

# Cottingham Times

and District

Issue 229 - April 2021



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## A word from our chairman

Welcome to this new feature in the Cottingham Times, where we'll bring you some insights into the happenings at Magnolia House.

There can be no doubt that the last twelve months have presented a unique challenge to everybody, to say the least! However, everyone working at Magnolia has been extraordinary in going that extra mile to ensure that for the residents in our care, it has been business as usual and they have put a shield of love around them all, allowing them to live their lives as normal and make some new memories to cherish! Facebook is full of them! I salute our amazing staff team for this and so much more.

Lindsay, our manager, and all her team have been moved and inspired by the kindness of our friends and neighbours throughout this period. The community has really rallied to show their support for the carers who have been keeping their loved ones safe.

Now, of course, we all look forward to better times. As the vaccination programme progresses, so too does our return to more normal times. It is in this spirit of optimism that we look to being able to throw our doors fully open to the wonderful Cottingham community once more. What a summer we have ahead! I can already smell the BBQs!

To find out more about the fabulous care and facilities at Magnolia House, call home manager Lindsay on 01482 845038, and she will be happy to help.

*Chris Mitchell, Chairman,  
Park Lane Healthcare*

## News from Magnolia House Care Home

At Magnolia House, our priority is providing a home from home where our residents can make new memories and enjoy every moment of their time with us. Our packed activity schedule ensures that there is never a dull moment for those who wish to enjoy it.

But as well as forging new memories, we also seek to support any of our residents who may be living with any degree of age-related memory change, through reminiscence activities that help preserve their memories and keep them connected to the wider community.

Physical activity, mental stimulation and community connections are proven to have positive impacts for all residents and supports their mental wellbeing. Just a few of the programmes we provide are:

- **Intergenerational activities.**

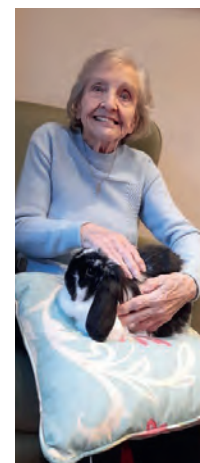
Our connection with a local primary school provides residents with mental stimulation that aids the recollection of memories to tell stories.

- **Pet therapy.** Our house rabbit, Bunty, helps residents to engage in physical exercise and verbal communication.



- **Music therapy.**

Key areas of the brain linked to musical memory can survive long after other forms of memory and cognitive function have disappeared. Music can relieve stress, reduce anxiety and agitation, benefiting residents in lightening the mood.



At Magnolia House we take the research of others, our training and experience to provide a tailored service that aids the mental and physical wellbeing of residents by engaging with those around us.



## Postcards of Kindness

Two postcards arrived at Magnolia House unexpectedly from St Georges Park care home in Telford, and residents Joan and Julia were delighted to respond with stories about our rabbit, Bunty, and our fun in the snow.

## I scream, you scream, we all scream for ice cream!

While the brakes have been put on ice cream vans, Burgess Ice Creams in Beverley have brought their renowned frozen desserts to Magnolia House. Residents loved visiting Maggie's pop-up shop for cones of ice cream, raspberry sauce and chocolate sprinkles.



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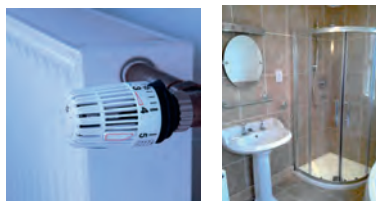
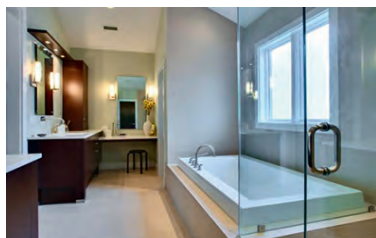
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## The Consortium Academy Trust is recruiting Governors

The Consortium Academy Trust is a family of primary and secondary schools based in the East Riding and Hull. The academies who are part of our multi-academy trust include Croxby Primary, Cottingham High School and Sixth Form College, Hessle High School and Sixth Form College, Holderness Academy and Sixth Form College, Howden School, Keyingham Primary, Penshurst Primary, Winifred Holtby Academy and Wolfreton School and Sixth Form College. We believe in putting our children and young people first and that everything we do has that as its goal.

We currently have a number of vacancies across our local governing boards, including, locally to you, at Croxby Primary. When recruiting governors, we look for individuals who can commit to attending five meetings a year. Prior to each meeting, documents are sent out to read beforehand and digest. Governors are then expected to arrive at each meeting ready to discuss the information and it is therefore helpful if you have a keen eye for detail. The governors' role during meetings is to ask questions about the data that has been presented, and they should be ready to challenge the school's Leadership Team. Most importantly, governors should be enthusiastic and motivated by a desire to make a positive difference to the lives of our young people.

If this sounds like something that would interest you, please contact Gilly Stafford, Clerk to the Trust, for further information email [gilly.stafford@consortiumtrust.co.uk](mailto:gilly.stafford@consortiumtrust.co.uk).

Front cover: West Green, Cottingham.  
Photo: Paul Lakin.

[www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn)



## Adult Learning and Employability in the East Riding of Yorkshire

Over the last year the **Employment, Education and Skills** team at the council has had to change and adapt what we do – just like everyone has. So here's a snapshot of what we've been up to...

### New ways to learn

We're really excited to announce that we've developed two brand new ways to learn – from the comfort of your own home. So if you're not able to make it to one of our centres, now you have other options.

#### Virtual Learning

**Virtual learning** is just like having a classroom in your computer – it's as close as you can get to learning in a centre without having to leave home.

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**(01482) 887670** to get  
signed up.

### Getting back to centres

**Online learning is great, but we've really missed having our centres full of learners.**

It'll be a while before we're fully open, but as long as everything goes to plan we're hoping to open very limited sessions from April, with more added through spring and summer. Follow us on Facebook (just search for ERidingEES) or sign up to our mailing list on [eastriding.gov.uk/learn](http://eastriding.gov.uk/learn) to make sure you keep up to date.

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## Park Lane Healthcare Cottingham Care Home celebrates World Book Day with a modern twist

In celebration of World Book Day 2021 on 4 March, residents at Magnolia House care home in Cottingham created videos of themselves reading some of their favourite novels and poetry to share with the local community.

Ian Chapman, aged 70, resident at Magnolia House has performed poems from his favourite book, *The Coloured Counties* by John Arlott to share with their families and the community on the home's Facebook page.

The social media project is intended to recreate the sense of grandparents reading to their grandchildren, and to show the benefits of books for mental health and in strengthening the brain for all generations.

Reading at home can boost a child's performance at school and strengthen their brain. Similarly, studies show that reading as you grow older helps to keep the mind engaged and maintain cognitive functioning.

Lindsay Altoft, manager at Magnolia House, said: "At Magnolia House, we are proud to be active members of our local community and in simpler times we love working with local schoolchildren and getting involved in different projects.

"World Book Day is a great opportunity for us to do something a bit different, so this year we decided to make this video to share our love of reading and some of our favourite poems with our friends, families and followers on Facebook!"

Ian Chapman, aged 70, a resident at Magnolia House, said, "I've always loved getting engrossed in a good book!

"Creating the video reminded me of my days as a headteacher, I always enjoyed reading to my students."

Magnolia House is rated "good" in all areas by the Care Quality Commission.

To watch the residents' videos, visit: <https://fb.watch/3YzyxMoIHD/>.

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## David Wilson Homes supports Cottingham's youngest readers

To celebrate last month's World Book Day, five-star housebuilder David Wilson Homes Yorkshire East donated £100 of book vouchers to a Cottingham primary school as the housebuilder continues to support the communities in which it builds.

David Wilson Homes Yorkshire East has donated the £100 worth of books to youngsters at Westfield Primary School, situated close to its Harland Park development in Cottingham. The new books will help support back to school learning, as the school is committed to ensuring all pupils will have dedicated story time with quality books.

Mental wellbeing is now more important than ever, with reading playing an integral part in that. Research by National Literacy Trust<sup>1</sup> found that 59.3% of children and young people stated that reading during lockdown has made them feel better, with 31.6% saying that reading helps when they've felt sad from not being able to see loved ones.

The donation will be used to purchase brand new books as the school noticed that some of its pupils' reading may have lapsed during lockdown and is keen to reignite the children's love of books and encourage them to re-establish their reading routines at home.

Rachel Hunt, Teacher at Westfield Primary School, said: "We're extremely grateful to David Wilson Homes Yorkshire East for the kind donation towards our school's reading resources. World Book Day has been a little bit different this year, but we will be raising the profile of reading at school as well as monitoring any pupils who may have fallen behind during the difficult time lockdown brought. We're excited to spend the wonderful donation on quality fiction to be read to the children."

Sarah Crawford, Field Sales Manager at David Wilson Homes' Harland Park development, added: "David Wilson Homes Yorkshire East is keen to support the local community wherever possible, and being able to encourage reading both at school and in the children's homes is incredibly important, especially during the difficulties that the pandemic has brought. We should all take time out of our day to read to help our mental wellbeing and learning."

For more information on the Harland Park development, and to book a viewing, visit: [www.dwh.co.uk/HarlandPark](http://www.dwh.co.uk/HarlandPark).



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## Barratt Developments aims to boost wildlife in Hull with RSPB nature friendly housing partnership

Local housebuilder, Barratt Developments Yorkshire East is celebrating its ongoing partnership with wildlife charity Royal Society for the Protection of Birds (RSPB) by announcing plans to add further wildlife friendly features to its new sites across Hull.

By 2023, Barratt Developments Yorkshire East will further prioritise wildlife on all of its new developments by creating dedicated spaces for local biodiversity conservation. This commitment will include a range of wildlife friendly features such as more newly-planted trees, a greater number of hedgehog highways and swift nesting sites, and a transition to becoming peat-free, in an effort to help local nature habitats in trouble.

The local housebuilder aims to have at least 10% more wildlife habitats in and around new developments, delivering a clear biodiversity net gain across the country. In addition to this, every new show home garden will follow strict RSPB guidance which prioritises wildlife through specialist planting and landscaping, with at least 50% of the gardens to receive special RSPB commendations. In addition to this, all future Show Homes within Yorkshire East will be designed to the Gold standard rating, set by the RSPB.

As part of the ongoing partnership, Barratt Developments is also investing £1m across the country in an exciting new project with the RSPB to support people helping nature thrive in their gardens, balconies and eventually their community greenspaces. Launching in spring this year and named Nature on Your Doorstep, the project will focus on the development of digital resources and an online community that delivers resources, connections and inspiration that will support people in creating their own shelters for wildlife in their local area.

Daniel Smith, Managing Director at Barratt Developments Yorkshire East, commented: "As the region's leading national sustainable housebuilder looking after nature is integral to the work that we continuously do through our partnership with RSPB. This is why we are committing to boosting wildlife and building nature friendly developments, but not only that, as a community we all have a role to play in tackling the

ecological and climate emergency. And through the actions we take for nature, by individuals or communities together, such as welcoming wildlife into gardens or greenspace, we will continue to make a huge difference."

Barratt Developments Yorkshire East has sites across Hull including Harrier Chase, Harland Park, Poppy Fields and Queens Court.

[For more information please visit www.barrattddevelopments.co.uk](http://www.barrattddevelopments.co.uk).



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# 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

A much belated Happy New Year to you all. At the moment, both myself and my Deputy are following Government guidelines and working from home. This means that the office remains closed to the public. Touch wood there is now light at the end of the tunnel, however, we intend to continue working from home until the Government roadmap is complete.

You can still contact us via email and telephone (01482 847623)

Matthew Kay, Clerk to Cottingham Parish Council

[clerk@cottinghamcouncil.org](mailto:clerk@cottinghamcouncil.org)

## Millbeck Ward

We currently have a vacancy on the Parish Council for Millbeck Ward which will be filled by an election on the 6<sup>th</sup> May. By the time you read this deadlines may have passed (8<sup>th</sup> April for closure of nominations) but if you are interested please contact Simon Clark, Electoral Services Manager at East Riding Council, [simon.clark@eastriding.gov.uk](mailto:simon.clark@eastriding.gov.uk) for more information.

## Dog Days

Unfortunately, dog fouling remains an issue in the village and seems to have increased given the amount of dogs that have been purchased during the lockdown period. The Parish Council is working closely with the East Riding Council Dog Warden to tackle the problem. If you are aware of a particularly bad area for it please inform the Parish Council. We implore all dog owners to please pick up after your dogs and dispose of waste appropriately (not leaving bags tied to branches)

## VE Day Bench

The Parish Council installed a beautiful bench in the Memorial Gardens to commemorate the 75<sup>th</sup> Anniversary of D Day. Well meaning people have begun to place memorials and flowers etc., upon it and others in the Garden. Whilst we appreciate the good spirit behind this, they are making it difficult for people to use it as a bench. We would ask that people please refrain from placing items on the benches as they shall be removed.

## Social Distancing

As the weather improves and lockdown restrictions ease, it is likely that footfall around the village centre will increase. We would ask that you still continue to social distance and be careful to avoid forcing others into dangerous situations, such as stepping onto roads.

# COMMON WILL MISTAKES AND HOW TO AVOID THEM



Samantha Peel is a specialist Wills and Probate Solicitor based at Graham & Rosen's office at 2-4 George Street Cottingham.

Here Samantha explains some of the mistakes which can occur when a Will is not made correctly and how these mistakes can be avoided.

Through years of experience in dealing with Wills and Probate matters, our team have come across a whole catalogue of mistakes that people have made regarding their Wills. These mistakes sometimes have devastating consequences for the family and friends who are left behind to deal with them.

**Ineffective or Invalid Wills** - Wills which do not reflect your wishes or are totally invalid are most often seen when a person prepares their own Will at home, whether it be using a DIY Will from a shop or from searching online.

When a Will is professionally drafted, it is a way of providing for your estate to be distributed in exactly the way you would like. It can also be efficient for Inheritance Tax purposes and allow you to make alternative gifts if one of your beneficiaries happens to pass away before you.

There are very strict rules surrounding the execution of Wills and even if your homemade

Will perfectly reflects your wishes, if it is not correctly executed, it will be deemed invalid and the effect would be as if you didn't make a Will at all.

**Change in your Circumstances** - Whenever a big event occurs in your family such as a marriage, divorce, the birth of a new child or grandchild or even after a financial change such as after an inheritance, your Will should be reviewed and amended if needed. At Graham & Rosen we recommend that your Wills are reviewed every 5 years and we offer a free Will review at that time to ensure that your Will still best suits your circumstances.

**Leaving it too late** - Most commonly, people tend to put off making a Will and leave it too late. If you die without a Will, the law dictates how your estate will be distributed and more often than not, this is very different to what you would have chosen.

All of these mistakes can be avoided entirely by seeking legal advice when making a Will and having your Will professionally drafted. It is vitally important that your Will is valid and reflects your wishes after you have passed away so that any unnecessary difficulties can be avoided at an already very difficult time for your family and friends.

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## Echoes from the Past : East Riding Archives are now on the Soundcloud!

Over the past few years, East Riding Archives have been increasing their digital capacity to make their documentary heritage of East Yorkshire more accessible. Initiatives including the 'What Was Here?' app; photo-sharing on Flickr; online exhibitions; and partnerships with family history websites have all brought new ways of sharing the archive's historic content (which dates from 1129 to the present day) with digital audiences.

But, while the public have been treated to all these *sights* and visual delights of East Yorkshire's local history; now they will be getting the *sounds* too - the East Riding Archives stream on Soundcloud is now live and a sample of factual recordings, dialect & poetry, as well as music from the region's recent past is now available online.



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Archivist Sam Bartle said: "It's just a tiny fraction of what we have, but it's like an online 'shop window' to the type of items you can expect to find in our audio collections."

As well as a source of archive recordings, the online channel is also being used as a platform for showcasing creativity with archive materials. Last October it played host to stories from a Halloween creative writing competition, based on archive photos, and now, for the first time online these have been joined on Soundcloud by actual recordings from the archives. The work was undertaken by former trainee Olivia Northrop, who was on secondment with the service until January this year as part of The National Archives' 'Bridging The Digital Gap' scheme.

Sam Bartle added: "You could now listen to folk musician (and former County Council employee) John Connolly, extolling the virtues of your local library with his songs 'Bookworm Boogie' from 1989 and 'Close Your Eyes and Look' ("...turn the pages in your mind. Happy endings there for you to find..."); or you might fancy the light-hearted nostalgia of 'Ferry Across The Humber', entered as part of the Humberside Folk Songwriting Competition in 1988. If you're passionate about local identity, then the pro-Yorkshire / anti-Humberside 'Yorkshire Born & Proud Of It' could be a song you want to hear.

"Or how about some dialect & poetry? Pip Hewitt from Skidby narrates some dialect poems from back in 1984, while you can also hear Arthur Jarrett of Hornsea discuss and

recite local dialect and poetry in 1971 on subjects from the lifeboat launches to the 'death' bell!

"There are factual recordings too, with an audio presentation from the pupils of Beverley High School for Girls in 1968 giving a potted history of the school for its Diamond Jubilee celebrations. Or why not hark back to the old 'Humberside' days and listen to the former Humberside County Council give a report on all the stats & news from its 1989/1990 financial year!"

It's all in the Soundcloud from East Riding Archives which can be found at <https://soundcloud.com/castridingarchives/sets>.



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## Wordsearch - Thankful for . . .

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

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

Find the words in the letters above:

Acts of Kindness, A Place to Live, Beaches, Beautiful Nature, Blessings, Books, Brothers, Care Givers, Children, Christmas, Clean Water, Clothing, Computers, Electricity, Eyeglasses, Eyesight, Faith, Family, Flowers, Food, Freedom, Fresh Air, Friends, Fun, Good Health, Grandma, Grandpa, Happy Memories, Hearing, Holidays, Humor, Internet, Laughter, Life, Love, Music, Nurses, Parents, Peace, Pets, Rainbows, School, Singing, Sisters, Smart Phones, Smiles, Sunshine, Teachers, Television, Volunteers, Warm Showers.

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

## Sudoku No. 165

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

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

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# MARIONOWENTRAVEL

**Hello** I hope you are keeping safe & well. I know many of our regular travellers have now had their vaccine and I am sure you will agree they are doing an excellent job in rolling this out. I fear that if in the future you are wanting to travel abroad a vaccination certificate will be needed. Emma & I have both had our first Jab. There is light at the end of the tunnel and we hope to re open our office to allow you to visit part time mid April. Bookings have been coming in nicely for 2022 and later in 2021. Next summers package holidays to the usual Mediterranean destinations are such a bargain at the moment. If you have somewhere in mind call for a quote with deposits of £60 pp let us get you booked to have something to look forward to at an affordable price. Cruises are now booking into 2023 again early booking discounts can save you a lot of money.

If you are looking for package holiday ideas take a look at the **Holiday search** on our website here we are acting as a travel agent and there is a good mix of ideas.

**Tours** - these our own exclusive tours as an operator shown alongside are selling well. For 2022 we have a number of special departures were we have teamed with partner operators to really tick off your bucket list...

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**Jersey** - this summer is selling so well don't delay or you will see prices rising for this one. We can offer 7 nights from your door flying from Humberside on Saturdays May to Sept. Any duration from East Midlands all year.

**Seavacations** this summer many cruise lines are sailing around the British Isles some stop at ports whilst others just float around. Call for full details & bookings.

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<b>04 Dec</b>		
<b>2022</b>	<b>Tours are now starting to go on sale...</b>	
<b>14 Jan</b>	<b>Boundary Mills January sales just for the day</b>	<b>£ 20</b>
<b>16 Jan</b>	<b>Northern Lights flying from Humberside 4 nights full board &amp; activities staying in a lodge cabin</b>	<b>£1229</b>
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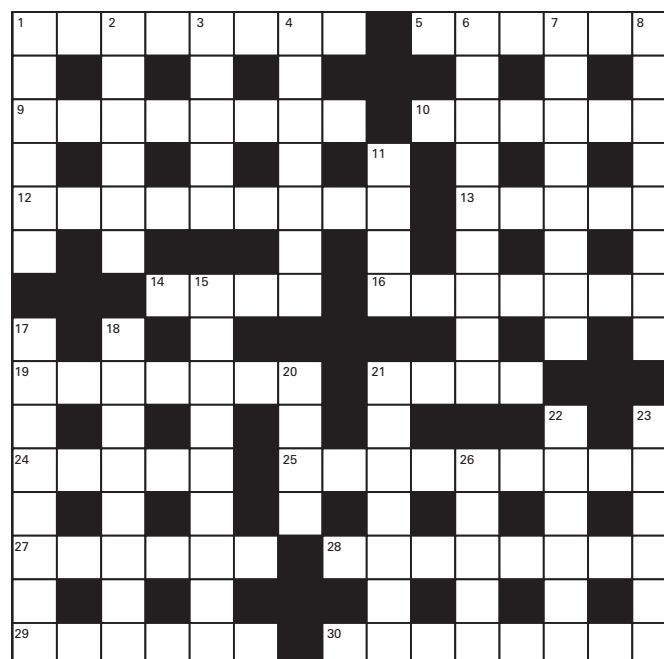
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## Crossword - Solution on page 29



### Across:

1. Wonderful (8)
5. Screech (6)
9. Her Royal \_\_\_\_\_ (8)
10. Purloined (6)
12. Waterproofed canvas (9)
13. Boredom (5)
14. Render senseless (4)
16. Gesturing assent (7)
19. A public speech (7)
21. Gestures of assent (4)
24. A type of ship (5)
25. Take apart (9)
27. Knives (6)
28. Illustrious (8)
29. Completion (6)
30. Course of study (8)

### Down:

1. An island in French Polynesia (6)
2. Esteem (6)
3. A region of western Asia Minor (5)
4. Diabetics inject this (7)
6. Quick to anger (9)
7. Chicago's state (8)
8. Yearnings (8)
11. Knowing a secret (4)
15. Nightstick (9)
17. Pliable (8)
18. Sword sheath (8)
20. Current (4)
21. In a nasal manner (7)
22. Soak up (6)
23. Deletes (6)
26. Enlist (5)

*Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## Trees dedicated to babies born in East Riding since first lockdown



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Dozens of newly-planted trees have been dedicated to babies born across the East Riding since the start of the first lockdown in March last year.

From 23 March, 2020, until 22 February, 2021, 55 babies' births had been registered in the East Riding.

A baby's birth must be registered in the registration district in which it occurred within 42 days. This means the births of many more babies whose parent/ parents live in the East Riding will have been registered in bordering districts, such as York or Hull, if they were born in those cities during this period.

For babies who are born in the East Riding, a form can be filled in at the time of the birth registration requesting that a tree planted within the county in the year of the their birth is dedicated to the child.

Since 23 March, 2020, 34 trees have been dedicated to babies born in the East Riding in various locations across the county.

The tree dedication scheme was launched in July 2016, and since then a total of 210 trees have been dedicated as part of the initiative.

Trees are dedicated as near to the location of the birth as possible.

Each tree has a unique plot number which is included on a dedication certificate which is posted out to the child to notify the parents of the species and location of the tree.

This allows East Riding of Yorkshire Council's Grounds and Forestry team to locate it if required.

The tree remains the property of and will be maintained by the council.

Councillor Lyn Healing, portfolio holder for community involvement and council corporate services, said: "We have dedicated 34 trees since the first lockdown and they have been in various locations across the East Riding including, Molescroft, Bridlington, Goole, Kirk Ella, Cottingham, Bilton, Withernsea and Sigglesthorne.

"The tree dedication scheme has been running for well over four years, and has proved popular with parents across the East Riding, with more than 200 trees dedicated to children in that time.

"We look forward to dedicating many more trees in the future."

For more information about registering a birth, visit: <https://www.eastriding.gov.uk/living/births/registeringabirth/>.



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## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Purato, the organic wine of Sicily

Every now and then you discover a wine that stops you in your tracks and demands: Why haven't we become acquainted before? Rarer still is when the man behind the wine turns out to be a truly inspirational character.

To experience both in one sitting is a memorable event indeed and one I was lucky enough to experience during a recent international wine tasting, carried out via Zoom (incidentally, am I the only one whose whole life now seems to revolve around one on-line video link or another?).

The wines in question come from Sicily and are branded Purato; a name that not only flaunts the fact they are organic but green to the extreme!

You won't find them in the major supermarkets - I got the feeling talking to winemaker Stefano Girelli that the pressure exerted by the supermarkets to squeeze prices to the bone means it's not something they are interested in - but they are currently available to order online via Ocado

and Amazon and are stocked by Budgens and some independents.

And having mentioned cost, don't think I'm talking about prices in the wine stratosphere - they are available in the range of £8.50 to £9.99 and in terms of the quality I think that's pretty reasonable.

Purato is one of a range of wines produced by a relatively new company called TWP (The Wine People), which was only founded in 2009 and takes a holistic approach to the production, packaging, marketing and sales of their wines. "We are in complete control of the entire production process, starting with careful management of the grapes through to meticulous winemaking," is the proud boast on the TWP website.

We tasted four wines; all produced with indigenous grape varieties: A white, rose and two reds (Purato also produce a fizz, but this wasn't on offer).

Stefano proudly told us they had been producing Purato wines since 2009 and that since 2015 the whole process (the grapes, the wine-making and the wineries themselves) have all been certified 100 per cent organic as well as the wines being recognised as vegan friendly.

"It is green in the extreme as it ticks each and every sustainable, eco-friendly box," he said. The company uses recycled paper (including the labels), cardboard and glass, while the company and its processes are certified carbon-neutral (off-setting CO2 emissions by contributing to projects to produce energy from wind-power).

"The future will be led by people who want to take care of the planet," Stefano told me. He said they had first started thinking about the project 20 years ago and eventually starting producing the wines in 2009. "Sicily is the perfect place to do this because of the climate - it has ideal weather for growing grapes organically," he said.

"If you allow the vines to fight the bugs you get better grapes because they are not influenced by the pesticides." So, all this sounded admirable. But the proof of the wine is in the drinking . . .

The white, Purato Catarratto/Pinot Grigio is a blend of 60 per cent Catarratto and 40 per cent Pinot Grigio, blended together after fermentation and left on the fine lees until the end of the year.

The Catarratto, the most widely planted of the white wine grape varieties, adds noticeable softness to this wine with a backbone of acidity provided by the Pinot Grigio. The bouquet exhibited floral tones with tropical fruits and a little citrus on the palette. It would work very well as an aperitif but would certainly be a perfect match with pasta dishes or light seafood or chicken dishes.

Next up came the Purato Rose made from 100 per cent Nero d'Avolo grapes, another of the indigenous grape varieties and described as "the most important red wine grape in Sicily".

The wine was pale pink in colour, explained by the fact that there is only minimal skin contact during the wine-making process. The grapes for this wine are picked in advance of the main harvest in order to obtain a high level of acidity and this was one of the stars of the tasting with loads of summer fruit flavours.

Even if you're not a great fan of rose wines I would recommend trying this - it was a real revelation, light and vivacious and extremely food friendly. A quaffing wine, it worked for me with a slice of pizza but a summer salad or a plate of antipasti and grilled vegetables would be a marriage made in heaven.

The first red we tasted was the Purato Nero d'Avolo, like the rose made with 100 per cent Nero d'Avolo grapes, but exhibiting a rich, red colour. But it was also incredibly soft and food-friendly - this is not a big bruiser red, far from it . . . soft tannins and being fruit driven makes this a red you could easily drink with a light chicken dish and would be absolutely perfect with a tomato-based pasta dish.

The ultimate star of the show, for me, was the last wine tasted, Purato Siccari Appassimento; an absolute revelation.

Siccari is a Sicilian word meaning "to dry" and here, the grapes (principally Nero d'Avolo again but with some Syrah and a small proportion of a few very local grape varieties) are dried naturally in sunshine and on racks, a wine making process known as Appassimento.

The juice in the grapes are concentrated, bringing a very unique style to the wine. Intense aromas, a voluptuous and silky smooth wine, with layers of flavour like raisins and Morello cherries.

Stefano told me the 2019 wine was only the fourth vintage they had produced, but he expects it to have the potential for ageing - if you can resist it long enough to find out!

All four wines were a delight and all exhibited very versatile and food-friendly characteristics. I can't recommend them highly enough.



## BEST BUYS



## Kylie Minogue Côtes de Provence Rosé

Where: Morrisons

When: Now

Why: Morrisons has exclusively launched the new vintage of Kylie Minogue's latest rosé. It is a pretty pale peach colour with aromas of pink grapefruit, watermelon and lemon blossom. Crisp, dry with zesty fruits and a silky finish, it can be enjoyed all-year-round, either on its own or paired with seafood and warm winter salads.

£15



## Mme Claude Parmentier Fitou

Where: Waitrose

When: Now, until April 6

Why: A red wine blend of 50% Grenache, 20% Syrah, 20% Carignan and 10% Mourvèdre. Lots of red berry character, garrique herbs and pepper spice on this rich and robust red. Serve with wild boar casserole, grilled pork sausage, ripe French cheeses or lasagne.

£6.35 (was £8.49)



## Trivento Malbec Reserve

Where: Co-op

When: Now, until April 6

Why: A bright crimson red whose plum and raspberry aromas mingle elegantly with vanilla notes from the 6 months aged in French oak barrels. Well balanced, with sweet tannins and a velvety finish, Trivento Reserve Malbec is ideal with meats and tomato dishes.

£6.25 (was £8.25)



## Zarper Sauvignon Blanc Gran Reserva

Where: Morrisons

When: Now (Easter special offer)

Why: A zesty Sauvignon Blanc with luscious grapefruit and white peach flavours and a hint of minerality. Perfect to pair with a fish starter.

£6 (usually £8.25)



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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

### Separation anxiety in horses. PART 1

**S**adly, separation anxiety in horses and all its specific behavioural manifestations, is one of the most common problem areas I see as a behaviour consultant. It is a big part of the work I do either physically or remotely through video consultations and support. The effects of separation anxiety can be found in every type of animal from puppies and dogs, commonly suffered in humans and can stretch as far as to the exotic and wild breeds who are illegally harvested for the pet trade industry worldwide.

Back to my subject and the effect on horses. It's a very traumatic situation for the horse and an enormously difficult situation for the horse owners and yard managers to manage or even understand. I'm going to add right now that this **is fixable** but it takes real understanding of horse behaviour and management protocols to start the process of training this enormous fear out of the suffering individual. **Seek guidance from an Equine Behaviour Consultant so that every stage is managed correctly and that the outcome is a calm horse who can face life on his own away from other horses.**

#### What is separation anxiety in horses?

Separation anxiety is a direct result of massive emotional trauma. Somewhere along the line that horse has been ripped away from a bonded partner and a place or environment where it feels safe. This can happen several times to horses during their lifetimes as they are basically a commodity to be sold and passed on.

A vast amount of scientific study and data has shown that separation anxiety most commonly starts as a result of a "cold turkey" type of weaning experience in young foals. This is where the foal is totally separated from its mum in one fell swoop, with no preparation work or training done. One minute the foal feels completely safe and content with its world, the next minute it is shut inside a high doored stable and mum is taken away. Both horses suffer emotionally and enormously during this process. Mum is usually taken far enough away so that neither can hear each other. The foal will remain inside that stable for at least a week and is "handled" by the human. A common practice during this time is that the foal will be tied to a wall for long periods so that it learns not to pull away from the restriction. A dreadful way to train any animal.



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**What is the likely effect of this whole experience?** The outcome of this process is to have the foal feel something called **learned helplessness**. Achieved, it means the foal gives up fighting to escape and find mum and becomes docile. It will then get turned out with other horses, hopefully more babies or at least playful partners. That foal will look for safety and find one new horse which it will latch onto and become bonded with. Sadly in its life, that foal is likely to be sold and moved on, losing all that safety again. Each time this happens the emotional trauma is revisited and its need to bond with another becomes stronger and its ability to live on its own becomes more fragile.

How they are weaned can have a massive effect on their entire futures. The weaning process does not need to be done this way. **Please seek guidance from an Equine Behaviour Consultant to learn about best practice in gradual and systematic separation training so that neither the foal nor its mum never visit the horror of what I have described. Just because it has always been done this way does not mean this harsh practice should continue.**

#### What other causes of separation anxiety are there?

Separation anxiety can be seen in every single type of horse who has ever suffered the emotional trauma of losing a bonded partner or partners. It is certainly a very common problem with **ex-racehorses** when they come out of their highly conditioned lives while in training. The most money to be won in horse racing is as a 2 year old. These babies are rushed into work from being a yearling, at a time where they are three years too young physically or emotionally to be put into work. They are made to live on their own in a stable for usually 23 out of every 24 hours, surrounded by all the other islanded horses and are rarely turned out in fields. The time out of that stable will be for exercise, either ridden or on a horse walker.

There is a positive move with the more modern day thinking racehorse trainers who have started to turn their horses out regularly - because they become happier, less stressed, less prone to illness and stress induced stomach ulcers, stronger physically and are generally more trainable as a result. Usually they are in single turn out paddocks to reduce the risk of injury. However, the majority of racehorses never see a field while in training.

The whole process of producing 2 and 3 year old racehorses denies them any right or ability to grow and develop in a natural herd environment or in a natural way at all. This means they never learn how to be a normal horse. Sure, they all go out on exercise together, they run races together and they travel together but there is never a time where they get to live and interact as a herd. Massively important natural developmental behaviours are denied - like mutual grooming or play. Racehorses can live like this for years and years, conditioned to being islanded. The rate of attrition within this industry is very high (classed as wastage).

When their racing days are over, they are generally sold on directly to slaughter houses for the French market place, cheaply to dealers who send those too difficult to slaughter, through the sales grounds (where the meat man buys) and to private individuals. Many unsuspecting people who have no idea just how complicated re training an ex racehorse end up buying them. They hold little monetary value so are cheap and affordable.

The trouble starts when any suffering or emotionally fragile horse finds a home where it is allowed group turn out. They will bond excessively strongly to one particular horse and then they become impossible to separate.

PART 2 in next month's issue. "What does separation anxiety in horses look like and how can we help fix these issues in behaviour?"

For help with any behaviour issues, please email me at :-

[melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk)

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## Rabbiting on . . .

As you will have read from my past articles, I have been in the fortunate position to have been 'owned' by many pets over the years. I say owned, as in some cases funnily enough it did feel like that especially with my cats as you never own one, they own you. I have shared my life over the years with not only my biggest passion, dogs (presently Tali, who you will be delighted to hear we shall come to later) but also 4 cats, a hamster, 2 rats, up to 20 guinea pigs and 6 rabbits, 2 of which I still own. It was the latter 2 that prompted this article and also to give some light relief to the present situation which seems to dominate us all, rightly so, at the moment.

Well, the only thing I can tell you about rabbit husbandry is that I have learnt so much about them over this past year than any other time. Why? I shall tell you my story.....

In August 2015, a message came across from one of the branches saying they had an 8 week old bunny to home. How could I resist after having them in the past? How hard would it be to look after, so after buying a hutch and run, I took Peter (after the infamous rabbit) home. He settled in well but at the 1st vaccination I was told Peter is now Peta (sexing rabbits at such a young age can be difficult) and also was told, they love company. Mission accomplished, in November 2015, 3 month old Potter (after Beatrix of course) arrived. Now, it was not a case of putting them in together as they were still not neutered, life is never that simple, but keeping them in separate hutches with runs (more



buying) plus a divider so that could see each other. I also switched them over as much as possible until after a few months they were happy being together, but that was not until after we got over a few fur flying mishaps. Time passed until a fateful day in July 2020 when Peta sadly passed away after a short illness.

I thought Potter was happy being on his own the majority of the time but watching him said otherwise, so that is when 5 year old Sabrina joined our fold. I had heard she was being rehomed due to losing her mate so what better pairing? Over time, I have learnt that life with bunnies is not only complicated but also there is no easy solution to pairing, just to go SLOW and slow I did. Once again, the manoeuvre of rotating the hutches, water bowls and scattering their food which enriches their brains to forage? You could also put in apple and willow branches which they not only love but helps with their teeth and litter trays (yes, it's not only cats who you can litter train which makes cleaning the hutches far less tedious) took place over many months. We did try to put them together in a neutral space in the garden but found that Sabrina was the dominant one and fur flew once again. Winter arrived and the long cold days lay ahead. If you keep your bunnies in a hutch in the garden, please make sure it is covered with plenty of shelter from the wind (old carpet is a perfect cover) plus check the water bowl is not frozen. I am fortunate to have a large sealed off room in my garage, to house the hutches and runs which also leads out into the garden. In February this year, under our watchful eyes, they once again had a run together in the garden and low and behold no flying fur! Since then, I have not looked back and have a match made in heaven (see the pic). Please do not be put off by my escapades. They are a lovely pet and can be very entertaining.

If you have bunnies, please do not forget their yearly vaccination plus applying a product called Rear Guard, every summer. This deters bluebottles from laying their eggs under the fur which then may hatch into maggots. Please do not hesitate to call any of our KINGSTON surgeries, where we will be happy to help.

### AND FINALLY... TALI...

I have been wracking my brains to think of any antics Tali has done since the last time I wrote and I am struggling. Does this mean she is maturing at last and the Labrador light bulb syndrome has set in, after all she will be 3 in July, or is she having a breather till her next devilish moment? I do remember her running into the house last week with a half chewed bamboo cane from supporting my clematis, the battery she stole out of the tv remote or the week before I was puzzled as to why the birds were always hungry as the food was rapidly disappearing from bird table. I then discovered Tali knocking the table and enjoying the raining of seeds. Thankfully there were no nuts this time! I have noticed if she is up to mischief, she always peers round a door so I do have some warning but I still need eyes in the back of my head. *Until the next time, stay safe.*

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## Beverley Barge Preservation Society

Unfortunately last year due to Covid19 we were unable to provide our programme of charters, public trips and events such as "The World Barge Pulling Championship" which provide the main income required to allow us to continue.

However, we hope to start a shortened programme of charters and public trips starting in July and will be opening for the Heritage Weekend on 10th to 12th September. All events will of course have to comply with Government Guidelines.

Beverley Barge Preservation Society has restored three vessels which are now moored at Cranehill Wharf, Scaife Mews, Becksde, Beverley HU17 0GG.

The largest is the 'Sheffield' size barge MV Syntan, built by the Hepworth shipyard at Paull in 1949 for Richard Hodgson's Tannery and transported hides and tanning materials from Hull docks to the wharf on Beverley Beck. The hold is now a museum with exhibits to Syntan's working past along with the history of Beverley Beck. The vessel can be hired for use as a function venue on it's Beverley Beck mooring or excursion's down the River Hull and into the Humber.

MV Sun, was an Inland Waterways maintenance vessel built in 1960 by Camplings of Goole and is now used for charters and day trips on the River Hull. MV Sun is fitted out with railway carriage style tables and seats along with a gas hob, sink, fridge (to keep wine and beer cool for clients) and of course a toilet. A lift has been fitted to allow us to carry passengers who use a wheelchair along with residents of care homes and other organisations who have members who are less mobile.

The smallest of the society's vessels is MV Mermaid (pictured above), an ex-Trinity House tender built in Korea in 1986 and now used for short trips on Beverley Beck.

To request a programme of excursions along with details of events please contact Ian Spink at [info@syntanbarge.org.uk](mailto:info@syntanbarge.org.uk) or send a letter to the address below.

MV Syntan, Cranehill Wharf, Scaife Mews, Becksde, Beverley HU17 0GG



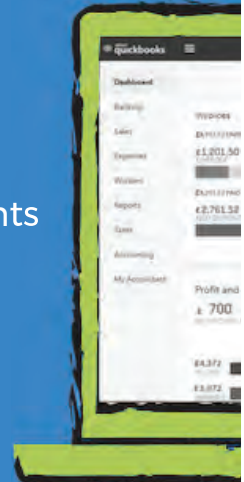
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## "The Tooth and Nothing but The Tooth"

by  
**Chris ' Dr. Smile  
Maker' Branfield**

### Be a Sponge

Hello again, I hope that you are safe and well. Here's looking to a brighter future than the last 12 months. Hope is here with the vaccination roll out. We'll get there!!

#### Time goes fast

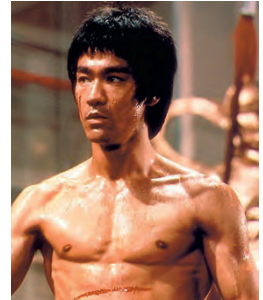
I really cannot believe it that I've been working in dental practice now for over 28 years. I started out in Hull in 1993 working in Marmaduke Street Health Centre off Hessle Road in Hull. Wow, where has the time gone? Well, I'm definitely more grey, more bald and more wrinkled than I was back then. It's probably accelerated this last 12 months as well. In that time, I've never stopped looking for better and carried on learning new things, different things and going on courses. I've tried to be a sponge. In fact, many years ago we formed the dentist group (Hull Independent Practitioner Group) that was all about learning. I remember the inaugural meeting. I was the youngest in the room and a bit nervous to be honest. We were asked to stand up one by one and introduce ourselves and explain why we were there and what we wanted to get out of it. I explained that I was there



to be a sponge and learn as much as I could from the speakers but also the other experienced dentists in the room. It important to have tricks up your sleeve and "tools in your box" as you cannot as every case can be different for all sorts of reasons.

#### The way of the intercepting fist

Jeet Kune Do means way of the intercepting fist and is martial art style, or more really a philosophy devised by Bruce Lee. He still is the most famous martial artist ever but was also a philosopher. He studies many different martial arts and kept the parts of different styles that worked for him. He realised that if you just do the same thing all the time sometimes it will not work against certain opponents, limiting your success. Again, tools in your box, and using the right tool for the particular job in hand. This so true of dentistry. Every patient is different and present different challenges for a variety of reasons. It makes things interesting for sure and gets the old grey matter stirred up.

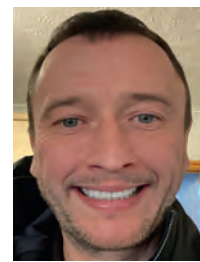


Tooth straightening is a good example.

There are all sorts of short courses for dentists to learn some "systems". I know because I've done loads. Again, having just one system is limiting. So, learning basic and more advanced principles with specialists over time and then incorporating different systems within the fuller framework is so very useful to create bespoke treatments for individual needs. It makes problem solving easier. One thing that I say to team members and dentists that I have mentored is "If you don't know WHY you are doing something, stop because you probably shouldn't be doing it. Start with why and scientific principles and not just do things because somebody said to, or you have just always done it that way.

#### Adult teeth straightening

I have said before that sometimes it takes a little more planning with adults, but you can some really nice results with tools in your box.



Before

After

It can make such a difference to confidence and improve quality of life really. Keep learning, be a sponge and increase those tools in your box.




Until next time. Take care and be good.


*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 28 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](http://www.castleparkdental.co.uk).


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*If you're considering teeth straightening, no matter what your age, then I would say 100% go for it. See my photo to see the difference. " L.Holmes; Beverley.*

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## Motoring - with Roy Woodcock



### The power of seven - seven seats and a seven-year warranty - could be the clincher if you're looking for a big SUV.

**Roy Woodcock reviews the latest Kia Sorento . . .**

**T**here's no shortage of family-friendly SUVs around; that's certainly something we've been stressing with increasing regularity these days.

However, the choice is not so strong if you're one of those looking for a car with the capability of carrying seven.

#### Step forward the Kia Sorento.

The fourth generation of this flagship model, unveiled late last year, is wider, taller and boasts a longer wheelbase, which means extra space in the cabin. It also features a wealth of new kit and, perhaps the headline-grabbing news, the arrival of electrified powertrains as an option (plug-in or hybrid) alongside one petrol (1.6 turbo) and one diesel engine (2.2 litres) - the latter only available on one trim level.

There's a choice of three very well-equipped trim levels, called 2, 3 and 4, and what's not in doubt is that the Sorento must boast one of the best "entry level" models anywhere - just check out the standard kit.

The petrol/hybrid technology is available across the full line-up but the diesel is only an option on the Sorento 3.

All models in the line-up have four-wheel drive and feature LED technology for the headlights and rear combination lights, as well as for the daytime running lights, front and rear fog lights and high mounted brake light.

17-inch alloy wheels and a temporary space saver spare wheel are also standard equipment, with roof rails not only boosting the all-new Sorento visually, but also adding versatility if there's ever a need to carry additional loads.

Black cloth upholstery is combined with light grey headlining to deliver a smart two-tone appearance in the cabin, and the front seats and leather steering wheel are both heated.

Seven seats are standard on all editions with 60:40 split, remote folding and reclining for the second row and a 50:50 split and fold arrangement for the third row. USB charge ports are handily provided for all three rows and dual-zone automatic air conditioning includes outlets for the third row.

Electrically folding, adjustable and heated door mirrors feature integrated LED indicator lights, and there's an auto-dimming rear-view mirror, rain sensing front wipers and automatic headlight control. New to the Sorento is a 12.3-inch high-resolution digital instrument cluster, delivering superb clarity and contributing to the fact that this is the most high-tech car that Kia has ever made.

In car entertainment features a DAB radio with a multi-device Bluetooth connection and voice recognition and music streaming,

24 April - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

Android Auto and Apple CarPlay smartphone integration. A reversing camera system with dynamic guidelines is integrated into the 8-inch touchscreen and includes front and rear parking sensors.

There's a suite of safety systems, including Forward Collision Avoidance Assist, along with Hill-start Assist Control, Downhill Brake Control and an electronic parking brake with Auto Hold functionality. Ecall automatically summons the emergency services in the event of an accident.

Drive Mode Select gives the driver a choice of "Comfort", "Eco" and "Sport" modes, while Terrain Mode Select incorporates three modes - mud, snow, and sand.

Move up to "3" specification and the alloy wheels are uprated to 19-inches, the radiator grille gains a more striking glossy black appearance, and a satin chrome finish is applied to the exterior door handles. The LED headlights adopt bi-functionality and privacy glass is included as standard.

Inside, the upholstery is upgraded to black leather, there's eight-way power adjustment to both of the front seats and heaters are provided for the outer chairs on the second row. There's "mood lighting" in the cabin with a choice of 64 shades while services accessed through the central screen can relay live traffic information, weather forecasts, points of interest, and details of potential on- and off-street parking (including price, location and parking availability). A wireless smartphone charger also sits at the base of the centre console.

A powered tailgate is added at this trim level while comfort levels are boosted by the fitment of self-levelling rear suspension.

At the pinnacle of the all-new Sorento range is grade "4", and this features fine black Nappa leather upholstery with a contemporary black headlining and 10-way power adjustable driver's seat with electric lumbar support and integrated memory system. There's ventilated front seats and a panoramic sunroof with tilt and slide functionality and automatic electric roller blind.

A head-up display projects driving information on to the base of the windscreen in the driver's line of sight, with the system displaying alerts from the car's numerous driver assistance technologies. New to the Sorento is the Blind-Spot View Monitor, which displays a high-resolution video feed in the driver's instrument cluster if the driver indicates to change lane with another vehicle hidden in their blind spot.

A 360-degree Around View Monitor is incorporated into the 10.25-inch touchscreen and works alongside the Parking Collision-Avoidance Assist system.

Prices start from £38,845 with Sorento 3 and 4 models priced at £41,245 and £46,945 respectively. It's just worth reminding potential buyers that, as is the Kia way, the car comes with a seven-year, 100,000-mile, warranty

More information: [www.kia.com/UK](http://www.kia.com/UK)



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## Just when you thought it was safe to go back in the gallery...

Photographer Michael Muller is best known for his portraits of the world's greatest actors, musicians, and sports stars.

His subjects have included megastars Brad Pitt, Jeff Bridges and Scarlett Johansson. But in the last decade, he has also built up a spectacular portfolio of images of the alphas of the underwater world – sharks.

His quest has been to document the apex predators in close proximity and with unprecedented precision.

Using a patented seven-bulb, 1,200-watt plexi-encased strobe lighting rig,

developed with NASA engineering, he has created a collection of dramatic and intimate underwater portraits which have been brought together by art publishers TASCHEN.

The Collector's Edition of Sharks – available now at the Artmarket Gallery – brings together the best of Muller's shots in a stunning portfolio. Arranged geographically, it follows his ocean adventures from photographing black tip and sand tiger sharks in South Africa to great hammerheads in the Bahamas, and includes the first known photograph of a great white breaching at night.

Thrilling narratives from each trip document the many challenges and near-misses along the way.

The book is dramatically presented in its own metal cage, a design conceived by Muller to allow readers an even more vivid sense of his underwater encounters, as if they themselves were diving down to face the sharks. Each cage is individually distressed to reflect the effects of time and salt water. Each edition is individually signed and numbered by Michael Muller.

Complementing Muller's work for advocacy organizations such as WildAid and EarthEcho, his photographs are presented alongside essays from Philippe Cousteau Jr, grandson of the famed underwater explorer Jacques Cousteau, and marine biologist Dr Alison Kock, who discuss the exploration and conservation of our oceans. Culture writer Arty Nelson adds an overview of Muller's work, while a technical section explains the precise equipment behind these spectacular shots.

Each limited edition book costs £1,250 – you're gonna need a bigger bookshelf!

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**M**arch 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.

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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.

## 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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Quality Water is our Business

## Hard Water Horrors ?

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

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

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

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

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.



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

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

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

In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, 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 or picked up from our Hull store 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.

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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## Your Stars for April 2021

By Kay Gower

### Aries (Mar. 21- April 20)

You know that you can handle whatever comes your way, and this knowledge inspires you to take an exciting risk. A new income source shows up and you will be favoured with a stroke of luck. April brings an unexpected turn of events.

### Taurus (Apr. 21- May 21)

It's time to make decisions on the work front. No matter how much you ask for advice from others, only you can make the final decision. Shelve insecurity, just push ahead.

### Gemini (May 22-June 21)

In the past, you've said "yes" when you wanted to say "no." You've since learned your lesson and soon you will get the chance to prove it as you make the choice that will be right for you.

### Cancer (June 22-July 22)

No one can change the past, and in most cases we wouldn't want to. The trick this month is in finding a different way to view the experience.

### Leo (July 23-Aug 22)

You will be inspired to try to do what you never thought you could. Don't worry about any mistakes you make. A joyful life is filled with mistakes, there's no thrill in living without risk.

### Virgo (Aug 22 - Sept. 23)

You have a certain natural grace when it comes to making changes. The plan for April will be to concentrate on 'you' and let go of the rest.

### Libra (Sept. 24 -Oct. 23)

More than ever, you need to speak up. There will be plenty of people cheering you on this month so all you have to do is stand up for yourself.

### Scorpio (Oct. 24 - Nov. 22)

Around mid month you may get a strange need to reveal an old secret. Don't. The need will fade, but secret knowledge will linger.

### Sagittarius (Nov. 23 -Dec. 21)

There are times when we've all felt like we've been there and done that. But we haven't. Shake off the weary feelings and begin to see life anew. It may very well begin to glitter for you.

### Capricorn (Dec 22.- Jan. 20)

Everyone you meet is fighting their own private battle. Your kindness gives others the energy to soldier on, and it comes at no cost to you. In fact, you get more energy this month from giving.

### Aquarius (Jan 21 - Feb 19)

At the beginning of April your spirit will be renewed and your hopes and dreams will once again be within your grasp. Positive plans made during the last weeks of the month around the 24th onwards will be attainable.

### Pisces (Feb. 20-Mar. 20)

What matters is not whether a decision was a good one, but whether it was made for a good reason. You don't have to worry about which next step to take, you just have to come from a good place - and you do.

Crossword solution from page 14

1	T	E	R	R	I	F	I	C		5	S	H	R	I	L	L
	A	E		O	N							O	L			O
9	H	I	G	H	N	E	S	S		10	S	T	O	L	E	N
	I	A		I	U				11	I		H	I			G
12	T	A	R	P	A	U	L	I	N		13	E	N	N	U	I
	I	D			I					O		A	O			N
				14	S	T	U	N		16	N	O	D	D	I	N
17	F		S		R							E	S			S
19	L	E	C	T	U	R	E		20		21	N	O	D	S	
	E		A		N		D			A					22	A
24	X	E	B	E	C			25	D	I	S	M	E	M	B	E
	I	B		H		Y				A		N	S			A
27	B	L	A	D	E	S			28	G	L	O	R	I	O	U
	L		R	O						L		O			R	E
29	E	N	D	I	N	G			30	S	Y	L	L	A	B	U

Sudoku Answer from page 12

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

## Oncology staff praised for supporting cancer patients and families throughout Covid-19

Hospital staff caring for people with cancer have been thanked for their efforts to support patients and families throughout the pandemic.

Nursing, medical and support staff on Ward 31 at Castle Hill Hospital have continued their work to look after people undergoing treatment and living with cancer since the start of the pandemic last March.

Now, Deborah Leadley, Junior Sister on the oncology ward within the Queen's Centre, has praised staff for supporting people dealing with serious illnesses during Covid-19.

She said: "I am so proud of the team. We work in a very difficult speciality and help patients every day who receive bad news and this, of course, impacts on everyone emotionally.

"The staff always have a smile and are ready to help everyone."

Ward 31 has remained an oncology ward since the start of the first lockdown and throughout the pandemic as part of Hull University Teaching Hospitals NHS Trust's commitment to protect cancer services despite the pressures caused by the pandemic.

However, staff on the ward had to adapt to new ways of working to support other wards and teams in the Queen's Centre which were reassigned to look after people with the virus.

Ward staff worked with staff from other parts of the hospital as a multi-disciplinary team to ensure patients could go home and back to their families with appropriate support and treatment in place.

With relatives not able to come onto the ward because of the grave dangers of spreading the virus to people with already compromised immune systems, staff have been giving daily updates to families about their loved ones.

They also created a dedicated email address so relatives could contact their loved ones directly.

Deborah Leadley said: "All our staff have tried to ensure all patients are fully informed and that communication is smooth between all members of the multi-disciplinary team and this has helped with supporting the unit.

"Although Ward 31 was not a full Covid ward, our staff have had to adapt our ways of working to support the Covid ward next door.

"We've become more efficient with discharges through regular contact with our senior medical team to ensure the hospital had enough beds for those most in need and to help get people home and back with their loved ones as quickly as possible."



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**I'm turning into Victor Meldrew**  
Local Beekeeper Neil Gower continues  
his review of the beekeeping calendar

## Government U-turn on Pesticide use

I have always classed myself as a conservationist and a lover of the natural world. I love the great outdoors with all the bounties it has to offer, and I try to bring that thinking to my love of beekeeping.

Last year I re-purposed some polystyrene hive equipment I had accumulated and returned to using wooden hives only. I even started building my own hive equipment with sustainably sourced British wood and I always take account of environmental considerations when carrying out pest management control and hygiene in my beekeeping.

We have gardened organically for as long as I can remember without the use of harmful chemical sprays, have wildlife areas in the garden and have been reducing our reliance on plastic plant pots for years. We are also in the process of removing all the plastic garden containers we have accumulated over the years.

With all that in mind it might not surprise you to know that last month I had a real Victor Meldrew moment when I discovered that the Government had agreed to relax the law on the use of a pesticide called thiamethoxam which was banned by the EU in 2018. Thiamethoxam is a neonicotinoid pesticide which had been used on crops such as Oil Seed Rape (OSR), Sugar Beet and on a whole host of fruit and vegetable crops in our food chain. It is a systemic pesticide and is acknowledged by the UK Governments own scientific advisers as posing greater environmental risks to bees and other pollinators than previously understood.

30 April - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

It doesn't kill the bee instantly but weakens it greatly, is responsible for the birth of deformed bees and has been linked to the catastrophic Colony Collapse Disorder (CCD) which wipes out whole bee colonies. In the current climate of a global pandemic and lockdown restrictions it may seem a small issue, but the long-term effects on the environment, the food we consume and the pollinating insect population will be devastating.

In 2018 one of the Governments promises had been that unless scientific advice changed with clear evidence to the contrary, they would maintain the increased restrictions on the use of neonicotinoids.

## Springtime

Whilst we will have to wait a little longer for our lockdown rules to be relaxed, the bees have come out of their winter lockdown with a vengeance. Over the winter I'd been checking their condition on a fairly regular basis and only had to add food to a couple of the larger colonies. All the colonies I expected to come through the winter have done so and the bees are foraging on the warmer days and bringing both nectar and pollen into the hives.

The site of full pollen sacks is a welcome one as it means that the queens have started laying eggs and the colonies will be starting to build up numbers in readiness for the first honey flow.

April is usually the month that we are able to begin meaningful hive inspections and get our first real view of how the colonies have come through the winter months. I'll be looking at the general health of each hive, overall hygiene, check on the Varroa mite situation and have a good look at the queen for the first time. Pretty early on in the season I'll be replacing old frames which I have already put together as part of my winter preparation.

My Bee-suit and my tools have all been cleaned and I'm fully prepared for a new season.

## Asian Hornet.

The last 12 months were relatively quiet on the UK mainland for Asian Hornet sightings but in parts of France some regions were reporting increases of thousands of nests. The British Beekeeping Association continues its education programme for both beekeepers and members of the public, and local BBKA branches all now have their Asian Hornet Action teams in place.

With the relaxation of the ban on neonicotinoids and the Asian Hornet threat I fear all UK based beekeepers and the honeybee population are in for a difficult period. I can't help but think that Victor Meldrew will be making another appearance.

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