunteer groups are being set up around the village and we are trying to assist them in anyway possible. The details of one such group, Cottingham is Kind, can be found below. If you need help, or are willing to volunteer, I urge you to contact them.

Matthew Kay, Clerk to Cottingham Parish Council

clerk@cottinghamcouncil.org

Hello! If you are self-isolating due to Covid-19 (Coronavirus) we can help.

We live locally in Cottingham and are a group of friendly volunteers who would like to help you.

Please call **07376 533252** or email cottinghamiskind@outlook.com

We can help with:

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Just call or email and we'll allocate a buddy to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Wash your hands with soap and hot water regularly and before and after handling pets. Items should be left on your doorstep.

If you would like additional information or to offer help, please join our community Facebook group at <https://www.facebook.com/groups/cottinghamiskind>

WHY YOU NEED A LASTING POWER OF ATTORNEY

A Lasting Power of Attorney (LPA) is a legal document which lets you appoint one or more people (known as "Attorneys") to help you make decisions on your behalf.

This gives you more control over what happens to you if you have an illness or other long term medical condition which means that you cannot make your own decisions.

Alex Green, Head of Private Client Law at Graham & Rosen Solicitors looks at the benefits of having an LPA and how to make one.

An LPA is a way of legally putting your affairs in order in case you are no longer able to make decisions in the future. There are two types of LPA: **Property & Financial Affairs** and **Health & Welfare**

You can choose to make one type or both.

HOW TO MAKE A LASTING POWER OF ATTORNEY

First you need to decide who your Attorney or Attorneys are going to be. They could be a husband, wife, partner, a relative, a friend or a professional such as a Solicitor. Whoever you choose, you need to be able to trust them to make decisions in your best interests. If you're appointing more than one person as an Attorney, you must decide if they will be making decisions separately or together. You can appoint replacement Attorneys who would replace your original Attorneys if they cannot act in the future.

You need to ask your chosen Attorneys if they would be willing to do the job as they need to sign application forms.

If you are making a Health & Welfare LPA, this will give your Attorney the power

to make decisions about things like your medical care, moving into a care home and life sustaining treatment. This can only be used when you are no longer able to make your own decisions.

A Property and Financial Affairs LPA could be used to manage your bank account or investments, pay bills, collect your pension or sell your home. It could be used as soon as it is registered, if you agree. Alternatively, you can decide that it should only take effect if you lose mental capacity.

Whichever type of LPA you chose, it will only be legally effective when you have registered it with the Office of the Public Guardian. This involves paying a fee and the process takes about 10 weeks.

WHAT'S THE ALTERNATIVE?

If you lose mental capacity and there is no LPA in place, someone such as a relative may have to apply to the Court of Protection to be appointed as your Deputy. This process is expensive and time-consuming. Applications can take 6 months or more to process. Meanwhile your personal and financial affairs would be in limbo.

WHAT SHALL I DO?

Anyone who has property, savings or other assets should consider making and registering an LPA. You will then have peace of mind that your chosen Attorneys will be able to help you when you need it most.

For more information or help making an LPA contact Alex Green at Graham & Rosen.

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Local schoolgirl speeds her way to success

An 11 year old local schoolgirl is on track to become a speed skating star of the future having recently made it into the World top 25 in her sport.

Savi Gray-Buffey, a Year 6 Pupil at Hallgate Primary School in Cottingham, recently returned to the U.K. after competing at the 59th Trofeo Alberto Nocoladi in Baselga di Pinè, Italy, the oldest international short track competition of its type in the world.

Competing in an U12 category, and against some of the fastest girls in Europe, Savi smashed her previous personal best time, achieving a 1:28.777 for the 777m and which gives Savi a World Ranking of 22

for her age group.

What makes this ranking all the more remarkable is the limited time Savi has to train on ice. With the nearest short track club located in Sheffield (Sheffield Speed Skating Club), and public service worker parents it is not always easy for Savi to get to training sessions.

Recognising the logistical issues preventing Savi from training more often, Savi's parents, Shannon and Andy Gray-Buffey, endeavour to get Savi to as many international training weekends and camps as they can. As a family, they travel up to six times per year to The Hague, Netherlands, so that Savi can train with UK Longtrack on a 400m rink for a full weekend, plus every August they attend a major international Short Track camp, lasting one full week, in Oberstdorf, Germany.

Shannon said "Savi is passionate about speed skating but unfortunately we live too far away from Sheffield to be able to go to every skating session, particularly when both Andy and I work shift patterns that can play havoc with school pick ups, drop offs and outside school activities. Savi has come so far this past year and we are trying hard to give her as many opportunities in the sport as we can. Travelling to The Hague and Oberstdorf over the course of the year have really helped Savi and we will try and do more of these training weekends/camps in the future."

A World Ranking of 22 is not Savi's only major achievement this season as the year got off to an excellent start when she was crowned the U12 Silver Medallist at the British Short Track Championships in Sheffield in early January. Competing in a mixed boy/girl category Savi defied all the odds to beat a number of very fast boys to a podium place.

Savi said "I love speed skating and I would give anything to be able to train and compete every day if I could. This year has gone particularly well for me. I won the Silver medal at the British Short Track Championships in January and then managed to improve considerably my personal best times for the 777m and 500m distances and with it has come qualification to Star Class next season which is really, really exciting."



NICKY LONG JOINS FORCES WITH UNIQUE

Former Cottingham salon owner Nicky Long has joined forces with award winning salon group Unique as she embarks on the next chapter in her distinguished hairdressing career.

Nicky brings with her a wealth of knowledge and experience to Unique Cottingham and alongside welcoming clients old and new, the talented stylist is set to fulfil a long-term ambition as she helps train the next generation of hairdressers at Unique.

Nicky is available in our Cottingham salon 4 days a week - call now to book your appointment.

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Council issues further update about facilities and events

The council has issued a further update about events and facilities operated by its culture and customer services team, in the light of guidance issued this week about coronavirus (COVID-19) by the Department of Health and Social Care and Public Health England.

The council wishes to stress that the situation will continue to be reviewed on a daily basis.

The council is also exploring ideas for a range of things that residents will be able to do during these closures, and more details will follow in the coming days and weeks.

All East Riding Leisure Centres : will be closed completely from 16.00 on Friday, 20 March until further notice. This does not include The Hut at Withernsea. Access to the library and Customer Service Centre at East Riding Leisure Haltemprice will be maintained during staffed opening times at the library. For full details, visit <https://www.eastridingleisure.co.uk/coronavirus/>

All memberships and swimming lesson payments will be automatically suspended until the leisure centres reopen, and direct debit payments will not be taken.

East Riding Museums (Beverley Art Gallery, Beverley Guildhall, Goole Museum, and Skidby Mill): will be closed from 16.00 on Friday, 20 March until further notice. The café in the Treasure House will also be closed.

East Riding Archives: will be closed from 16.00 on Friday, 20 March until further notice.

East Riding Libraries and Customer Service Centres: Will remain open at this time with customers advised to take precautions, but all planned activities are cancelled until end May. These facilities will also act as information centres.

Sewerby Hall and Gardens: All events are now cancelled until end May, but the gardens and open spaces will remain open, free of charge. The house itself, the zoo and the cafe will be closed. Worklink Nurseries in the Walled Garden are now closed. The Wildlife Photographer of the Year Exhibition will not take place – it is hoped that this can be rescheduled with the Natural History Museum.

Community outreach sessions

All events are now cancelled, including all Active Coast events and all Active Withernsea events, and all community-based sessions until end May, when the situation will be reviewed.

Bridlington Farmers' Markets

Will not take place at the present time.

Countryside access team events

All events are cancelled until end May.

Flamborough Lighthouse

Closed until end May.

Parkruns: all are now cancelled until further notice.

Artwaves Festival 2020 in Bridlington: has been cancelled.

John Skidmore, director of adults, health and customer services at East Riding of Yorkshire Council, said: "As a council, we are following all the Government and Public Health England guidelines to work with the community in the East Riding to protect our customers and staff.

"We will of course work to prioritise those services which are vital for our residents throughout this period. We recognise that these significant closures will cause inconvenience, but we are sure that the public will understand the need for us all to behave differently over the coming weeks and months.

"I would like to stress that, where our facilities are remaining open, we will be operating stringent cleaning procedures and of course ensuring that customers are able to wash their hands regularly and maintain a sensible distance.

"The council will issue regular updates via its website and social media channels and through the local media to ensure our residents, businesses and the communities we serve are fully up to date as the situation changes and develops over the coming period. I have also asked all our teams in Culture and Customer Services to come up with creative ideas for what people CAN do in the East Riding over the next few weeks and months - watch this space for lots of new ideas!

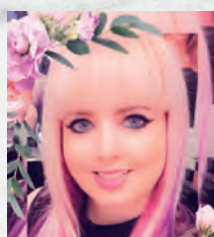
"This is an unprecedented situation and is changing on a daily basis. The council is in regular contact with the Government, Public Health England and its partner agencies."

For more information visit www.eastriding.gov.uk/living/health-and-wellbeing/coronavirus

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HEAD CANDY Hair by Hannah

So you're all thinking
"Not another hair salon", well fear not



as of April 2020 Maxine-Rae of Cottingham, an already established hair salon in the village will become Head Candy.

After many years of Hairdressing Maxine-Rae will be hanging up her scissors for retirement and handing over the salon to Hannah one of her current senior stylists.

Hannah has worked within the salon for 12 years and has over 15 years experience. She can't wait to welcome clients old and new to her salon and is very excited about her new adventure.

Hannah will be joined by current employees Emma and Rene so it will be business as usual providing the same fabulous service and warm welcome.

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Wordsearch - Gardening

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

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

Find the words in the letters above:

Annuals, Beans, Beets, Biennial, Broccoli, Carrots, Compost, Cultivate, Daisies, Digging, Fertilizer, Flowers, Fuchsia, Garden, Geraniums, Gloves, Gnome, Greenhouse, Grow, Hoes, Horticulture, Hose, Hydrangea, Lilacs, Lilies, Marigolds, Organic, Peas, Perennial, Petunias, Pinwheel, Pitch Fork, Planting, Rain, Rake, Relaxing, Roses, Rows, Seeds, Shovel, Soil, Spade, Sunshine, Tomatoes, Trowel, Tulips, Vegetables, Water, Weeds, Wheelbarrow.

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

Sudoku No. 157

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

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

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MARIONOWENTRAVEL

April 2020 and we are experiencing a crazy time in our lives. Firstly just a quick update re Marion Owen Travel. We are keeping up to date with cancellations and changes to your booking arrangements as they happen. As I write we are still working from the office dealing with ongoing bookings that are needing alterations. **We are also overwhelmed with the new bookings we are receiving for travelling later in 2020, 2021 & 2022**, it is such a good feeling to have a holiday in sight. We have also been helping strangers by booking flights to get loved ones home to where they belong. We thank you for recommending our services to family, friends and colleagues. At the stage we feel that working from the office is not an option our office will become remote. Everything is already in place for this to run as smoothly as the office being open. Many of you are aware you often talk to me & I make your bookings whilst I am travelling the World, this is second nature to me. Our office number is always diverted to Emma or myself as soon as our office is closed plus, I am always available 24/7 on 07850 694101.

Even in this current climate the early booking offers launched before this situation are still current e.g. **Cruise and Maritime** are offering a 2-4-1 on all sailing from Hull and 11 ports around the UK for sailings in 2021. Have you been to the Faroes? Well I have not so why not join me on this cruise departing on the 10th June 2021 from Hull?

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Keep safe everyone, be positive and lets look forward to later in the year when we can once again start to explore our world and enjoy wonderful adventures. Best wishes **Marion**

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26 Nov	Chatsworth House & Christmas Market	£ 49
03 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
05 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
NEW	2021 departures now available to book - limited places	
21 Mar	Devon & Cornwall National Trust - 6 days half board	£ 665
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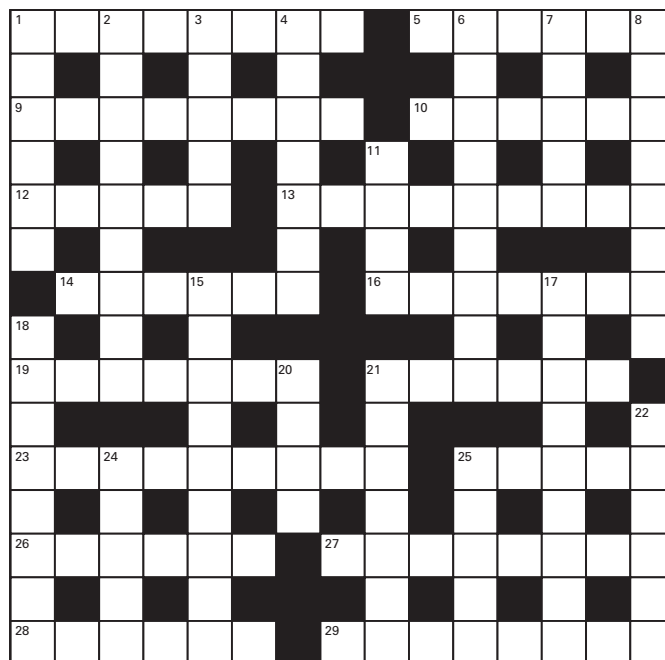
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Crossword - Solution on page 46



Across:

- Not plural (8)
- A type of inflorescence (6)
- Aerialists (8)
- Bovine mammary glands (6)
- Secure or fasten (5)
- Earnestly (9)
- Ape or monkey (6)
- Pins (7)
- Astounding (7)
- Attractiveness (6)
- A piece of numerical data (9)
- A tree of the genus Betula (5)
- Titillating (6)
- Ball-shaped (8)
- Sprinkle with moisture (6)
- A unit of computer memory (8)

Down:

- Not readily available (6)
- Standardize (9)
- Pertaining to cities (5)
- Craftsman (7)
- A nearby galaxy (9)
- Smooths (5)
- A writer of literary works (8)
- Smile (4)
- Revering (9)
- Not figuratively (9)
- Pet rodents (8)
- Newts (4)
- Rod-shaped bacteria (7)
- An impetuous rush (6)
- Fragrance (5)
- Hindu for "Mister" (5)

Crossword courtesy of www.crosswordpalace.com
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Farndale



Farndale

The beautiful valley of Farndale lies at the heart of the North York Moors. Each spring, its glorious daffodils put on one of nature's most spectacular shows – a dazzling display of colour that carpets the meadows and river banks along a seven-mile stretch of the River Dove. It's often said that medieval monks from nearby Rievaulx Abbey planted the first daffodil bulbs here. But the petite wild daffodil (*Narcissus pseudonarcissus*) is one of our native plants and is protected within the Farndale Local Nature Reserve, established in 1955 to safeguard the valley's famous flowers.

Working with nature

Wild daffodils love riverbanks, grassland and woodland – especially woodland with partial shade at the edges and no encroaching vegetation. Luckily, that describes Farndale to a T, with the River Dove snaking through the meadows of a lightly wooded agricultural dale. The daffodils spread either by their seed falling on the ground or by their bulbs being carried downriver. Weather also has a part to play, as extremes of any kind – from drought to overly wet autumns or cold springs – affect bulb growth and flowering.

There's also one more factor that makes Farndale fab for daffs, and that's the work of local landowners and the National Park Authority, who look after the local habitat together. Maintaining the footpaths keeps visitors on the straight and narrow, avoiding damage to the leaves or roots while growing; while cutting back scrub and branches lets in the light that the daffodils need to thrive.



www.northyorkmoors.org.uk



Farndale's famous daffodil walk

Enjoy a classic spring walk in the so-called 'Daffodil Dale' to see Farndale's glorious wild daffodils. It's a straightforward 3½-mile linear route alongside the enchanting River Dove, from Low Mill to Church Houses and back, though there is an alternative return route that climbs through farm fields for some lovely valley views. Depending on the weather, the daffodils are usually out between mid-March and mid-April – and numbers do vary from year to year – but this is a charming walk at any time of year.

Did you know?

Up to 40,000 people visit Farndale during the short period of the daffodil season. By way of contrast, the local population of the dale numbers around 200 people.

Great for:	nature nuts, riverside rambles, easy access
Length:	3 ½ miles (5.6km)
Time:	2 hours
Start/Finish:	Low Mill car park, 4 miles (6.4km) northeast of Hutton le Hole
Grid Reference:	SE 673 952
Map:	OS Explorer OL26
Refreshments:	High Mill and Church Houses
Toilets:	Start/Finish of walk

The Daffy Caffy at High Mill has a tea-garden – it's open daily in daff season, and then Friday to Sunday, May to September. There's also the Feversham Arms at Church Houses. There are other cafés and a pub in nearby Hutton le Hole.

National Park mobile information point at Low Mill in daffodil season.



A walk in the Park

Route instructions

- 1 From Low Mill car park, follow the path ('Public Path to High Mill') down to the bridge.
- 2 Cross the bridge and turn left to follow the river.
- 3 Pass between the buildings at High Mill and follow the track straight ahead to Church Houses.
- 4 Before returning, turn right to enjoy the daffodil display in the churchyard (a short walk up the Hutton le Hole/Gillamoor road).
- 5 Where the path re-enters the trees close to the river, take the upper route through the bridlegate on the left.
- 6 Cross the field to the top right-hand corner, go through the bridlegate and bear uphill with the wall on the right.
- 7 At the field gate just below the farm, bear right, keeping the wall to your right, the farm up to your left.
- 8 Pass through the next field gate between two prominent oak trees, and bear slightly right to the field gate.
- 9 At the 3-way signpost, turn right and go downhill with the hedge/fence on the left.
- 10 At the bottom corner of the field bear left. Go through the gate and straight on to the farm.
- 11 Go into the farmyard and turn right through a field gate and continue downhill (wall on right).
- 12 Go through the gate close to the stream, over the bridge and straight on along the remains of a paved way to Low Mill.



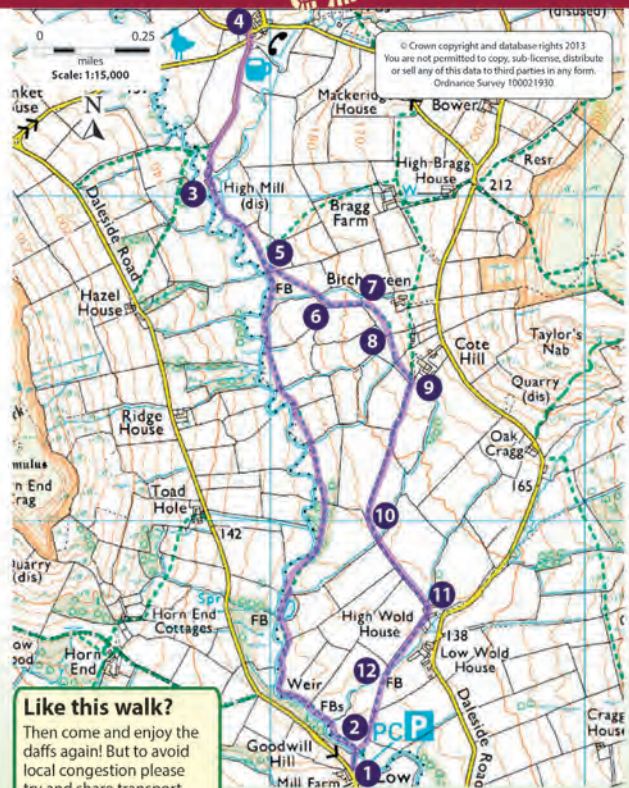
The path along the River Dove is clearly marked, from Low Mill to Church Houses. It's mostly on the level, with just two short inclines, and is largely surfaced. There are several gates but no stiles. The field paths have steeper sections, and pass through farmland and farmyards; there are occasional stiles.



Please keep your dog under close control (preferably on a lead) at all times.

Like this walk?

Then come and enjoy the daffs again! But to avoid local congestion please try and share transport whenever possible.



North York Moors National Park Authority, The Old Vicarage, Bondgate, Helmsley, York YO62 5BP

In the Kitchen



One-pot roast chicken with garlicky potatoes & greens

- Preparation time: 15 minutes + resting
- Cooking time: 1 hour 20 minutes
- Total time: 1 hour 35 + resting. Serves: 4 - 6

Ingredients

1 medium chicken (about 1.5kg), string removed
 500g Charlotte potatoes, halved or quartered if large
 400g pack echalion shallots, halved lengthways, root trimmed but attached
 1 garlic bulb, halved horizontally
 100g unsalted butter, softened
 500ml tub fresh chicken stock
 250g pack essential Waitrose Kale, tough stalks removed
 2 tbsp cider or white wine vinegar, to taste

Method

1. Preheat the oven to 220°C, gas mark 7. Remove the chicken from the fridge 20 minutes before cooking. Place the potatoes, shallots and garlic into a medium roasting tin. Season the chicken and rub it all over with butter before placing on top of the vegetables. Roast for 45 minutes.
2. Cover the chicken with foil and roast for another 30 minutes, or until golden brown and piping hot, the juices run clear and there is no more pink meat when tested at its thickest part (between the leg and breast). Set the chicken aside to rest, loosely covered with foil.
3. Put the roasting tin on the hob, add the chicken stock, bring to a rapid boil over a high heat, stirring occasionally,

until the liquid reduces by at least half and the potatoes and shallots are very tender. Discard the garlic.

4. Add the kale, cover and steam for 2-3 minutes more, until just softened. Stir in the vinegar and seasoning, to taste. Carve the chicken, adding any resting juices to the vegetables. Serve at once.

Roasted spicy squash, nuts & beans

- Vegetarian
- Total time: 35 minutes. Serves: 2

Ingredients

300g frozen butternut squash
 1 red onion, cut into chunks
 1 aubergine, diced
 40g mixed nuts, roughly chopped
 200g can butter beans, drained and rinsed
 350g tub essential Waitrose Tomato & Chilli Sauce
 1 tbsp chopped chives

Method

1. Preheat the oven to 200°C, gas mark 6. Mix together the butternut squash, onion, aubergine, nuts and butter beans in a roasting tin, stir in the sauce and 50ml water. Bake for 25-30 minutes until tender.
2. Sprinkle with chopped chives to serve.



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Classic chicken and mushroom pie

- Preparation time: 25 minutes
- Cooking time: 25-30 minutes
- Total time: 50-55 minutes. Serves: 4-6

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 4 rashers smoked streaky bacon, roughly chopped
- 1 x 6 pack essential Waitrose British Chicken Thigh Fillets, cubed
- 2 sprigs rosemary
- 2 tbsp plain flour
- 100ml white wine
- 300ml chicken stock
- 1 tbsp Cook's Ingredients Dried Porcini Mushrooms
- 250g chestnut mushrooms, quartered
- 2 tbsp crème fraîche
- 320g pack Jus-Rol Shortcrust Pastry Sheet
- 2 tbsp milk

Method

1. Heat the oil in a large saucepan and cook the onion, bacon, chicken and rosemary over a high heat for 5 minutes until golden. Stir in the flour and cook for a minute more then pour in the wine and bubble vigorously for 2 minutes.
2. Add the chicken stock and both varieties of mushroom. Cover and simmer for 10 minutes until the chicken is cooked through with no pink meat and the sauce has thickened.
3. Preheat the oven to 200°C, gas mark 6. Stir in the crème fraîche then spoon the mix into a heatproof pie dish, discarding the rosemary stalks.
4. Open out the pastry sheet and lay it over the filling, tucking in the edges. Brush the top of the pie with milk and sit the dish on a baking sheet. Bake for 25-30 minutes until the pastry is golden and cooked through. Delicious served with mash and steamed greens.

Blueberry Victoria sponge

Make this the centre piece of your Easter lunch. The hint of zesty lemon, and floral and fruity blueberry jam make a delicious flavour combination.

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 25 minutes + cooling
- Total time: 35 minutes + cooling. Serves: 10

Ingredients

- 250g golden caster sugar
- 250g Stork With Butter
- 4 medium Waitrose British Blacktail Free Range Eggs
- 250g self-raising flour
- Finely grated zest of 1 lemon
- 1 tsp vanilla extract
- 170ml pot essential Waitrose Double Cream
- 4-5 tbsp blueberry jam or conserve
- Icing sugar, to decorate

Method

1. Preheat the oven to 180°C, gas mark 4, and grease and line two 20cm sandwich tins with baking parchment. Place the sugar and Stork in a large mixing bowl. With an electric whisk or wooden spoon, beat together until pale and creamy. Next add the eggs, one at a time, scraping the bowl down after each addition.
2. Fold in the flour in two additions, then lastly fold through the lemon zest and vanilla. Pour into the prepared tins and place in the oven for 22-25 minutes or until a wooden skewer inserted into the centre comes out clean. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.
3. Once the cakes are completely cool, pour the double cream into a mixing bowl and whip until soft peaks form. Spread the cream over the bottom of one of the sponges, spread the other sponge with jam, and sandwich them together. Finish with a dusting of icing sugar just before serving.

Cook's tip: Instead of whipped cream, a vanilla-scented buttercream is a lovely alternative and is great if you want your cake to keep until the next day. Simply cream together 150g Butter with 150g icing sugar and a teaspoon of vanilla extract.

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ON THE GRAPEVINE

WITH ROY WOODCOCK

Growth of wine from Romania and Uruguay

We're off on our travels this month, having noticed that alongside a growth in English wine we are also seeing more bottles from less obvious locations around the world; Romania and Uruguay being just two examples.

I have to say these are not countries I have ever given much thought to when it comes to wine and probably one would have to admit that in reality, our horizons are quite narrow and don't stretch too far beyond what we think of as traditional wine producers.

These thoughts were prompted by discovering that in terms of the big supermarkets, the Co-op's first-ever wines from Romania and Uruguay have just landed in stores.

What are they like? Well, the new Romanian Pinot Noir is a brilliant budget-friendly red at £5.50 a bottle, whilst the Uruguayan Finca Traversa Tannat Merlot (£8) is the perfect full-bodied red for South American wine lovers with its blend of Merlot and the indigenous Tannat grape.

Sarah Benson, Co-op wine buyer, told us: "Eastern European wines continue to offer exceptional value and quality, whilst this new Uruguayan wine will expand our South American wine range beyond Chile and Argentina."

Uruguay is the fourth largest producer of wine in South America - Argentina is the largest, followed closely by Chile and then Brazil. It is best known for red wines using Tannat grapes, historically linked to Basque-influenced regions of France near the Pyrenees. It is the most widely-planted grape in that country, so much so that it is regarded as Uruguay's native variety, even though it was introduced by Basque settlers in the 19th century.

It's notable for its very high tannin levels so is generally blended with other red grape varieties to soften the astringency and make it more approachable.

The Uruguayan Finca Traversa Tannat Merlot is produced in the capital Montevideo by the Finca Traversa family winery and is a full-bodied red blend of Merlot and Tannat and makes an excellent alternative to California and Australian offerings. Try it with steak - it works a treat.

The winery prides itself on the sustainable nature of its business and wines are produced utilising solar panels and increasing the use of composting in place of inorganic fertilisers.

Proximity to the Atlantic Ocean provides cool breezes and a maritime climate that help to keep alcohol levels lower and develop bright, fruit driven wines with great character and complexity.

Simply named Romanian Pinot Noir, the other new one at the Co-op offers an accessible option for fans of quality Pinot.

With a wine history that dates back over 6,000 years, Romania is, perhaps surprisingly, the sixth largest producer of wine in Europe. The producer of this example is located in the Banat region in the South West of the country, creating wines that perfectly express the traditions and terroir of the region.

As Romania's largest exporter of wine, the winery use innovative approaches to produce modern, fruit-driven wines that over deliver on taste and quality at highly-competitive prices.

This light-bodied red displays the classic characteristics of the iconic grape variety. With full flavours of cherry, plum and raspberry and a smooth velvety finish, it really does pack a punch. Try it slightly chilled, or with a cheese salad, cold meat platter or white fish such as cod.

Romania has at least as much potential as any other Eastern European wine-producing country, but has received a fraction of the foreign investment of, say, Hungary.

Meanwhile, the New World continues to embrace new grape varieties, with South Africa having its first commercial crop of Marselan harvested recently while Argentina plants Assyrtiko.

Assyrtiko is the white grape variety grown on the windy Greek Island of Santorini. Here the wind dries the grapes, creating concentrated citrus and stone fruit wines with high acidity. In Argentina, producer Trapiche has planted Assyrtiko on the volcanic soils 200km south of Buenos Aires, one of the few vineyards in Argentina not at altitude.

In South Africa, Marselan was planted in Paarl, one of the warmer areas in the Western Cape where altitude is used to help keep the region cool. Marselan is a red grape variety created in 1961 by crossing Cabernet Sauvignon and Grenache.

The vine is grown mostly in the Languedoc wine region with some plantings in the Northern Coast of California. It has also become very popular in China. Marselan tends to produce large clusters of small berries that are mid-late ripening. It also has strong disease resistance.

The message is, I think, don't be afraid to experiment and try something new. You might be surprised. And we may have to, as more popular, traditional, wine-producing countries experience difficulties. The bushfires that ravaged Australia over the Christmas period, for example, are expected to cause a four per cent drop in production this year, according to Wine Australia.

The regions closest to harvest are the ones most likely to have significant damage, including Hunter Valley and Canberra.

Canberra is not as famous as Hunter Valley, whose Semillon is one of the earliest harvested grapes in the country which make it one of the most affected regions. Wine Australia claims that South Australia's Adelaide Hills, which also suffered significant bush fires, may have escaped the worst effects because the cool season had delayed harvest time.

And finally, we've also learned this month, that Germany will not produce any ice wine for the first time for the 2019/2020 vintage after warm weather failed to freeze grapes on the vine.



BEST BUYS

**Finca Traversa Tannat Merlot****Where:** Co-op**When:** Now**Why:** Full-bodied red wine - an excellent alternative to California and Australian offerings. Try it with steak - it works a treat.**£8.00****Wither Hills Sauvignon Blanc****Where:** Waitrose**When:** Now, until April 14**Why:** Remarkable wine and one of my favourite New Zealand Sauvignon Blancs, along with The Ned. Vibrant and fruity wine with intense gooseberry, guava and passion fruit flavours. Well balanced with mouth-watering acidity.**£7.49 (was £9.99)****The Ned Sauvignon Blanc****Where:** Waitrose**When:** Now, until April 14**Why:** Another bronze medal winner - this time at the 2019 International Wine & Spirits Competition. Filled to the brim with tropical fruit flavours, this wine is refreshing, crisp and delicious - just the way a New Zealand Sauvignon should be!**£7.29 (was £10.99)****Romanian Pinot Noir****Where:** Co-op**When:** Now**Why:** Decent example of Pinot. Try it slightly chilled, or with a cheese salad, cold meat platter or white fish such as cod.**£5.50**

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Muddy Puddles

Water everywhere and not a drop to drink. It's Barbara Wynn, the vet, here again, and I'm contemplating the fact that it comes as no surprise that we've just experienced the wettest winter on record. The fields where people walk their dogs regularly around Cottingham have turned into lakes and muddy bogs. The choice between walking shoes or wellies when going outdoors has never been easier to make. Along with the mud and the relatively mild weather, we have also seen a spike in seasonal doggy tummy bug cases arriving at the Cottingham branch surgery of KINGSTON.

It isn't any one bug that seems to be causing the problem, more a mixture of the usual grumbling suspects that have been revelling in the weather we have recently been enjoying. It's a well-known fact that most tummy bugs love standing water and mild temperatures to persist in the outside environment. Also, most gastroenteritis cases recover with a little help and nursing care. However you should definitely call your vet if your pet's symptoms are severe or persistent.

So what can dog owners do to protect their pets?

First and foremost make sure your dog's vaccines are up to date. Vaccination is very effective in preventing Parvo virus, the



most serious viral gastroenteritis we see in dogs. Fortunately most dogs are now vaccinated in this area, so I would now consider Parvo to be a relatively rare disease, and that hasn't changed recently. It isn't something to be complacent about though, so drag out that vaccine card, blow the dust off and check if your dog is up to date.

Secondly, make sure your dog has regular worming treatments. Intestinal worms rarely cause vomiting and diarrhoea in adult dogs but a heavy parasite burden can weaken the gut's immune system and make your dog more vulnerable to other infections. Call your veterinary practice to discuss an effective worming regime for your dog.

Thirdly, clean up after your dog! Even dogs which do not have symptoms of gastroenteritis can be carriers of bugs that may transmit to other people's pets. Picking up after your dog can reduce the risk of infections transmitting.

Fourthly, washing mud off your dog when you get home can also reduce the risk of them picking up bugs.

Fifthly, if your dog does unfortunately develop symptoms of gastroenteritis, keep him or her away from public spaces. It's easier to clean up after your pet in a controlled environment when it has diarrhoea. Most dog owners know the experience of walking over with a poo bag at the ready only to find the expected deposit has magically disappeared below the grass never to be seen again!

Sixthly, remember to be extra vigilant about hygiene at home. Hand washing using hot soapy water after cleaning up after your pet, handling your pet and before preparing or eating food is important. Although I'm assuming everyone is already hand washing regularly anyway to control our own nasty human Coronavirus.

A little thought and community spirit can go a long way to keeping infections in our pets and ourselves to a minimum, so happy dog walking and stay safe everyone. Hopefully, by the time you are reading this, we are already enjoying some better weather!

AND FINALLY . . . TALI . . .

Well, this is going to become boring, although I must not complain. I will most probably sound like British Rail but I am hopefully getting there. I am not saying that the 'light bulb' moment has arrived but more like a dimmed light. She still has taken a shine to the coals on my living flame gas fire..I say coals, there are not many left. Her crate training is impeccable. I know a few readers will not agree to this type of training but believe me...having a chewing, destroying machine in the house, it is a furniture saver. Since a puppy, Tali has treated it as her own space and with the sound of the treat tin, she is straight in her crate in the knowledge I shall be going out. Her recall is still an ongoing project, but a visit to the park at 7.30 am every morning before I leave for work, I am able to carry on her training.... thank goodness for light mornings.

Until the next time . . .

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Place of Pride: Photographers can win over £500 by showing love for their local area

Local photographers have an exciting chance to win over £500 by capturing their emotional connection with a place in their area. It's all through the launch of a new, nationwide photography competition.

Run by specialist insurance provider, [Ripe Photography](#), the [inaugural Place of Pride competition](#) is open to photographers of all abilities.

The photograph can be of anything, but each entry must include an identifying feature of the place being captured; something that sums up its spirit. This could be a noteworthy building, a street sign, or any other distinguishable point of interest. The caption should provide a description of the place and why it has been chosen.

As well as giving away £350 to the winner, Ripe Photography will also award £150 to the runner up and £50 to third place.

Choosing the winner will be Ronya Galka, who was recently voted one of Britain's top 10 street photographers and has previously been nominated for Best Photographer at the Sony World Photography Awards.

"So, when it comes to judging the Place of Pride competition, I'll be looking for a great image of a specific place that brings its most captivating and emotionally stimulating features of to the fore. I'm very excited to see how this comes across and can't wait to help choose the winner. Best of luck to all the entrants!"

Place of Pride not only gives photographers a chance to get their hands on the prize money, it also represents an opportunity to gain widespread exposure. Ripe Photography will share a selection of entries on its Instagram page and across its various communication channels.

To enter Place of Pride, photographers must post an image of their chosen place on their own Instagram page, tag [@ripe_photography_](#) in the image and caption and include the hashtag [#PlaceOfPride](#).

The competition is open until 31st May 2020 and winners will be announced within 2-4 working weeks of the closing date.

Temporary changes to East Yorkshire bus services

From Monday 23 March, in response to the coronavirus pandemic, bus company East Yorkshire will be temporarily changing their timetables.

Most services will run to a Sunday timetable, but with extra early morning journeys to allow workers to travel. Routes which don't normally have Sunday buses will also have a special timetable.

East Yorkshire's schedulers are currently working around the clock to get these services planned so that they can cover as many parts of the region as possible. As soon as the company have the new timetables confirmed, they will publish them at www.eastyorkshirebuses.co.uk, through social media, and on the East Yorkshire Buses app. Until then, please be patient – the information is being prepared as fast as possible. It is hoped that they will be available to view on the website from Friday afternoon.

Please don't panic – every route will still have a service, but at a reduced frequency reflecting reduced demand and resources.

Bus stop real-time predictions on the company's website and app may not work straight away, as the information takes a while to update. However, the bus tracker should be accurate in showing the bus locations on a map.

Most other bus companies around the country are also reducing their service, so if you also use other operator's buses, please check their information too, to see how they are amending their services.

Ben Gilligan, East Yorkshire's Area Director, said: "Thank you to all our passengers for your understanding during this unique situation – we are doing our best to continue to run as good a service as we can, for as long as we can."

Those who don't have internet access can ring BusLine on 01482 592929, to find the new times. Please only ring BusLine if you have no online access, as they are expected to be very busy, and need to keep lines clear for people who cannot look at the timetables online. BusLine will not have the timetables until Friday afternoon, as they are still being prepared, so please do not ring them until then - they cannot give out any information about next week's times until the scheduling work is finished.



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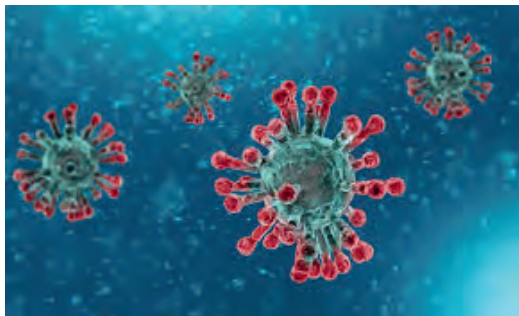


"The Tooth and Nothing but The Tooth"

by
Chris ' Dr. Smile
Maker' Branfield

What is going on ??

Hello again, I hope you are well. Wow, what a few weeks. Life has changed so much in a short amount of time. We are at war it seems. At war with a virus. I bet that there has never been such social media activity before. The government are strategizing and adapting it as they go. I hope that they get it right. If you are high risk take no chances. We have the most stringent cross-infection control procedures as a daily standard but even we are now doing more now on the patient/visitor front. It is good to know that we going above and beyond the advice given at the moment and it has not gone unnoticed, with some great feedback. What a beastly



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Are Your Hands Sore Yet?

Now, we are used to a lot of hand washing. Some patients have reported sore hands as they have really going for it. Alcohol hand gel can make the skin dry out. Use hand cream afterwards.



No Courses

I was booked onto an Association of Dental Implantology course in Wakefield tonight but it's been postponed. I was due to give a talk to students at the University of Sheffield next month and that has been cancelled. Two other courses in May are postponed until further notice. It's inevitable.

No More Cuddles!

We are usually always hand shaking at the practice. We appreciate people coming to see us, and appreciate what we do for them. We love it.



However, all that has stopped. Every now and again I even got a cuddle. No more cuddles. I'll have to content with an elbow bump

Business As Usual

At the moment, following some guidance, we are operating business as usual but with some extra precautions. We do not know how long that will last. However, we will endeavour to do our best to look after people the best we can as safely as possible.

Togetherness

We all face uncertain times with challenges ahead both health wise and economically. As I said earlier it is like wartime. We can only beat it with unity together. Vera Lynn at 103 has said this



today. "We must have togetherness and look after each other. If we cannot be together in person, then in spirit. We need to have positive attitude and be disciplined. This coupled with togetherness, kindness and laughter and we'll be ok".

Until next time. Take care and be good and be safe.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now www.castleparkdental.co.uk.

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Joint Codicil	£90+VAT
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Application for lasting Power of Attorney for Health & Welfare	£250+VAT
Application for lasting Power of Attorney for Property & Financial Affairs	£250+VAT
For both of the above LPA's	£400+VAT
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Employment

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thereafter	£100+VAT
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Stage 2 - Stage 1, ACAS, preparation of claim	£350+VAT
Stage 3 - Stage 1,2, negotiation, preparation and representation at ET	£550+VAT+Counsel fees
Respondent Advice Appointment (1/2 hour)	£100+VAT
Full investigation, advice, correspondence	POA
Negotiations, preparation and representation at ET	POA+Counsel fees
Drafting of documents, contracts, handbooks, procedures and policies	POA

Divorce

Initial Advice Appointment - free (for up to 30 minutes)	
Further Advice Appointment(s) - a meeting of up to 1 hour with Grade A Solicitor	£210.00 plus VAT

Option 1 - Divorce (Petition Only)

£200.00 plus VAT plus disbursements
Instructions are provided by client by email or telephone only (after the initial free 30 minute appointment), initial advice is provided together with the client care documents

and fixed fee quote with invoice payable prior to the work commencing, initial letter to bring the divorce proceedings and the drafting of the Divorce Petition ONLY - client is then to send the papers to the Court, pay their own Court fee etc.

Option 2 - Uncontested Divorce £500.00 plus VAT plus disbursements (i.e. divorce Court fee of £550) on behalf of the Petitioner £250 plus VAT plus disbursements on behalf of the Respondent

One initial meeting (lasting up to one hour) whereby detailed instructions are provided by the client and initial advice is provided together with the client care documents and fixed fee quote with invoice payable prior to the work commencing.
Initial letter to bring the divorce proceedings and the drafting of the Divorce Petition.
The filing of that Petition and Court fee (payable separately as a disbursement by you up front) with the Court.

Advice we are required to provide regarding reconciliation and marriage guidance, counselling, filling the required Statement of Reconciliation, apply for Decree Nisi and Decree Absolute.

* Additional costs at Solicitors hourly rate if any issues with service of the petition.

Option 3 - Contested Divorce or Financial Settlement or Proceedings Fees assessed on an individual case by case basis

Initial meeting requesting information regarding financial matters £210.00 plus VAT
Ongoing instruction on an hourly rate determined by the Solicitor
Court applications regarding family/matrimonial matters (not including children*) - POA
Attendances at Court on your behalf (professional representation at family law (not including children*) hearings or trials).

Family update

Our senior family solicitor Neeta is a member of Resolution which is a community of family justice professionals who work with families and individuals to resolve issues in a constructive way.

With this approach, we help you to consider the needs of the whole family, in particular the best interests of the children. We are here to listen to you, and explain all the possible options, and give you the confidence to make the right decisions moving forwards. We will encourage you to focus on what is important in the long term, and give you professional guidance to achieve the best solutions.

We fully understand the stress you are going through and we will support you with empathy throughout your divorce.



Other Services

Deed Poll Application	£250.00+VAT+Disbs
Oath Swearing	£25.00
One-off solicitor's letter	£200+VAT
Commercial contract drafting	POA
Partnership/Shareholder Agreement	POA
Declaration of Trust	POA
Injunctions	POA
Letter of claim Civil/Commercial Litigation	POA
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Please Note - Home visits are restricted to HU postcodes only, if you live outside of this area please ask for our additional travel costs when you make your initial enquiry.

*Please note we do not provide legal services in relation to children and contact arrangements. This can be outsourced or we can conclude matters to stage 3 then transfer to a different solicitor at that point.

Meet, Greet & Eat

FREE legal Advice Clinic with Caroline and team on the first Saturday of the month from 10.00 am to 12 noon. Teas, coffees and freshly baked scones provided with our compliments. We look forward to seeing you.

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Test your quiz skills virtually and help to support Dove House Hospice

Test your quiz skills virtually and help to support Dove House Hospice Hull based charity, Dove House Hospice challenges quizzers from across the region to take on their virtual Monthly Midweek Quiz to win cash prizes and in doing so, help to support end of life care in Hull and East Yorkshire.

The monthly quizzes, hosted by Virtual Quiz Events, allows entrants to take part in a 15 minute online quiz with cash prizes available for 1st, 2nd and 3rd place, The prize pot is dependent upon the number of entrants and all registration fees of each entrant (£2.00) shall be donated to the hospice.

Dan Clipson, Regional Fundraiser at Dove House said, "Virtual Quiz Events is a fantastic, innovative, fundraising website that enable our supporters to take part in an online monthly quiz from anywhere in the world! Quiz nights are a fun way of raising money for Dove House Hospice, whilst there are cash prizes for 1st, 2nd and 3rd place, so we hope you can join us on the first Wednesday of each month".

Quizzes for the next three months shall take place on: 1st April, 6th May and 3rd June 2020, starting at 7.30pm prompt. To sign up and access the quizzes, visit: <https://www.virtualquizevents.co.uk/quiz/>.

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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.

26 April - www.cottinghamtimes.co.uk

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.

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 there is a large selection of plants with fragrant flowers and leaves for smell. Aromatic herbs for taste, brightly

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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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CLT, our Centenary and the Coronavirus...

Well, six months into our Centenary Season, this isn't the article I expected to be writing for you! It just shows that however much you plan something – and we've been planning our Centenary Programme for the last three years – something completely unexpected comes along, and those plans have to change. We don't want to disappoint, or let our loyal audience down, but at the same time we can't put anyone, members or audience, at any additional risk.

We had three fantastic shows planned for you over the next three months:

- First was a script-in-hand performance of "Heroes" – a wonderful comedy set in 1959 about three First World War veterans. Rehearsals were an absolute riot as our wonderful cast (average age 79 ¾) got to grips with the script, a 21-foot hose and a 40lb stone dog!
- Next, our main production of "Quartet", Ronald Harwood's brilliant comedy set in a home for retired opera singers. Rehearsals were well under way, and it was proving to be just as funny and moving as we'd hoped it would be. (AND we'd already learned all the lines for Act One!)
- Finally, a script-in-hand performance of "Entertaining Angels", another lovely, gentle comedy, with debut performances from two new CLT members and a new director.

The Darby and Joan Hall Management Committee have decided to close the venue for the next three months, a decision which we wholeheartedly support in the current circumstances. So we are cancelling all three of these productions. We will do our absolute best to put all three plays on at a later date, but can't say at present when that's likely to be.

If you have already purchased tickets for "Heroes" or for "Entertaining Angels", please could you call the CLT ticket line so we can arrange to refund you? (We are separately contacting CLT Friends about their ticket allocations.)

All being well, we will resume our Centenary Programme in the Autumn, with our script-in-hand performance of Alan Ayckbourne's "Confusions" on Saturday 24th October, and then Marc Camelotti's hilarious farce from 26th – 28th November. (Further details in our Centenary Brochure and on the CLT website www.cottinghamlittletheatre).

This is not how we, or you, wanted to spend our 100th birthday, but we are looking on this as a postponement rather than a cancellation. Let's all look out for each other in the coming weeks, and we will see you in October.

Please check the CLT ticket line 07955 138061 or our website www.cottinghamlittletheatre for the latest information.

Your Stars for April 2020

By Kay Gower

Aries (Mar. 21- April 20)

There could be a drop or two of magic in the decisions that you make this month.

You'll manage to handle what's right in front of you astutely, mostly because you ignore what's behind you.

Taurus (Apr. 21- May 21)

The road to success may have shaken your nerves and rattled your brain but it hasn't driven you insane or stopped you. The last week of April, may see you celebrating – perhaps a little road weary, but victorious.

Gemini (May 22-June 21)

There is a skill involved in being able to listen – really listen. When done well it allows someone to stand out in a sea of self-involved individuals. This month, you stand out.

Cancer (June 22-July 22)

This month, especially after the 15th, there is the likelihood of some mysterious happenings. Unusual people or unusual experiences come from out of the blue. Strangely, you might find yourself enjoying it all.

Leo (July 23-Aug 22)

You are someone's hero and the responsibility isn't one you take lightly. But even heroes need some time off, this month will provide you with some much needed relaxation, although not before 15th.

Virgo (Aug 22 – Sept. 23)

Planetary changes taking place this month show that there is much to be gained from being at home and loving the people who are in it. Venus, planet of love and harmony will be in your solar 4th house and will be assisting you to get closer to those who mean the most.

Libra (Sept. 24 -Oct. 23)

Wait until the full moon in your sign on the 8th, then you'll find the concerns that you had earlier on in the month will seem very far away... as you sail along on this ethereal river that floats us all.

Scorpio (Oct. 24 - Nov. 22)

You're deeply perceptive this month, but don't go looking for hidden meanings where there are none or suspicions will take over your life, especially where love and money are concerned.

Sagittarius (Nov. 23 -Dec. 21)

Good opportunities will be so plentiful in the next three weeks that it's a great time to make your move. Waves? You'll make them, just like anyone who jumps into the water does.

Capricorn (Dec 22.- Jan. 20)

Be willing to try new things in April, whether or not you'll like them isn't the point. The point is that you'll know more for trying. You'll be in the right mood to say "yes," and if you make a mistake, you'll soon recover.

Aquarius (Jan 21 - Feb 19)

There will be a need for balance and this may compel you to make gestures of diplomacy. It is possible though to take on too much responsibility and you can at times be too agreeable. Just remember, lopsided wheels don't roll.

Pisces (Feb. 20-Mar. 20)

You still have the magic. In fact, you may find you have more of it now than ever before. This attracts all kinds of interesting and funny scenarios. Could this month see the return of someone or something from the past? Expect the unexpected.



Cottingham care home launches reminiscence appeal

A Magnolia House care home has launched an appeal to the public for old photographs of Cottingham to aid reminiscence activities in the home.

Magnolia House care home, on Hull Road, is asking for pictures and memorabilia of the surrounding area to help spark conversation between the residents ahead of the VE Day celebrations in May.

Reminiscence activities have many proven benefits for the older generations including helping to reduce symptoms of depression,

improving communication skills and enhancing self-esteem.

Lindsay Altoft, home manager at Magnolia House care home, said: "During the period of reduced community activity due to the coronavirus outbreak, we are determined that our residents should continue to be able to enjoy our strong links with the local area.

"Looking back at old pictures is a wonderful and valuable way for them to reminisce; it's great for them to unearth memories buried at the back of our minds and we all like to see how things have changed over the world.

"Magnolia House is a big part of the community and we are always looking for ways to develop our relationship with the people of Cottingham. If you have any pictures of our town from years gone by, please email them to us so that we can share them with our residents!"

If you would like to help support Magnolia House's appeal, please email sarahcarter@parklanehealthcare.co.uk with a scanned copy or JPG of the image.

Urgent Treatment Centres in Hull and East Riding to change opening times

Urgent Treatment Centres (UTCs) at Bransholme in Hull and Goole, Beverley and Bridlington in the East Riding are changing their opening times. City Health Care Partnership CIC (CHCP), who run the centres, are redeploying staff during the Coronavirus crisis to support nursing services to treat patients in the community.

The UTCs will be open from 8am to 8pm, seven days a week; x-ray times will not be affected.

GP Out of Hours services will no longer be provided from the Westbourne Centre in Hull and from Rosedale in Hedon so that GPs can be used as efficiently as possible.

The Story Street walk-in centre in Hull will not be changing its operating times.

Jackie Griffiths, Deputy Chief Operating Officer at CHCP, said, "We are very fortunate to have a flexible and adaptable workforce, many of whom have the skills and experience to work across our services. We are extremely proud of the way our colleagues have adapted to changes to their working day without complaint and risen to the challenge at this time of national need."

Sudoku Answer from page 12

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



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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk

The horse industry and Corona Virus

As I write this article, this planet is in the middle of the Corona virus pandemic. Daily life rules are changing. How we run our businesses is changing. Schooling our children is changing. It's all so scary and we don't know where it will all end and what will be left when it does.

Everyone is, and will be, affected in some way, shape or form but the overall success to beat this thing requires massive change in human behaviour.

The animal care industry is just as badly hit. No one is going on holiday so kennels and catteries are closing down. The horse industry has shut down all competitions and racing, but all these horses, alongside all the millions of leisure horses still have to be cared for on a daily basis.

My little yard is based on providing full livery where myself and my staff look after horses for their owners. We have a strict hand washing protocol in place with anti-viral hand wash stations both inside as well as outside of the yard. We ask all the owners to be responsible in all ways and my staff are self-regulating their health and movement patterns. I will always need staff as the work load is enormous and cannot be done by one person alone.

The land is greatly damaged by the ravages of this past extremely wet winter. There is no grass, there is dried and drying up mud. Simply turning horses out early to cut the work load, will destroy the land even more because it has had no time to rest and recover. My forage bill will remain enormous throughout the entire summer.

We don't know how many people will lose their jobs or lose their businesses and their income. Will I be left caring for horses and providing their food and staff wages when an owner can no longer afford their animal?

Will my staff members or myself, become ill? How will we manage the daily work load if that becomes the case. Will my owners be banned from travelling to their horses? Dear God! The whole scenario gets worse, the more you realise just how sweeping are the possibilities.

The bottom will drop out of the horse selling market as the industry will become flooded with unwanted horses. Human movement restrictions are already in place so no one will go viewing horses for sale. What about moving



horses from one place to another? Who knows! The Government is making sweeping changes to everything on a daily basis and we must all adhere to those changes.

Travelling along in this dystopian new world is simply the worst ever journey any of us have ever encountered.

I wish you all safe. Look after each other. Be mindful of those who will lose family members or their income as we all lose our freedoms. Stay healthy and we will survive this nightmare. Nothing will ever be the same again but we may be stronger in community and caring for others as a result. I hope so.

Something to smile about for a change. Meet Harry! We have a new kitten on the yard- our future mouser we hope. He has brought a whole new dimension of pleasure to our little world. Watching him become good friends with my dogs and his ability to play with absolutely everything, is just gorgeous. I guess he wastes a lot of our time during the day but what a wonderful way to waste time! He is a total pleasure.



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Fund-raising successes help Goldstar members shine

A business which was set up to provide recreational fitness sessions has entered its tenth year with an event to raise funds and to celebrate a boom in membership to more than 700 people.

Goldstar Active welcomed members and business sponsors to the Cucina restaurant in Hessle for an event which raised more than £1,000 towards the cost of new competition leotards for its elite squad of gymnasts.

Added to other recent funding, the money will help the club work towards welcoming more people and offering even more activities.

Laura Kitney, who founded Goldstar Active in 2010 with Caroline Woodcock, said: "We now have the opportunity to bring Goldstar to the fore of our local community and provide easier access to our facilities for all across many disciplines of gymnastics including women's artistic, men's artistic, general, preschool, trampoline, freestyle, cheerleading and team gymnastics."

Laura and Caroline have a combined experience of almost 40 years in teaching gymnastics to local people. They began by coaching recreational classes from South Hunsley Sports Centre and, as the membership grew, branched out into other local venues with classes at South Cave Sports Centre, Cottingham Pavilion and Warners Health Club.

A major breakthrough came in July 2017 when the club opened its own premises, with a purpose-built facility in Willerby which attracts members from as far as South Cave and Beverley.

Laura said: "Hiring hall space meant that we were always dependent on availability, dictated time slots, opening times and storage space and we soon recognised that our own premises were needed to support our continued expansion."

"Since moving we have seen rapid growth with the number of gymnasts increasing from 200 to over 700. We have also been able to branch out into other sports disciplines offering both trampoline and dance classes and now classes for all ages and abilities from birth to adulthood and beginner through to competitive pathways."

Driven by a desire to create a fun and friendly setting and to provide fitness for the whole family, the owners reinvest profits back into the business to maximise the value of grants and fund-raising events.

The event at Cucina was organised by club member Anna Ashbee and attracted more than 40 people, with the restaurant devising a special menu for the evening and money being raised by special cocktails and by a raffle of prizes donated by local businesses.

Caroline said: "We are very grateful for fundraising events like this one, with special thanks to Anna Ashbee for all of her efforts and to the businesses who have kindly donated prizes for our amazing raffle."

"These events enable us to continue providing new equipment which helps us to develop our gymnasts to the next level and support the fast progression of talent within the club. This has been seen recently at a national level with success at competitions around the country."

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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, no dials to set or flashing lights to look out for, its all perfectly simple, perfectly soft.



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

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door as required. All the above benefits of a

softener will not be at the top of most long term softener owners list 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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Date announced for Max and Keira's Law to come into effect

- 62% of over 16s in England aware that the law is changing, January 2020 survey shows
- 4 in 10 people across England have recorded their organ donation decision
- Currently, over 6,000 people in the UK are on the transplant waiting list, while last year over 400 people died waiting

The Government has announced that, subject to parliamentary approval, Max and Keira's Law – the Organ Donation (Deemed Consent) Act – will come into effect on the 20 May 2020.

From the time the law changes, all adults in England will be considered as having agreed to donate their own organs when they die unless they record a decision not to donate, what's known as 'opt out', or are in one of the excluded groups.

Those excluded will be people under 18, those who lack the mental capacity to understand the new arrangements and take the necessary action; and people who have lived in England for less than 12 months or who are not living here voluntarily.

Even after the law changes, families will still be involved before any organ or tissue donation goes ahead and NHS Blood and Transplant Specialist Nurses will continue to speak with families about their loved one's decision.

Anthony Clarkson, Director of Organ Donation and Transplantation for NHS Blood and Transplant, says:

"We hope that the new law encourages more people to record their donation decision and talk about organ donation with their families. It is important for people to know that they can do this at any time before or after the law comes into effect, there is no deadline for making your donation decision.

"We are encouraged that almost two thirds of people in England are now aware that the law is changing, but we would like this

figure to be even higher by the time the law changes.

"The majority of people tell us that they support organ donation in principle, yet only around 4 in 10 have actually registered their decision.

"For those who have not thought about organ donation before, or who still have questions, we have lots of information available on our website and our team of helpline advisors are available to answer any queries.

"Organ donation is and always will be a precious gift and if more people are inspired to support and agree to donation, then many more lives can be saved."

The latest NHS Blood and Transplant awareness survey, carried out in January 2020, showed that 62%[1] of the population aged 16 years or over in England are aware that the law around organ donation will be changing. This has risen from the baseline of 46%[2] recorded prior to the launch of the law change awareness campaign, 'Pass it on', which officially launched in April 2019.

It has also been stated that only organs and tissue used for routine transplants, will be included under the new system.

Laura Beattie is one of 6,000 people across the UK still waiting for a transplant. Laura, 31, from Stretford, Manchester, has cystic fibrosis. She has been waiting for a lung transplant since August 2018.

"There are always mixed emotions, especially depending on how you feel on each day. It is always in the back of my mind and sometimes it does come to the forefront. I always have to have my phone on me and have it on loud as I don't know when the call is coming.

"A transplant would make an absolutely massive difference in all aspects of my life from being able to do simple things without being breathless doing the smallest tasks, to being able to go out and about without feeling unwell and exhausted.

"I really hope the law change encourages more people to support and even just consider organ donation because a transplant is my only option now."



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NHS Blood and Transplant's awareness and education campaign, 'Pass it on' will continue to use PR, press, social media, radio, TV, outdoor and cinema advertising to help raise awareness of the law change.

Wales already has an opt out system, after changing their law in December 2015. Jersey introduced the opt out system in July 2019 and Scotland will also be moving to an opt out system from Autumn 2020.

To find out more, or to register your decision to opt in or opt out, visit: www.organdonation.nhs.uk or call 0300 303 2094.

"A huge Thank You" to Cottingham villagers from Marie Curie

"A huge thank you to everyone who helped in any way with the recent street collection in the village, whether by donating their time or their money. We raised £993.67, an amazing amount.

Special thanks to Cliff at Photoshop for his support.

Kelly Maton, Marie Curie Community Fundraiser for East Yorkshire explained: "Chances are, we all know someone who's been affected by a terminal illness. And it's heartbreaking that not everyone gets the care and support they need to live their final days with dignity, in the place they want to be. Our nurses care for people in their own homes, providing one-to-one care overnight and support for family members. And we're always here with expert information, guidance or just a shoulder to lean on.

Every daffodil helps us care for more people – this is what makes the Great Daffodil Appeal so important, so I want to say a huge thank you to all the volunteer collectors and the generosity from the people of Cottingham who helped our Street Collection raise such an incredibly amount. We are overwhelmed by your support, it really does mean so much. Thank you".

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www.cottinghamtimes.co.uk - April 33



World Book Day: David Wilson Homes invests in Hull's youngest readers

To celebrate World Book Day, five-star housebuilder David Wilson Homes Yorkshire East has donated £500 to Westfield Primary School in Cottingham to purchase new books and promote the importance of reading in the local community.

To coincide with World Book Day on Thursday 5th March, David Wilson Homes Yorkshire East has donated £500 to the youngsters at Westfield Primary School, situated close to its Harland Park development in Cottingham, to promote reading at school and with their families.

The donation will be used to purchase brand-new books,

catering to the literacy requirements of children under the age of 10 and boosting Westfield Primary School's library offering.

To further support reading in the community, the housebuilder will be giving away £200 worth of book vouchers from its Harland Park development on Harland Way in Cottingham throughout March. Children will be able to visit the sales office, accompanied by a parent or guardian to collect one of 20 Waterstones £10 book vouchers to spend on a new book of their choice.

Research by BookTrust demonstrates that more than a quarter of a million school children are currently experiencing literary poverty. Studies also show that if young children take part in reading activities with their families, such as being read to, their language and listening skills can be developed, further benefiting their academic development, along with increased general knowledge and understanding of other cultures.



Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



Stuart Graham
BDS, MMedSci (Dental Implantology)

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Linzi Bentley, Sales Manager at David Wilson Homes' Harland Park, said: "It was a pleasure to visit the children at Westfield Primary School, especially as they'd made such an effort with their fantastic World Book Day costumes! David Wilson Homes Yorkshire East supports the local community wherever possible, and I hope this donation encourages the children to read more books."

Vikki Garner, School Business Manager at Westfield Primary School, said: "We'd like to extend a huge thank you to David Wilson Homes Yorkshire East for its kind donation of £500. World Book Day is the perfect time to promote reading to our pupils, and we look forward to buying a selection of new books for the children to enjoy!"

Located on the Eastern edge of Cottingham, Harland Park offers a luxury collection of three and four-bedroom homes, surrounded by farmland. The development is surrounded by open space, with all essential amenities less than 10 minutes away.

For more information and to book a viewing, visit <https://www.dwh.co.uk/harlandpark>.

Cottingham Civic Hall events affected by the Coronavirus outbreak

As is the case with almost all local leisure and entertainment venues, The Civic Hall in Market Green has had to come to terms with the problems caused by the Coronavirus issue.

With immediate effect all regular bookings in the Main Hall have been suspended until further notice. The music events planned for April and May are in process of rescheduling and this includes our own VE Day celebration and the Alan Johnson evening.

There is one exception, the NHS has asked that we make the venue available for the planned Blood Donation sessions on April 29th and May 27th and that we stand ready to accommodate additional sessions if the closure of other venues cause them to cancel planned sessions elsewhere in the East Riding. We are pleased to comply with the request to ensure this vital service can continue its work uninterrupted.

As we go to print, we await a decision on a couple of activities in the Small Hall. We understand that the Beauchamp Academy would like to continue running it's dance classes, at least whilst the schools remain open and the veterans Karate Club, WADO, has yet to confirm its intentions. Similarly we await confirmation from the Tuesday's art class.

The Village Trust lottery will continue being drawn on the last Wednesday of each month and the results published on our website and winners will be 'phoned with their good news as soon as the draw is made. It's very important that this vital piece of fundraising continues to grow as our income will be severely reduced over the next few months.

For further information visit our website regularly cottinghamcivichall.com or email us at cottinghamvillagetrust.org.uk.

You can also leave a message on 01482 844599 and we will respond when next in the office.

*Keep safe and watch out for each other.
Hope to see you all soon.*



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Apology from H Kemp and Son Limited

We would express our regret and offer our sincere apologies for any distress caused following a recent advertising campaign by ourselves. A leaflet advertising our pre-paid funeral plans has been distributed to households in Cottingham during March and we feel this was bad timing and inappropriate in view of the current circumstances.

This delivery was pre-booked in September 2019 for Spring 2020 and despite our best attempts to stop the delivery it unfortunately still went ahead.

Delivery of the Cottingham Times during the Coronavirus crisis

We will endeavour to continue publishing and delivering the *Cottingham Times* every month during the Coronavirus crisis, although it may not be delivered as quickly as normal, as some of our distribution staff have underlying illnesses and are vulnerable to the Coronavirus, so it will take a little longer.

We will publish the latest information we have at the time of going to press, to keep everyone informed, along with our regular monthly articles.

We will also be posting the latest information we receive on our website www.cottinghamtimes.co.uk.

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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 Beverley Flower Company.

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



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Haltemprice Art Group's April Exhibition Cancelled

After the Governments announcement regarding the coronavirus, the Art Group have decided to cancel the Exhibition on April 1st to 4th, in the Civic Hall, Cottingham.

We hope to re-arrange it for October or November.

For further information, please contact: David Goldsmith, 01482 633397 or david_carol_goldsmith@hotmail.com.

Codeword Solution - From page seven

9	E	N	A	M	E	L				16	A	B	E	A	M	
8	N			D		X			22	J			E		M	6
22	J	U	J	I	T	S	U		5	Q	U	A	C	K		
23	O		U	O				12		U		Z	E			
1	Y	O	D	E	L			25	P	R	E	T	E	X	T	
			G					1	Y		S					7
16	A	G	E	N	C	Y		6	S	T	I	T	C	H		
11	L				I			6							4	W
7	C	A	U	S	T	I	C				11	L	O	O	N	Y
23	O		P		A			23	O		A		F			23
14	V	A	P	I	D			4	W	A	R	L	O	C	K	
9	E		E		E			11		V		L				9
		13	F	R	I	L	L		14	V	A	N	D	A	L	

1	Y	I	H	W	Q	S	C	N	E	T	L	M	13	F
14	V	X	A	D	Z	B	R	U	J	O	G	P	K	

Crossword solution from page 14

1	S	I	N	G	U	L	A	R		5	R	A	C	E	M	8
	C		O		R		R				N		V			S
9	A	C	R	O	B	A	T	S		10	U	D	D	E	R	S
	R		M		A				11	G		R		N		A
12	C	H	A	I	N				13	S	E	R	I	O	U	S
	E		L				A			I		M				I
		14	S	I	M	I	A	N		16	N	E	E	D	L	E
18	H		S		D							D		I		T
19	A	W	E	S	O	M	E		20		21	B	E	A	U	T
	M						L			F		A				22
23	S	T	A	T	I	S	T	I	C			25	B	I	R	C
	T		R		S		S			I		A		A		A
26	E	R	O	T	I	C				27	G	L	O	B	U	L
	R		M		N						L	O				G
28	S	P	A	R	G	E				29	K	I	L	O	B	Y
																E



Ways to increase your energy levels

There are many ways to boost your energy levels but here we discuss six ways to get you started.

Sometimes the stress of day-to-day life can serve to wear a person's energy levels down. When this happens it can make you vulnerable to any number of health problems. You do not have to settle for a lack of energy and vitality. There are many ways to boost your energy levels. Before you become drained of energy, educate yourself about the top six ways to boost your energy levels. Once you have then get to work and make it happen for yourself!

Number One- Start the day off right

Breakfast stands for "break the fast". After not eating for many hours you need to eat foods that will give your body the fuel it needs. Think protein, fruits and whole grains to get your metabolism going and to provide you with the energy that your body and mind requires to get you through the day.

Number Two- Exercise on a regular basis

Exercise will not make you more tired than you already are. In fact, regular exercise helps to increase energy levels by stimulating the cardiovascular system and providing more oxygen to the blood. The more oxygen that reaches your brain, the more energetic you will be.

Number Three- Practice deep breathing

Most people breathe from their chests but this type of breathing reduces air flow. Relearn how to breathe from your diaphragm so you maximize the work of your lungs. Breathing the way nature intended will nourish your cells and make you feel relaxed and calm. When you breathe deeply, your stomach should expand like a balloon.

Number Four - Get enough sleep

Make sure you get enough zzz's every night. Most people need seven to eight hours a night. Don't short-change yourself on sleep or you will decrease the work of your immune system and sickness is more likely to set in. You will also be less productive and focused at work and in your everyday activities.

Number Five- Eat healthy

Eat nutritious meals and healthy snacks. Load up on leafy green vegetables as they are full of B vitamins, magnesium and chlorophyll. These foods are a tremendous energy booster! Cut way back on sugar consumption. Stop eating anything made with white flour and instead eat only whole grain products.

Number Six- Drink plenty of water

Your energy will be zapped if you allow yourself to become dehydrated. Water is the healthiest beverage you could drink. Consume enough water but don't worry if you can't drink six to eight glasses a day (let's face it- most people cannot!). Even if you don't feel thirsty, drink up and keep yourself well hydrated.

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