

Cottingham Times

and District

Issue 189 - August 2017



STEPHEN RICHARDSON

PLUMBING, HEATING & GAS SERVICES LTD.

Approved Worcester-Bosch Installer

All Worcester-Bosch Boilers installed, come with a 8-year Parts and Labour Warranty - Get Peace of Mind until 2025

Some boilers with a 10-year Parts & Labour Warranty available until the end of December 2026

Oil Boilers Installed, Serviced and Repaired

Natural Gas, LPG and Oil-Fired Heating Engineers



218388



C13797

Call for your FREE, No Obligation Quotation Today

Tel: 01482 876145 - Mobile 07779 887769 - Office 01482 840877

33 St. Margarets Avenue, Cottingham, East Yorkshire HU16 5NQ or Unit 2D Station Road, Cottingham HU16 4LL

See our website www.stephenrichardsonplumbing.co.uk for further information

Home...

it's where the heart is.

Magnolia
House



From the moment you first walk through the door, you'll know you've found the right care home for you or your loved one! Magnolia House, in the leafy suburb of Cottingham, is a wonderful, five star residential home for the elderly.

Residential Care ~ Dementia Care
Respite Care ~ Day Care

With a genuine 'home from home' atmosphere, relaxing environment, tasty, nutritious food and beautifully landscaped, extensive gardens Magnolia House values the importance of elderly care whilst offering a whole new lifestyle with unrivalled services. Our dedicated activities co-ordinator organises a variety of leisure pursuits, therapies, entertainments and outings to stimulate, inform and brighten the day for everyone.

Call us or drop in for a chat over a cup of tea!



NEW! Lovely, beautifully appointed double rooms now available for those couples wishing to remain together for a break, respite or permanent care.

Stylish décor • Elegant rooms with en suite

- Bespoke and individual care plans
- 24 hour care and support

Magnolia House • 42 Hull Road, Cottingham,
East Riding of Yorkshire, HU16 4PX

T: 01482 845038

www.parklanehealthcare.co.uk

Park Lane
HEALTHCARE

making new memories

THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035 :: Mobile 07563 885388

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

Cottingham Times is a totally independent publication.

The views expressed in the Cottingham Times are not necessarily those of the editor. Copyright of the entire magazine contents is strictly reserved on behalf of the Cottingham Times and the authors. No part of this magazine may be reproduced in any form without prior written consent of the Cottingham Times.

Disclaimer

Whilst every effort is made to ensure the accuracy of the dates, event information and advertisements, events may be cancelled or event dates may be subject to alteration and the Cottingham Times can accept no responsibility for the accuracy of any information or claims made by advertisers included within this publication.

Notice to Advertisers

Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.

Looking for Window Blinds?

All Types of Blinds Supplied - Vertical / Roller / Venetian / Roman



Conservatory Specialists

5YR Guarantee
ON ALL PRODUCTS

UKBlindsdirect
www.ukblindsdirect.com
info@ukblindsdirecthull.co.uk

ALL blinds Measured & Fitted **FREE**
Call us for a no obligation quotation
01482 840238

Bridget FREER 07541 009321
bridget@bridgetfreer.co.uk



clinical hypnotherapist

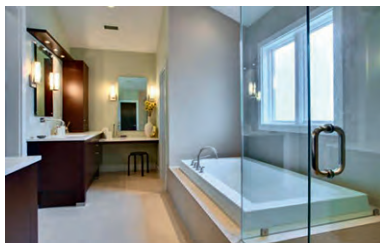
Lose weight with a
Virtual Gastric Band

Smoking: Stress: Phobias

www.bridgetfreer.co.uk

Williams Plumbing & Heating

(Established over 33 years)



**Plumbing - Heating -
Bathrooms - Tiling**

Full Bathroom Installations

• Tiling • Electrics • Building Alterations • Joinery

Central Heating

• Full Systems • Boiler Changes

Plumbing and Gas

• Gas Fires • Servicing to all Gas Appliances



**Accredited Worcester
Bosch Installer**

Tel 882552 Mobile 07721 366343

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - August 3

**All of your insurance
needs catered for in
one convenient place**



Home Buildings Insurance
Home Contents Insurance
Motor Insurance
Taxi Insurance
Travel Insurance
Business Insurance

Hedon Insurance
your local insurance broker

**Phone
Richard,
Chloe or
Linsey now
on 707 800
(option 2)**

**If you are
in business
speak to
Luke on :
707 800
(option 0)**

Hedon Insurance is authorised and
regulated by the Financial Conduct
Authority

Alishaan

Tandoori & Balti Restaurant
AUTHENTIC INDIAN CUISINE

Special Summer Offer

**Four Course
Dinner £10.95**

**Come and enjoy a pre- or post-concert meal
during the Cottingham Folk Festival
24th, 25th, 26th and 27th August and don't forget
The Caravan Show 2nd and 3rd September
Book early to avoid disappointment**

(Not available on Bank Holidays or February 14th, December 24th and 25th)

PRICES DISCOUNTED BY 20% ON TAKEAWAY MEALS
10% STUDENT DISCOUNT ON SIT-DOWN MEALS
OUTSIDE CATERING SERVICE AVAILABLE

OPEN 7 DAYS A WEEK (Including Bank Holidays)
Sunday - Thursday 5.30 pm - 11.30 pm
Friday & Saturday 5.30 pm - Midnight

205 Hallgate, Cottingham HU16 4BB



Telephone 847032

www.alishaan.net



In Cottingham and District

Hull Alpha Probus Club

Thursday 10th August - We have a 2-course lunch at £10.00 per person, at 12 noon for 12.30 pm. We have a visiting speaker, who will give a 40 minute presentation on a variety of subjects.
Thursday 24th August - We are holding a Coffee Morning at 10.00 am. We usually have a short talk by one of our members on a subject of their choice. If you are interested in joining, please come along and have complimentary coffee and biscuits and meet our members. You will be made most welcome. This is a social club for retired Business and Professional persons. We meet every two weeks at the King William IV, Hallgate, Cottingham. If you would like to join us for any of these events, please advise the Secretary, tel. 01482 815132, or the Treasurer, tel. 01482 844125, before 12 noon on the Tuesday prior to the event.

Hull and East Riding Glaucoma Group

Friday 11th August - from 11am - 1pm, when we are very pleased to welcome a speaker from Humberside Police who will be talking to us about "Keeping Safe", as well as identifying the support the police can offer. For advice and information on this very important topic, join us on the 11th at HERIB on Beverley Road, Hull at 11am. Entry £1.50 per person.

YPI Camera Club

Monday 14th August - Show an AV based on the subject "Nature". For example this could be flowers, trees or landscapes. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

East Yorkshire Woodturners.

Tuesday 15th August - 6.45pm. Demonstration by popular professional woodturner & magazine author, Richard Findley from Leicestershire. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners or just interested. £3.50 on the door. For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall
Tuesday 15th August 2017 - 6.30pm - Outside visit
Tuesday 29th August 2017 - 6.30pm - Outside visit
New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk

**Front cover: Horses on Priory Road.
Photo: Paul Lakin.**

The Hull Macular society support group

Friday 18th August - 10.30 until 12.15 at HERIB Beverley Road Hull will be the next meeting with guest speaker June Crosby The Eye Hospital Liaison Officer. This will be a very interesting meeting for people living with sight loss all welcome members £2 lunch available if required. For more information contact Clive Skinner 01482 656714.

Wednesday Social Club

Wednesday 23rd August - Surprise!!!!, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

St. Mary's Church Tower Tours

Monday August 28th Bank Holiday - 11.00 am. To book telephone Ian 01482 848041.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

Hull Folk Dance Club

Tuesdays 7:30 to 9:30 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. A garden party is being held at 82 Finkle Street on Saturday the 10th June from 2.00 pm to approx 5.00 pm, entry £1 which includes a drink and cake. There will also be stalls, and dancing which visitors can watch or join in. All are welcome. More information from Keith Alexander 01482 509751 or Jan Gray 01482 840367. www.folkdance.me

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice.

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Continued on page six

Support the advertisers who appear within the Cottingham Times

**Four Generations Giving
Over 100 years Service**

Herbert 1870-1962 Eardley 1908-1986 Geoffrey 1939-2015 David 1964

H. KEMP & SON LTD.
FUNERAL DIRECTORS
(ESTABLISHED 1893)

Golden Charter
Funeral Plans

- Funerals Respectfully Conducted
- Personal Attention
- Home and Abroad
- Private Restrooms
- Prepaid Funeral Plans

259 Haligate, Cottingham,
East Yorkshire, HU16 4BG
Fax: 01482 843898
Email: hkempandsonltd@gmail.com

Tel: 01482 844695
www.hkempandsonltd.com

PAINTER & DECORATOR

25 YEARS EXPERIENCE

QUALITY WORK

TEL: 01482 876743 (COTTINGHAM)

**DAISY
DECOR** *

ALL WORK CONSIDERED - NO JOB TOO SMALL
ALTERNATIVE TEL NUMBER: 07929 216172

Get the

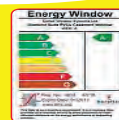
Wow Factor

with
COLFAX
WINDOWS

upto

**55%
OFF**

**WINDOWS
AND DOORS**



- Extensive Range of Composite Doors
- Large Indoor Showroom
- Large Outdoor Showground
- Planitherm Energy Saving Glass
- Open 7 Days a week

**Buy
NOW
Pay
Later**



**45%
OFF**

**CONSERVATORIES
AND ROOFLINE**

**0%
INTEREST**

FREE CREDIT

For a no obligation free quotation

Call **01482 879077**

or visit us online

www.colfax.co.uk

and click "online quote"

Leads Road, Hull HU7 0DE
Find us on Follow us on

COLFAX Windows Systems
Over 28 years of excellence
WINDOWS ■ DOORS ■ CONSERVATORIES

www.cottinghamtimes.co.uk - August 5

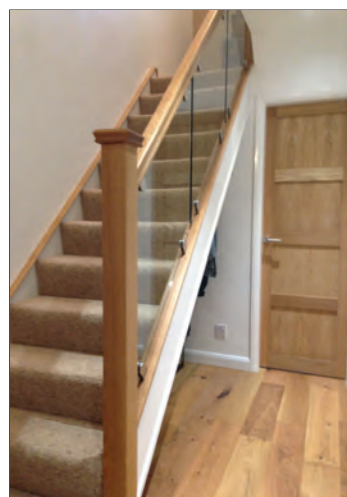
Continued from page five

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.



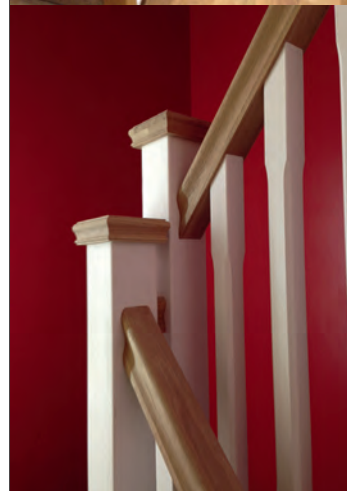
Andy Wilson

Joiners & Wood Turners
Est. 1991

Traditional or Contemporary Bannisters
Glass Panels - Pine
Hemlock - Ash - Oak

Squeaky Staircase?
Treads & Risers Replaced
Kites Rebuilt
All staircase repairs

Tel 01482 420269
Mobile 07930 565457
National Avenue, Hull



Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Continued on page 29

*For when it's time to make plans,
we can help with...*

- Conveyancing • Family Trusts
- Estate Planning • Wills
- Lasting Powers of Attorney
- Commercial Property

Jane
Brooks
LAW

Hedon 01482 893366
Cottingham 01482 848101

13 St. Augustine's Gate, Hedon, HU12 8EU
112 King Street, Cottingham HU16 5QE

www.janebrookslaw.co.uk

Dream Doors Beverley celebrate three years in their Beverley Showroom

Dream Doors Beverley is a growing family business based in Beverley with many delighted clients, we have built up a fantastic reputation within the East Riding, YO25 and YO43 districts.

Andrew and Terri Wilkinson have been helping their clients fulfil their own dreams in their Kitchens for three years from their Beverley Showroom with **Made To Measure Doors and Units**. As many of you will know, making the decision to replace your kitchen isn't one that's taken lightly. The thought of having one of the most used rooms in the home out of bounds for a couple of weeks, is enough to put anyone off. At Dream Doors Beverley, we look at things a little differently.

By simply replacing the doors, we can transform a kitchen in as little as 1-2 days. Imagine staying away for a day and arriving back to a completely transformed kitchen. The beauty of choosing Dream Doors Beverley, is the peace of mind that you are working with a national company that has been transforming kitchens throughout the UK for over 18 years.

We offer the highest level of customer service. Read the reviews and scores on the independent review website www.checkatrade.co.uk. We are proud to have a score of 9.79/10. With summer in full swing there has never been a better time to give a new lease of life to your kitchen. Forget hard sales tactics, our experienced team will offer honest helpful advice.

Whether you're looking to freshen up your kitchen by just changing the doors, or you want to redesign the whole kitchen, we're on hand to help. We work closely with you helping turn your ideas into a reality. Pop into our Beverley showroom today and let's look at making your Kitchen dreams come true too.

QUALITY KITCHEN FACELIFTS | **From a simple door swap to a full replacement kitchen**



Est. 1999

20% OFF
for limited time only
T&C Apply

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Proud members of Checkatrade.com    

Call Andy For a Free Estimate:
01482 861 653

hu@dreamdoors.co.uk
www.dreamdoors.co.uk
Dream Doors Beverley, 4a Belprin Park, Swinemoor Lane, Beverley, HU17 0LN

why replace when you can reface?

- 50% deposit, balance on completion
- Made to measure custom-built doors and units
- Huge choice of doors, worktops, appliances, sinks and taps

Great news there is a cost-effective way of making your car look as good as new again. And it's here in Cottingham.

JJ's SMART Repairs is a family firm based in Station Road near the Cottingham station. And since opening, father and son John and Jack Allen (hence JJ's) have welcomed a succession of satisfied customers.

SMART actually stands for Small to Medium Area Repair Techniques and JJ's offers exactly that - **tackling scuffed bumpers, scratches, kerb-damaged alloy wheels, minor dents and stone chips at a fraction of the cost of most body shops.**

"We're a much cheaper alternative to the body shop. Take something like a scuffed bumper. Typically, with a body shop, you're looking at a bill of £350 to £400 whereas our cost would be £140 to £160."

JJ's SMART Repairs offer a collect and deliver service and its location, close to Cottingham Railway Station on Station Road, means it's feasible for some people to drop their car off on the way to work, catch a train and then collect it again on the way back after work.

JJ's specialise in Bumper Scuffs, Smart Alloy Wheel Repairs, Power Polish, Valeting, Headlight Polishing and Summer and Winter Waxings.



SMART REPAIRS

Bumper Scuffs :: Smart Alloy Wheel Repairs :: Power Polish :: Valeting Summer Waxings :: Headlight Polishing

Protect your car with our Summer Waxing! £80



Pictured below is an example of a Smart Repair "You would never have known it had happened!"



Unit 11 Station Road, Cottingham HU16 4LL

Telephone 01482 840465

email: john.allen@jjsmartrepair.karoo.co.uk



Like us on Facebook

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

After a hectic four months in the post, I am finally starting to feel settled in as the new Clerk and I have enjoyed meeting the residents of the village during the course of my duties.

When I initially started, my main task was preparing for our end of financial year audit. This is now nearing completion and the 2016/2017 financial records for the Parish Council are available for public viewing, with prior appointment, until August 11th.

I am hoping that my next four months will be less of a learning curve than my first four months and I have a number of ideas in mind for how the Parish Council can work to improve the village and the quality of life of the residents.

If you think that the Parish Council can assist you in anyway then please do not hesitate to get in touch.

Matthew Kay, Clerk to Cottingham Parish Council
parishclerk@rishcouncil.karoo.co.uk

• Cottingham Christmas Festival

Stalls are still available for the Christmas Festival on **Sunday 3rd December 2017 between 11am-5pm.**

If you are interested in having a stall at the Christmas Festival or wish to volunteer in any way, please contact the Parish Council office by telephone on 01482 847623.

• Grants to Local Organisations

Cottingham Parish Council may award grants to any community groups or charitable organisations that are beneficial to the village. If you belong to an organisation and wish to apply for grant funding from the Parish Council, then in the first instance, please contact the Parish Council Office for more information and an application form. Please note that there are criteria elements to this form that need to be taken into consideration. All application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting. The next meeting of the committee is **Tuesday 12th September.**



8 August- www.cottinghamtimes.co.uk

As well as individual grants, the Parish Council donates money received through the sale of dog waste bags. Between April 2016 to March 2017 this raised £830, which was given to Cottingham Christmas Lights. For the 2017/2018 financial year the money will be given to Cottingham Wild Spaces. The charge for the bags remains at 50p per pack (each pack containing 50 bags) and is limited to 2 packs per person per month.

Below left: "Sue Kay from Cottingham Little Theatre receiving a grant for new lighting presented by the Chairman of the Parish Council Cllr Ann Abel and the Deputy Chairman Cllr Mike Harness"

Bottom left: "Lal Kirby from Cottingham Christmas Lights receiving a grant for the Hallgate and King Street Christmas Lights, presented by the Chairman of the Parish Council Cllr Ann Abel and the Deputy Chairman Cllr Mike Harness"

Below: "The Lillian Bilocca mural on Hesse Road"

• Memorial Gardens - Public Consultation – Friday 18th August

Work continues to take place on improving the Memorial Gardens. We are currently in negotiations with artist Andy Pea for a mural on the back wall of the gardens depicting armed forces personnel throughout conflicts from WW1 onwards. Andy was the lead artist on the Hesse Road murals in Hull.



We will be holding a public consultation at the gardens between **10am-3pm on Friday 18th August.** This is an opportunity for local residents to let us know their ideas, and provide images if possible, for what should be shown in the mural. We are also happy to hear your views on the Memorial Gardens in general and the work of the Parish Council. In the event of bad weather the consultation will take place at the Council offices at 9 The Cottages, Market Green.

Cottingham Parish Council does not allow any scattering of ashes, placing of memorial features or furniture to be erected in the gardens. Whilst we appreciate that this may cause disappointment to some families, it was felt that it is important that these gardens are returned back to their original purpose, a place for remembrance for the service personnel.

• Cottingham Civic Hall and Council Offices

The Cottingham Village Trust has now presented its business plan to East Riding of Yorkshire Council for consideration. This business plan, along with a building survey and valuation, was funded through a grant from the Parish Council. We support the application of the Village Trust to take over ownership of the Civil Hall & Council Offices and we shall be writing a letter of support to East Riding Council as they make their decision.

• Office Opening Hours – Permanent Change

The Parish Council opening hours are Monday, Tuesday and Wednesday from 11.00am to 3.00pm. This was due to be a temporary change in hours, however, it has been decided to make this change permanent.

• Dates for your Diaries

You will be aware that Cottingham Parish Council meets the third Thursday of every month, excluding August and December and they all commence at 7.30pm. The dates for meetings in 2017 have been approved as:-

21 September, 19 October and 16 November

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.

Support the advertisers who appear within the Cottingham Times

GRAHAM & ROSEN SOLICITORS
INCORPORATING
GWENDOLINE DRURY SOLICITORS

SPECIALIST LEGAL ADVICE ON YOUR DOORSTEP

Based in the heart of Cottingham, our expert legal advisors are on hand to offer high quality, cost effective legal advice. Whether you need help in planning for your family's future, drafting a will or selling your house, we are only a phone call away. Or pop in to our offices on George Street to make an appointment to discuss your needs with one of our solicitors.

- Wills & Probate
- Lasting Powers of Attorney
- Divorce & Separation
- Residential Conveyancing
- Discrimination & Unfair Dismissal
- Tax & Care Home Fees Planning
- Family & Children's Matters
- Business Sales
- Trust Creation & Administration
- Accident Compensation
- Settlement Agreements
- Leases

GRAHAM
& ROSEN
S O L I C I T O R S

01482 840201

www.graham-rosen.co.uk

14-16 George Street Cottingham HU16 5PQ

Offices also at: 8 Parliament Street Hull HU1 2BB Telephone: 01482 323123

Computers are one of those things we take for granted

We search the internet for all and sundry, check our emails, do our banking, upload our photos and we expect it to do all those things and more. Indeed, many home computers soldier on for many years of faithful service, and what we do without them? Well here's a few (hopefully) fascinating facts about what's inside your computer.

Motherboard – the main printed circuit board to which everything is attached and handles the input from the keyboard and mouse, and has chips responsible for output of graphics and sound.

Processor – the brain of the computer is about the size of an *After8* mint but can carry out thousands of calculations per second. Speed is measured in Gigahertz i.e. 3.8Ghz

Ram – also known as operating memory, helps the processor by temporarily storing instructions and helping it multi-task. These strips of silicon chips work hard **but don't store any data** when powered down. Size is measured in Gigabytes i.e. 4GB or 8GB – the more the better!

Hard drive or hard disk – this is the storage area of your computer. Usually known as the C Drive; it is where Windows and all your programs are installed, and most importantly where your data is safely stored. Measured in Gigabytes or Terabytes i.e. 500GB or 1TB

All this hardware, along with a DVD drive and any peripheral items is kept working by a power supply unit, basically a transformer that converts electricity into 5v and 12v DC

There have been amazing advances in computer technology over the last few years, they are now much more powerful, much quieter and even more energy efficient. To get the best out of your trusty home computer

you need to replace it every few years. For instance, there is no point in having superfast fibre-optic broadband connected to an old computer, it just won't be able to keep up. Like cars and household appliances, they all have a useful lifespan and then it gets to the point where you just have to change them. Think of your computer as an essential household appliance (but not a 10 year old fridge!). Lastly don't be put off by the thought of starting again – all your data and emails etc can be transferred to a new computer. We have produced a helpful two-page guide called '*Things to consider when buying a new PC*' For your free copy just call or drop us an email.

For honest, unbiased advice & pricing on a new PC call RDM on 875666

Did you know?

In a PC, the hard drive measures around 6"x4x1" and the aluminium platters inside it spin round at 7200 rpm all their working lives! (laptop drives are much smaller and spin at 5400rpm)

The proper name for a hash symbol # is an 'octothorp'

USB means 'universal serial bus' – referring to an electrical circuit

The first email was sent in 1971 by computer engineer Ray Tomlinson in the U.S.A

A major cyber attack could cost the global economy \$53 billion according to **Lloyd's of London**

Out-of-date software on your computer can make it vulnerable to attack by hackers and malware writers. So, whenever you see an update required for apps like Java, Adobe Reader or Flash Player make sure you agree to install it.

Make RDM your first call for home computer support – call us on: 875666

Having alerted readers on quite a number of occasions about the various 'computer support telephone scams' it is good to know that Microsoft has teamed up with the Police to crack down on the perpetrators. Although many of the scam calls are said to originate from rogue call centres in India, recently a number of arrests have been made in this country. Action Fraud, the UK's centre for reporting fraud and cyber-crime, says that it received 34,504 reports of tech support scams in the financial year 2016/17, and believes the losses sustained amount to over £20 million! We take security very seriously, so if need advice on changing or buying computer security, or if you think you may have been the victim of a scam, just call us for advice.

Richard Mills
RDM Computers
Cottingham
01482 875666 or 07850 105424
Web: www.rdmcomputers.co.uk
Email: richard@rdmcomputers.co.uk
All branding & trademarks acknowledged

Stress free Computing



Your local specialist!

Supporting local customers since 2002



- New PC sales
- Home visits
- Computer set-up service
- Computer security and virus removal
- Broadband/wireless and email set up
- Data transfer

T. (01482) 875666 M. 07850 105424
sales@rdmcomputers.co.uk www.rdmcomputers.co.uk

Summer Sale

Savings start right here in our super Summer Sale! You'll see offers and price cuts across our stores, and for divan sets, mattresses and bedsteads, use the voucher to save an extra 20% off marked sale prices. You could save up to 50% on selected products.

Use your discount voucher for amazing savings on beds and mattresses.

Double
Was £899
Now £619
With Discount
Voucher **£495**



Sleepeeze Memory Sensation 800
Pocket Springs and Memory Foam
Divan Set with 2 Free Drawers

4'6" Was £699
Now £499
With Discount
Voucher **£399**



Washington Pocket 1000,
Pocket Springs, Firm Comfort

4'4'6" Was £499
Now £299
With Discount
Voucher **£239**



Excellence Aloe Vera 1000
Pocket Firmer Feel, Turnable
Mattress

STOCK ROLL CARPETS

A stunning selection to choose from. And all with **FREE** high quality **SUPER 8** underlay.

Iowa Twist - 100% Polypropylene, General Domestic, 14 Colourways
£8.95 per sq.m

Hill Twist - 100% Polypropylene, Heavy Domestic, 11 Colourways
£11.95 per sq.m

Adriatic Saxony - Luxury Deep Pile Heavy Domestic, 14 Colourways
£14.95 per sq.m

Kensington - 80/20 Berber Wool Twist 40oz Heavy Domestic, 10 Colourways
£19.95 per sq.m

FREE
Super 8
Underlay
Usually **£5.99**
per sq.m

Serious savings on our range of extra comfort chairs.

If you have certain medical conditions, you may qualify for VAT-free prices. Ask in store for details.

Milford
Rise & Recline
Chair in Fabric
Was £799
Now £399
ex.VAT

1/2
Price



Hudson Dual Motor
Rise & Recline
Chair in Fabric
Was £999
Now £599
ex.VAT



Save
£400

Shanghai
Swivel Recliner
& Stool, Choice
of Fabrics &
Leather Finishes
Was £399
Now £299

Save
£100



FREE DELIVERY

We offer free delivery on all beds/ mattresses, chairs and sofas over £199.

20% off

Discount Voucher

This voucher entitles the bearer to an additional 20% discount off marked prices on **divan sets, mattresses and bedsteads** 19th June - 15th August inclusive while stocks last. Not transferable and not for use in conjunction with any other offer, one voucher per purchase.

510 - 520, Hessle Road, Hull HU3 5BQ Tel: **01482 326590**

Belprin Park, Swinemoor Lane, Beverley HU17 0LN Tel: **01482 326590**

117, Hallgate, Cottingham HU16 4DA Tel: **01482 326590**

Burton's Corner, Rawcliffe Road, Goole DN14 6TY Tel: **01405 819325**

Email info@leightonscarpets.co.uk

www.leightonscarpets.co.uk

**HOME & SMALL BUSINESS
COMPUTER SERVICES**

PC/LAPTOP SALES | REPAIRS & INSTALLATION
WIRELESS NETWORKS | STRUCTURED CABLING
DATA RECOVERY | VIRUS REMOVAL
INTERNET | EMAIL SETUP
HOME & OFFICE SUPPORT

**Call Steve Blake on
847711 & 571100
www.blakeits.com**

INSURED
CAR CHECKED
Microsoft
CERTIFIED
IT Professional

EXPERIENCE
25
YEARS
Microsoft
CERTIFIED
Professional

EVERFLOW
Plumbing Services

GENUINE 24-HOUR CALL OUT

- Boiler Replacements • Gas Servicing
- Breakdown and Repairs • Full Bathroom Installations
- Gas Central Heating • Systems Powerflushed
- General Plumbing Repairs • Landlord's Certificates
- No Job Too Small • All Areas Covered
- FREE No Obligation Quotations

Call Phil **01482 841304**
Mobile: **07970 359706** Cottingham

CORGI
520101
safe
520101

East Riding Mobility
93 Greenwood Ave, Hull, HU6 9NX
Tel: 01482 804089

**GREAT SERVICE
GREAT PRICES**

Daily Living Aids
Wheelchairs and Rollators
Sale and Service of Scooters
and Wheelchairs
Incontinence Products
Insurance and Warranty
Rise and Recline Furniture
Profile Beds
Stair Lifts

**NOW OPEN SUNDAYS
10AM - 3PM**

Wordsearch - Astronomy

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

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

Find the words in the letters above:

Andromeda Galaxy, Apogee, Asteroid, Astronomer, Atmosphere, Aurora, Binary Star, Black Hole, Constellation, Corona, Crater, Deep Space, Eclipse, Equinox, Galaxies, Galileo, Gravity, Hubble, Kepler, Light Year, Meteor, Milky Way, Moon, Nebula, Orbit, Parsec, Perigee, Polaris, Proxima Centauri, Pulsars, Quasars, Red Giant, Satellite, Solar System, Solar Wind, Space Shuttle, Spacecraft, Stars, Sun, Supernova, Telescope, Tides, Universe, White Dwarf.

Wordsearch courtesy of www.puzzles.ca

Sudoku No. 127

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

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

Support the advertisers who appear within the Cottingham Times



MARION OWEN TRAVEL



August, about to be upon us. I write this month from the lovely Isles of Scilly. Having enjoyed superb weather the white beaches, unspoilt countryside, flowers and wildlife make these remote islands a very special place on our planet. I

am looking forward to our return next year. We have just a dozen places available for our departure next September.

We have offers posted on our facebook page daily. Why not click on and follow our offers? We are adding anything we see representing good value or that you perhaps would not ever know is on offer or available.

Iceland, is very popular. Subject to not being sold out, flying from Humberside we have an offer departing on 26th January 2018 to the North of Iceland. From £699 for 3 nights B&B including a Northern Lights excursion, plus a full day of Fire & Ice. There are plenty of optional tours, Whale watching and bathing in beer are two pressing my buttons!

New Zealand 2018, we now have our special departure on sale. This is an amazing tour including the North & South Island. Departing 12th October for 19 days. Places are limited, don't delay, call Lynne for full details today.

Secret Gardens of Tuscany, I am delighted to announce that this departs on 4th June 2018 for 7 nights. It includes visits to 9 gardens and we now have just 14 seats available.

Fancy a SAGA taster cruise? A great way to sample a new cruise line or even to see if cruising is for you. Just for adults, one guest must be over 50 and anyone travelling with you over 40. Travel is included from your door, all meals, drinks with lunch & dinner, holiday insurance and gratuities. Departs 21st August 2018 for 5 days from just £638 per person.

Travel insurance: when travelling in the UK we have a special policy with no age or medical conditions excluded as long as you are not travelling against doctors orders. For example for a 2 day holiday it is just £8.05

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your holiday. Why book direct with an operator when it costs no more to book with us and have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service.

We have a wealth of first hand knowledge travelling around the world by land, sea & air. We have the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit us in our office.

We look forward to creating your special memories when we book your next holiday where ever in the world you have on your "Book it List"... **Marion.**



Our very own exclusive holidays by coach, experience the difference

17 Aug	Barge Canal Cruise 9 days Bresancon to Dijon superb luxury all inclusive new barge, full board, drinks & excursions. Via P&O North Sea ferries from Hull, sea view & meals.. (2 cabins)	£2250
08 Sep	Lundy Island, Worcester, Bideford & Eavesham 4 days	£ 385
17 Sep	Harrogate Autumn Flower Show - Day Outing	£ 39
24 Sep	Historic & Scenic Southern Wales 6 days Half Board a very interesting & special inclusive itinerary of sightseeing.	£ 499
05 Oct 2 rooms	Sites of WW1 - Ypres Salient & the Somme - 6 days HB+ . A moving tour of many sites also includes the Last Post.	£ 485
15 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 110
20 Oct	Nidd Hall 3 night weekend "Big night Live ~ the Troubadours"	£ 285
20 Nov	Chatsworth House & Christmas Market - Day outing	£ 49
10 Dec	Edinburgh Markets, Botanical Gardens & Whiskey 2 nights with an extensive breakfast in the heart of the old town	£ 169
11 Dec	Warner's Alveston Hall ~ midweek 5 day Festive Party	£ 289
15 Dec	Dordrecht Christmas Market Dash, via North Sea Ferries	£ 99
2018	Our programme for 2018 is now being released....	
11 Jan	"The Sales" at Boundary Mills just for the day	£ 15
27 Jan	Celebrating Burn's Night 2 day weekend dinner B&B	£ 115
08 Feb	World of Rhubarb, talk & 3 course lunch Just for the day	£ 49
02 Mar	Thoresby Hall 3 night weekend "Big night Live" Latin Tempo	£ 259
03 Mar	Harry Potter & RAF London : entries & 1 night DBB	£ 149
11 Apr	Springtime in Norfolk 4 nights at the Links Country Park superb itinerary inc. Blickling, Felbridge, Kings Lynn, rail & sail	£ 449
11 Apr	Crazy for You - Bradford's Alhambra great seats for matinee	£ 59
06 May	Mike James Orchestra & Nottinghamshire 2 days HB	£ 125
09 May	Matthew Bourne's Cinderella, matinee Bradford Alhambra	£ 59
13 May	Isle of Man, 5 nights half board & full sightseeing programme	£ 595
31 May	Llandudno 3 nights at the lovely Tyndale Hotel Half board	£ 319
22 Jul	Tatton Park Flower Show & Renishaw 1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle 5 days half board	£ 485
06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£1125
06 Dec	Thursford Christmas Spectacular - 2 days (also 8th Dec)	£ 185

Solo travellers always welcome supplements are kept to a minimum please ask for prices

Special Jersey departures

Travel from your door flying from Doncaster
7 nights Half board at the Mayfair Hotel

05 May 2018 * includes Liberation day £699

23 June 2018 * £755

04 August 2018 * during Battle of the Flowers £799

22 Sept 2018 always a popular date £699

Deposit £100 per person * 1 x single room only £25 supplement

To make your bookings Tel: 01482 212525 www.marionowentravel.co.uk



or call in person to 23 Portland Street, HULL, HU2 8JX (we have our own car park)

Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise (cruises on lowest grade of cabin) single travellers welcome please ask.

Office hours: Monday to Friday 9.30am - 5pm : Saturdays by appointment only

Aug 17*

kitchensolutions
Door and Worktop Replacement Specialists

- Over 80 door styles and colours
- Made to measure, Any size doors,
- Worktops, Sinks & Taps, Appliances
- Tiling, Plumbing, Electrical work
- All work guaranteed

Transform your kitchen at affordable prices

Free no obligation quote call **01482 841551**
www.kitchensolutions-hull.com



*Is your computer slow, freezing or full of viruses and spyware?
 For all your computer needs Visit our store at:*

Advancetec Computer Ltd
 212 Newland Avenue, Hull, HU5 2 ND
Tel 01482 44 56 44

We have been established since 1996 and have thousands of loyal customers who appreciate our excellent customer service and technical skills.

PC & Laptops repair and upgrades, Virus removal and Internet security, Data Recovery Computer parts and accessories.

University graduate personnel with relevant computer degree.
 Excellent quality work guaranteed every time.
 You are welcome to visit us, or ring us for free technical advice.

Most labour charges only £35.00
Open 9:00 AM to 5:30 PM Monday to Saturday
Closed on Sundays

Ann@Elizabeth

CLOSING DOWN SALE!!

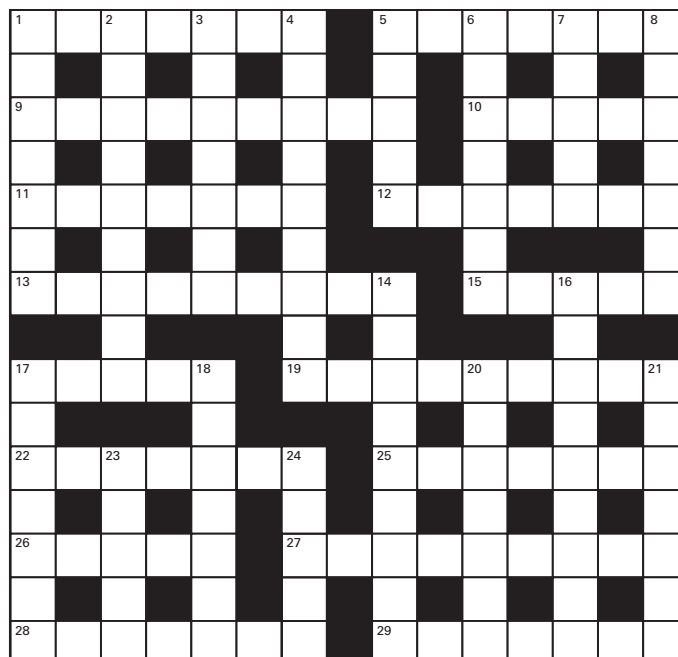
Colourful tops and Jumpers
 Good Selection of Skirts

Our warm and friendly staff, are always welcoming and ready to assist you.

52 Finkle Street, Cottingham
Telephone 01482 841246
Open: Monday-Saturday 9.30 am to 4.30 pm



Crossword - Solution on page 46



Across:

- Solutions (7)
- Trouble (7)
- A preserve (9)
- Author Mark _____ (5)
- Connecting (7)
- Hunting guide (7)
- Assigned (9)
- Elflike (5)
- Thin and weak (5)
- Personal discipline (9)
- Class (7)
- An easy victory (slang) (7)
- Boredom (5)
- Clear sky (9)
- Sleds (7)
- They inflict pain for pleasure (7)

Down:

- Disheveled (7)
- Squeezes the throat (9)
- Departing (7)
- Massacre (9)
- Wharfs (5)
- Not inside (7)
- Type of vine (5)
- Large house (7)
- Vetoes (9)
- Traitorous (9)
- _____ and dryers (7)
- Tugging (7)
- Circular (7)
- Pushes forcefully (7)
- Residence of a clergyman (5)
- Stones (5)

Crossword courtesy of www.crosswordpalace.com
 Support the advertisers who appear within the Cottingham Times

EAST YORKSHIRE COACHES

Because quality matters.



Summer days away with East Yorkshire Coaches!

Coach pick-ups from Beverley New Walkergate, Cottingham Green and Hull Paragon Interchange.

More trips available with Hull-only pick-ups. See them all online.



Days away from Cottingham this summer from just £11!

From family trips to Flamingo Land and Yorkshire Wildlife Park to scenic days away at Skegness and Whitby, choose from over 60 summer days out!

August

		Adult	Over 60s	Child
Fri 4 Aug	Yorkshire Sculpture Park*	£17.50	£16.00	£16.00
Sat 5 Aug	Skegness.....	£17.00	£15.00	£10.00
Sun 6 Aug	Saltburn by the Sea & Redcar.....	£18.50	£16.50	£16.50
Mon 7 Aug	Flamingo Land*	£38.00	£38.00	£34.00

Yorkshire Wildlife Park*

From £23.50

Tuesday 8 August & more dates available!

Adults £23.50 : Over 60s £21.50 : Child £20.50

Wed 9 Aug	Scarborough & Eden Camp*	£23.00	£21.00	£21.00
Thu 10 Aug	Sundown Adventure Land*	£25.50	£25.50	£21.50
Sun 13 Aug	Scarborough or Whitby.....	£17.50	£15.50	£15.50
Mon 14 Aug	National Media Museum*	£16.00	£16.00	£14.00
Tue 15 Aug	Skegness.....	£17.00	£15.00	£10.00
Wed 16 Aug	Flamingo Land*	£38.00	£38.00	£34.00
Fri 18 Aug	Thirsk & Helmsley.....	£17.50	£15.50	£15.50
Sun 20 Aug	Skirlington Market & Bridlington.....	£11.50	£11.50	£11.50
Mon 21 Aug	Lightwater Valley*	£31.00	£31.00	£28.00
Tue 22 Aug	Yorkshire Wildlife Park*	£23.50	£21.50	£20.50
Thu 24 Aug	York Maze*	£23.50	£23.00	£21.50
Fri 25 Aug	Flamingo Land*	£38.00	£38.00	£34.00

National Coal Mining Museum*

Sun 27 Aug : Adults £16.00 : Over 60s £16.00 : Child £14.00

Mon 28 Aug	Eureka*	£23.00	£23.00	£18.00
Tue 29 Aug	Diggerland*	£29.00	£29.00	£27.00
Tue 29 Aug	Otley & Saltaire.....	£18.00	£16.00	£16.00
Wed 30 Aug	The Forbidden Corner*	£28.00	£28.00	£26.00
Thu 31 Aug	Skegness.....	£17.00	£15.00	£10.00



Like us
East Yorkshire Coaches



Follow us
@EYCoaches

Ages may vary for child prices.
Please check when booking.



www.eastyorkshirecoaches.co.uk | 01482 222 444

Book online 24hrs a day.
Or book by 'phone 8am-6pm, Monday to Saturday.

Disney on Ice presents: Passport to Adventure

Tickets on sale now!

£48 per person

Saturday 18 & Sunday 19 November

Only £48!



September

		Adult	Over 60s	Child
Fri 1 Sept	Yorkshire Wildlife Park*	£23.50	£21.50	£20.50
Sun 3 Sept	Flamingo Land*	£38.00	£38.00	£34.00
Tue 5 Sept	Doncaster Market			
	Back by 4pm.....	£11.00	£11.00	£11.00

Scampton Airshow*

Sat 9 Sept : Adults £47.50 : Over 60s £47.50 : Child £17.50

Tue 12 Sept	Harrogate & Knaresborough..	£17.00	£15.00	£15.00
Fri 15 Sept	Hemswell Antiques & Lincoln.....	£14.50	£12.50	£12.50

Harrogate Flower Show*

From £34!

Friday 15 & Saturday 16 September

Adults £34.00 : Over 60s £32.00 : Child £15.00

Sun 17 Sept	Matlock & Ashbourne.....	£19.00	£17.00	£17.00
Wed 20 Sept	Pontefract Market			
	Back by 4pm.....	£11.00	£11.00	£11.00
Fri 22 Sept	Bury Market.....	£18.50	£16.50	£16.50
Mon 25 Sept	Teesdale & Weardale.....	£18.00	£16.00	£16.00
Tue 26 Sept	IKEA - Back by 4pm.....	£11.00	£11.00	£11.00
Thu 28 Sept	Pickering & Whitby.....	£16.50	£14.50	£14.50

In the Kitchen



Cheese Burgers (8 small burgers)

Ingredients

- 1 small Onion, finely chopped or grated
- 450g/1lb Minced Beef
- 1 tbsp Tomato Paste
- Salt and Black Pepper
- A little Oil
- 8 thin slices of Hard Cheese

Instructions

1. Place all the ingredients in a large mixing bowl and mix until well blended, squidding the mixture together with your hands.
2. Shape the mixture into 8 small burgers, brush with a little oil then place oiled side down on the grill and cook over medium hot coals and cook each side thoroughly.
3. Just before your burgers are ready, place a slice of cheese on top of each and finishing cooking. The cheese will slightly melt.



BBQ Tropical Fruit Skewers

Ingredients

- 1 Large Mango
- 2 Large Bananas
- 1/2 a Fresh Pineapple
- 1 Ripe Papaya
- The Juice of 1/2 a Lime
- 4 tbsp Rum
- 2 tbsp Brown Sugar

Instructions

1. Prepare all the fruit and cut into chunks about 2.5cm/1-inch pieces.
2. Place the fruit in a large mixing bowl together with the lime juice, rum and sugar, mix well then thread onto skewers.
3. Cook over hot barbecue coals for 3-4 minutes on each side, basting with any remaining juices in the bowl.

Cranberry Mustard Sausages

Ingredients

- 450g/1lb Cumberland Sausages
- 1-2 tbsp Dijon Mustard
- 3 tbsp Cranberry Sauce
- 1 teasp Sugar
- 1 teasp Red wine Vinegar

Instructions

1. Cook the sausages over medium hot coals or under a medium grill for about 15 minutes, turning from time to time or until cooked.
2. Meanwhile, mix together the remaining ingredients in a bowl until well combined.
3. Baste with a little of the mustard mixture on the sausages for the last five minutes of cooking. Serve the sausages with the remaining mustard sauce on the side.





Cottingham Open Gardens 2017 raises over £12,000 for Dove House Hospice

Once again The Open Gardeners of Cottingham have come up trumps, raising over £12000 for Dove House Hospice and that figure is still rising as late donations and promises are collected.

This years new gardens, new events, and attractions have been a great success which has led to remarkable flush of visitors expressing interest in opening their gardens next year.

Dan Clipson, Fundraising Coordinator at Dove House said, "We are very grateful to the twenty gardens that opened their home this year and to the local Cottingham community for supporting what has become one of the major fundraising events in the calendar year for the hospice. The hard work and creativity that the Open Gardeners give each year to grow and improve the event is a true testament to their character and this is reflected in their amazing total".

The dates have been fixed for next year and are the 17th and the 24th June 2018

If you are interested in opening your garden next year or helping in any way please contact Jim on 01482 875129.

And finally may we thank all who have helped in any way to raise this magnificent sum.

Godfrey Burley elected as president of the Rotary Club of Humberside

A former transport executive in Hull and East Yorkshire has been elected as president of the Rotary Club of Humberside. Godfrey Burley who lives in North Ferriby spent the majority of his working life in the public transport industry. For a time he was the joint owner and joint managing director of East Yorkshire Motor Services and spent a period as owner of National Holidays, the coach tour operator.

He is a retired chartered accountant who originally lived in Holmfirth but moved to East Yorkshire in 1979.

In addition to his connection with the coach industry he was chairman of Prism Rail plc which won and operated 4 rail franchises when passenger rail services were privatised in the 1990's.

Looking forward to his year of office Godfrey said: "We already do a considerable amount of work with organisations and charities both locally and internationally and I would like to build on that work.

"Our music bursary scheme which provides financial encouragement for youngsters in Hull continues to go from strength to strength".

Support the advertisers who appear within the Cottingham Times

Smiths
animal and pet supplies

**40 YEARS
SERVING
YOUR PETS**

72 Castle Road, Cottingham, HU16 5JG

Call in and our friendly staff will help and advise you on your pet's requirements. We cater for horses and ponies, cats, dogs and small furry animals, pigeons, caged birds and wild birds.

We have revised opening hours:-

**Monday to Friday 9am to 5pm, Saturday 9am to 6pm,
Sunday CLOSED, Bank Holidays 10am to 5pm**

Located next to gate 3 Castle Hill Hospital

SENSATIONS
Nails :: Chiropody :: Beauty

**Full Body
Fake Bake
Only £20.00**



**181 HALLGATE, COTTINGHAM
Tel. 849068**

**A Bespoke Sofa or Suite
designed by you, built by us**

**For 35 years we have been turning
people's furniture dreams, into reality!
A unique piece of furniture that fits your
home perfectly.**



**Hannam Upholstery
Company**

Hand-built furniture that carries a 10 year frame guarantee

1b Main Street, Willerby, East Yorkshire HU10 6BP.

Tel/Fax: (01482) 658787

Find us on Facebook and Twitter

ON THE GRAPEVINE

WITH ROY WOODCOCK

Relaxing in the garden with a glass of wine

What could be better than relaxing in the garden on an English summer afternoon or evening with a glass of wine in hand? Cracking open a bottle just seems the things to do, but what if you're home alone or just want a quick slurp?

The answer could be in one trend I'm noticing currently, of providing decent wine in smaller sizes; other than the traditional 750ml bottle . . .

Take the Co-op, for instance. It was reported recently that it was to expand its range of wine in smaller formats in order to boost the options for shoppers. Already the supermarket has rolled out single-serve wine "pouches" across 864 of its stores nationwide, which have been designed to tap into the on-the-go market and appeal to younger customers.

The specially-commissioned foil-lined bottle-shaped pouches were developed by producer Oneglass in Northern Italy and trialled with two wines, a Mendoza Malbec and a Sicilian Pinot Grigio in a 187cl format.

The pouches can stand up on their base and are made from 75 per cent paper, 20 per cent polyethylene and five per cent aluminium, making them more environmentally-friendly and 100 per cent recyclable. They can simply be flattened after used.

A company spokesman said the pouches were already widely available across Europe and were suitable for outdoor occasions, festivals and on-the-go drinking.

Similarly, Aldi is reportedly introducing the Japanese rice wine saké in 330ml boxes, described as "perfect for two taster glasses". The retailer said demand for Japanese cuisine is growing in the UK and the retailer wanted to make it easier and more accessible for people to enjoy Japanese culture at home.

"We pride ourselves on offering consumers with all sorts of tastes and backgrounds a chance to enjoy quality wines and spirits at great prices, and we believe this saké will be a big hit," a spokesman said.

The exact opposite of this "small is beautiful" trend, however, seems to be happening at Waitrose, although there is a common denominator with the Aldi saké in that we're once again talking about boxes.

Last month it was revealed that Waitrose has launched a new premium bag-in-box wine range across its stores to meet increasing demand for larger formats.

The new range comprises six wines, varying from 1.5 litre to 2.25 litre boxes (equivalent of three bottles of wine), including a new 1.5 litre Côte Bleu Méditerranée Rosé (RRP: £14.99), which is new to the range and the first time Waitrose has sold a pale, dry rosé in the bag-in-box format.

This follows general sales of rosé rising 35 per cent year-on-year at Waitrose, with Provence rosé seeing soaring demand of up to 97 per cent year-on-year.

Other large format wines now available include the retailer's best-selling Malbec, The Beefsteak Club Malbec (RRP: £20.99/ 2.25L), a Marlborough Springs Sauvignon Blanc (RRP: £20.99/ 2.25L), and a Stormhoek Chenin-Chardonnay (RRP: £15.99/ 2.25L).

Two further lines were due to go on shelf in late July, comprising a Stormhoek Merlot Cabernet (RRP: £15.99/ 2.25L) and Les Dauphins Cotes du Rhone Villages (RRP: £20.99/2.25L).

Waitrose wine buyer Victoria Mason said the range included "excellent quality wines" that included a number of customers' favourites.

"The new pale, dry rosé is particularly exciting as it taps into the latest wine trends we're seeing at Waitrose. Côte Bleu is sourced from specially selected vineyards in the sunny Mediterranean and the box design is contemporary and fun," she said.

Waitrose said bag-in-box wines were becoming more popular due to growing consumer concern for practical and environmental alternatives to glass bottles, given their lower carbon footprint, recyclable packaging and ability to stay fresher for longer.

I've mentioned The Wine Society before as a great way of learning about and buying quality wines - it's a mutual organisation, owned by its members, and of the one-off lifetime joining fee, you will get £20 back on your first order.

With buyers travelling around the world the society is able to offer wines distinct from those found on the supermarket shelf and it currently lists around 1,500 wines, with more than 200 of them priced at less than £7.95 a bottle. There is no minimum order or spend requirement and a quick perusal of the society's website (www.thewinesociety.com) will reveal the wealth of help and information available.

The society regularly holds informal walk around tastings around the country, with one this month in York, on Wednesday August 30.

"While we can't guarantee perfect weather at this walk-around tasting, we can promise that our selection of summer-ready fine wines will transport you to warmer climes," said a spokesman.

"We'll be pushing away the clouds and bringing out the sunshine with a fabulous line-up of 20 premium wines all priced between £15 and £50, from refreshing Sauvignon to scorchingly sensational Syrah. And because no summer party would be complete without a sumptuous selection of sparkling wines; from vintage champagne to English fizz, we'll be turning up the thermostat for the society's hottest tasting of the year!"

The tasting is held in the Heart Hall at the Merchant Taylors' Hall in York from 6.30pm to 8.30pm. Tickets cost £30.



BEST BUYS

**Calvet Pouilly Fume**

Where: Waitrose

When: From August 8 to 29

Why: One of my favourite white wines, made from 100 per cent Sauvignon Blanc grapes. It's crisp with a distinctive smoky ('fumé') character. A perfect match for white meats or fish dishes, especially dressed crab.

£13.59 (was £16.99)

**Mud House Sauvignon Blanc**

Where: Tesco

When: Now, until August 8

Why: A classic New Zealand Sauvignon. Crisp, concentrated and vibrant on the palate, combining citrus and tropical fruit with green vegetal undertones. Chill well and enjoy on its own or with light summery rice or pasta dishes.

£6.75 (was £8.75)

**Trivento Reserve Shiraz**

Where: Tesco

When: Now, until August 8

Why: Quaffable Argentinian red benefits from six months' ageing in oak. Suits beef or lamb dishes and can be perfect with spicy food.

Price: £6 (was £8)

**Torres Vina Sol Rosé**

Where: Waitrose

When: From August 8 to 29

Why: Spanish rose that's intense and silky on the palate. Excellent aperitif and to accompany rice, seafood and fish dishes.

£5.99 (was £6.99)

Telephone: 01482 869111
sales@rosesofbeverley.karoo.co.uk



The Kitchen Factory
The Courtyard, Tokenspire
Business Park Beverley, HU17 0TB



Together we will design a beautiful kitchen
Roses will then project-manage your kitchen installation
from start to completion



Visit **www.roseskitchens.com**

To see our customers kitchens and read what they have to say about us
Telephone 01482 869111 :: www.roseskitchens.com



A friend in need

What it is to have a helping hand don't you think? Someone you can turn to when things get a little tough...to tell your troubles to or help out with the shopping and household chores. Sometimes these 'hands' appear from the most unusual circumstances and that is how I met Susan, a lovely lady in her early fifties, who had been in a wheelchair for the past two years, after a dreadful car accident. With no-one at home, she was finding it difficult to adjust to an 'able bodied' way of living. Her bungalow had been customised accordingly for Susan's needs but she still needed that extra pair of 'hands'. At the beginning of the year, Rebecca, a close friend of mine, introduced me to Susan whilst she was visiting the place I was residing at the time.

At first I saw the wheelchair. I suppose it is something we 'able bodied' are always drawn to see but then I saw Susan. On the outside she came across a confident lady but also looked a little in denial that she actually needed an out stretched 'hand'. After all, it was only two years ago when Susan was looking forward to a two week holiday in Spain. It was the being involved in an accident on the way to the airport that took her independence away.

As I looked beyond all this and into her eyes, there told a different story...a picture of sadness and a cry for her long lost independence to be regained. It was on this day our bond formed. Here was someone who needed my help, my abilities were slightly limited...but even so.



Over the following months, Susan made the journey to see me once or twice a week until it was time for me to return home.

On returning to Hull, Rebecca immediately took me to see my new found friend. With great pride, Susan showed me around her little palace, pointing out all the useful aids that had been fitted to make it more adaptable and comfortable. The cupboards had been lowered, doors widened and a special ramp had been built up to the front door for her wheelchair. "I know we are worlds apart and so different which may lead to slight frustration and I also have a lot to learn, but do you think you can help me?" Looking into the deep blue eyes I first saw all those months ago, I didn't have to acknowledge...Susan knew from my reaction, we had found a true friendship.

My first challenge came in the morning. I had to help Susan get out of bed, something we all take for granted but for someone who lives most of their life in a wheelchair, it can prove quite difficult. I brought her the training aid I had been shown and with a careful tug, Susan was sitting on the edge of her bed. Her clothes laid neatly on the chair so I took each garment to her marvelling at how she had been able to cope in the past but also hoping I am giving her that extra bit of help and confidence.

Today was also our first day to tackle shopping and it was here that Susan explained that we will see a different side to the 'Human Race'. "It's bad enough being small like you but for someone on their own in a wheelchair, people (some but not all) seem to put me into insignificance" she explained. But on this day, whether it was my presence, things slightly changed along with the help I could give her. Doors were opened by people who were more than willing for this 'unlikely pair' entering the shop. I was able to help take items off the shelves and put them in the basket, which is something Susan had only been able to do with the help of the shop assistant. Payment was also made easier as I 'handed' the bank card to the lady on the till. "You've got a good help there" she exclaimed to Susan. The beam on her face said it all. The next challenge was the cash point. Once again, popping Susan's card into the machine made it so much easier (why the banks don't accommodate wheelchairs I do not know). The only thing I couldn't help with was the pin (for security reasons of course) much to the amusement of the couple standing behind us in the queue.

So the list is endless, from waking in the morning to going to bed at night, I will be there for Susan...as her friend, helping 'hand' and confident. Someone she can tell all her stories, troubles and future ideas to. Someone who knows, will listen and not criticise. Someone who has unconditional love no matter what the future holds. "Come on, Faye, time for bed". So as I laid my head on the edge of my basket next to Susan's bed, I looked up. Seeing those loving blue eyes and feeling the warmth on her outstretched hand as she stroked my head, I knew I had come home.

CANINE PARTNERS is a national charity who train and then find loving homes to assist wheelchair bound people. KINGSTON VETERINARY GROUP are proud to be associated with the said charity and are always keen to find and take on new PUPPY PARENTS. This involves a 'parent' to foster an eight week old puppy and to comply with the charity's training and adapting to everyday events throughout its first year. The puppy will then complete its final training at the charity's Head Office where it will be united with a suitable partner.

If you feel you have all the qualities and time to become a puppy parent or a foster carer (someone who looks after the puppy whilst the parent is on holiday etc), please contact any of our six branches of KINGSTON VETERINARY GROUP where the receptionist will be happy to assist.



Your local veterinary practice but so much more

Caring for your pet

Park Street - Clinic & Animal Hospital
 1-2 Park Street Anlaby Road, Hull. HU3 2JF
 Tel: 01482 223688

Cottingham Surgery
 14-18 New Village Road, Cottingham. HU16 4LT
 Tel: 01482 843210

Beverley Road Surgery
 642 Beverley Road, Hull. HU6 7JH
 Tel: 01482 854422

Anlaby Surgery
 31a Hull Road, Anlaby, Hull. HU10 6SP
 Tel: 01482 655333

Holderness Road Surgery
 1199 Holderness Road, Hull. HU8 9EA
 Tel: 01482 797007

Thorngumbald Surgery
 Main Road, Thorngumbald. HU12 9LY
 Tel: 01964 601607

www.kingstonvets.com



Logic heating

The Boiler Installers



Welcome to our new
Combi to Combi Boiler
Package deals. Choose
**Bronze, Silver, Gold or
Platinum.** Your warranty can
be tailor-made for upto
10 years too!
NO VAT TO BE ADDED!

SILVER

Ideal Logic+ Combi Boilers
including:-

7 Years Warranty
Wireless Programmable
Room Thermostat,
Powerflush
"Horizontal Flue"

FROM ONLY £1349

PLATINUM

Vaillant Ecotec Plus
Combi Boilers
including:-
8-10 Years Warranty
Wireless Programmable
Room Thermostat,
Powerflush
"Horizontal Flue"

FROM ONLY £1759

BRONZE

Glow Worm
Betacom Combi Boilers
including:-
6 Years Warranty
Time Clock
"Horizontal Flue"
Chemical Flush

FROM ONLY £1199



logicheatingltd@
gmail.com



01482 446662



@logicheating



@LogicHeating

GOLD

Vaillant Pro Combi Boilers
including:-
7-10 Years Warranty
Wireless Programmable
Room Thermostat,
Powerflush
"Horizontal Flue"

FROM ONLY £1589

Powerflush using Magnacleanse
Upto 10 Radiators £249
Upto 20 Radiators £299



**Add a 25 Year Warranty Fernox Omega Sludge Filter
to any of our boilers for just £90**

*Prices and offers are subject to change





"The Tooth and Nothing but The Tooth"

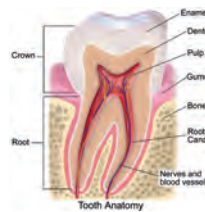
by
Chris 'Dr. Smile Maker' Branfield

Save Dentine and Put a Lid on It

Hello again. I hope that you are well. As usual it's been another busy month, working and keeping up to date with the ever-changing world of dentistry. My colleagues, Andrew, Anna and myself went to a 2-day conference in Leicester all about digital dentistry. Wow, things are changing really fast with some exciting innovations. I also went to London to an event called "Stars Of Dentistry". It was the second one, I went to the first last year. They have some big, international names in dentistry coming from, America, Italy and Brazil. I was not disappointed. They were inspiring. So much knowledge and talent, also great educators. There was even a live video link from Seattle. It was a long day though, 8-30am until 8-30pm. I thoroughly enjoyed it and booked for next year. Such a geek!

Why So Precious About Dentine?

Dentine is the yellow stuff under the hard lighter coloured enamel on the surface of teeth. It has tubes that lead to the pulp (nerve). The more that is gone the weaker the tooth and the more chance there is of damage to the pulp (nerve) causing possible inflammation, pulp death and then infection. Are you with me so far?



Think Of A Shoe Box

These days we have materials that we can bond onto teeth that get damaged by decay or trauma. This is great because it means less tooth structure removal to get a material to stay in or on the tooth. Now, with back teeth that are really broken down some sort of filling may not be strong enough.

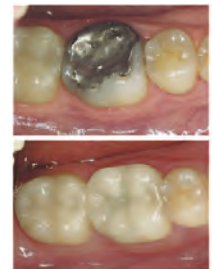
This where the shoebox analogy comes in. I was another course some time ago when a guy talked about it.

Imagine a shoebox with no lid. At this point the walls of the box are quite weak and if you stand on them they will cave in. If you put a lid on it this gives real strength and you can stand on it or at least put a lot more force before it caves in. Simple, but brilliant, I thought.

So The Solution To A Badly Broken Down Back Tooth?

Put a lid on it! This is called an onlay or overlay. Rather than remove loads more tooth like with a crown, save as much as we can, protect what is left with a lid and bond on to give more strength.

Here is a large filling with decay under it replaced with an onlay. It looks better and gives strength so is longer lasting.

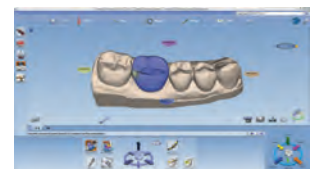
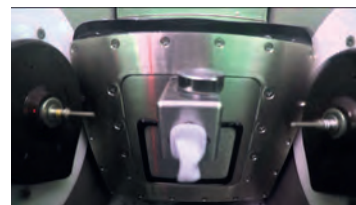


Tying It All Together

In days gone by rebuilding teeth like this would involve impressions, sending to a laboratory, having a temporary restoration that may come off and waiting 2 weeks before fitting the final restoration.



With digital dentistry we can now do these in house, often within a couple of hours. No impressions but a digital laser scan, then design on a laptop, then Mill in a CAD Cam milling machine and sometimes (depending on the material) fire in a furnace.



Into The Unknown

As I write a lot of players have left Hull City Football Club and not many coming in. Who knows what the season will hold for us. Fingers crossed we actually manage to get a defence and do well. Might be a big ask this year. We'll see, eh.

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 24 years and has a special interest in life changing, pain free dentistry with dental implants, rapid 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's humanitarian work go here now www.castleparkdental.co.uk

Treat Yourself To The Castle Park Experience

Chris Branfield & His Superb Team Give A Personal Promise Of Quality Care And Attention And A Warm Welcome!

"Life Changing, Pain Free Dentistry"

Says Elizabeth

"Not Been For 36 Years Until Now"

It had been a total of 36 years since my last visit to a dentist and I viewed the thought of it with fear. I cannot praise the practice enough for the kind and gentle treatment I have received and help in overcoming my fear. They are a very professional team and I shall recommend them to everyone.

Carol Hookem, E. Yorks.

"Low-Anxiety, Pain-Free Dentistry"

****Dental Implants *Rapid Teeth Straightening *Cosmetic Dentistry *Gentle Dentistry *Laser Dentistry *General Care & Wellbeing**

Limited Free Initial Consultations Available Usually Worth £98

Call Us Now : 01482 772306

E: talk2us@castleparkdental.co.uk

If you suffer from ill-fitting dentures, want a fixed alternative for missing teeth and would love to eat steak and apples with confidence - Dental Implants could be the solution.

Are you frustrated with crooked teeth and long for a confident smile? We have different rapid teeth straightening systems that work a treat!

*** CALL US NOW TO BOOK YOUR COMPLIMENTARY VISIT : 01482 772306**

Our Patients Say It Best At:

www.castleparkdental.co.uk

Castle Villa, 28 Castle Road, Cottingham, East Yorkshire. HU16 5NA

Principal Dentist: Christopher Edward Branfield GDC reg no. 68346. Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Ltd. Registered in England. Company no. 06703803.

Singing for fun

The Cottingham Singers resume rehearsals on Wednesday 6th September. We are looking for new members.

Everyone is welcome providing they can sing in tune! Our rehearsals take place on Wednesdays from 7.30 pm - 9.30 pm, at Bricknell Avenue Methodist Church. We sing a variety of music in four parts, including songs from musicals, folk songs, spirituals and more modern music such as Beatles numbers, Elvis etc.

Although we strive to get the music right, our main concern is that we have fun and enjoy the evenings.

If you think you are interested, please ring either Jeanne Fenton (membership secretary) on Hull 658195, or Janet Burton (secretary/Chair) on Hull 442894.

We look forward to welcoming new members in September.

The Skidby Village Hall & Institute Management Committee say 'Thank You'

The Skidby Village Hall & Institute Management Committee wish to thank all residents, business sponsors and everyone who helped with the Scarecrow Festival in any way, either manning car parks, baking, helping in the Village Hall or selling programmes. It was all much appreciated and the weekend was a big success.

The most popular Scarecrow by public vote was No 6 Star Wars - Rogue One K-250 & BB-8

Followed by No 16 Marmalade Please and No 27 Harry Potter.

BOSCH
Invented for life

The Bosch summer sale.

Great savings available on Bosch appliances this summer.

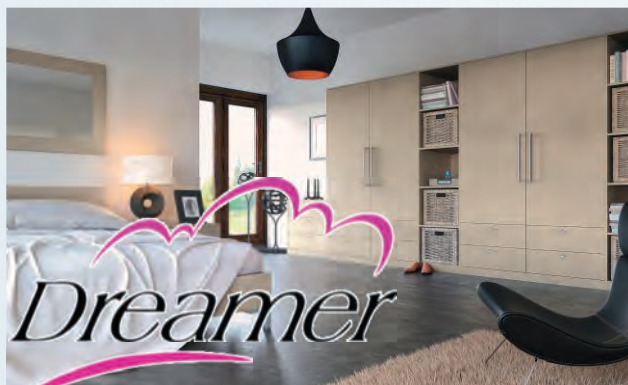
Bosch summer savings.

Promotion dates: 17.07.17 - 05.09.17
Offer applies to selected models only and participating retailers. Specific Terms apply to each retailer. Appliances included within the promotion may vary per retailer. Images shown are for illustration purposes only. Please ask your dealer for more details.

Ian Black
189-191 Hallgate,
Cottingham HU16 4BB
01482 847279
www.ianblack.co.uk

Ian Black
Domestic Appliances

Dream it... Make it... Live it!



Call us for a free home consultation – 01482 860 688
info@dreamerdesign.co.uk

Visit our showroom
Annie Reed Road, Beverley, HU17 0LF
open Monday to Friday 9am-5pm Saturdays-Please telephone

FURNITURE DESIGNERS & MAKERS



Pasture Dale, Frendal Dale and Horsedale from Huggate

The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

County/Area - East Yorkshire

Author - Lou Johnson

Length - 9.1 miles / 14.8 km

Ascent - 900 feet / 273 metres

Grade - easy/mod

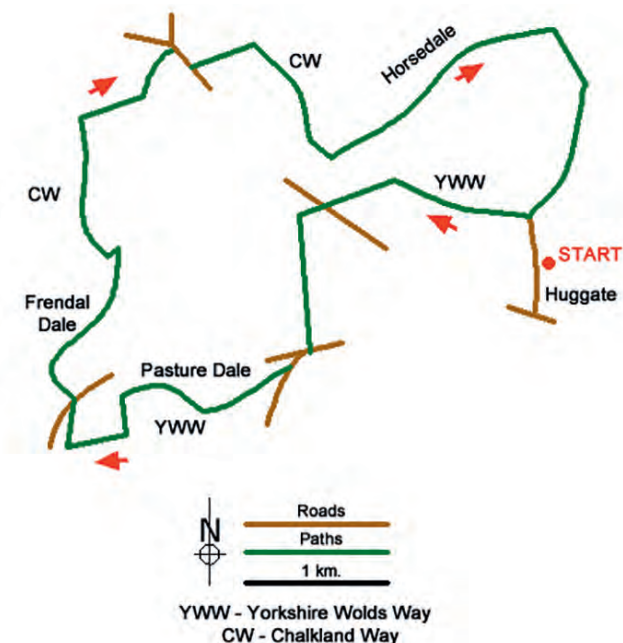
Start - OS grid reference SE881554

Lat 53.987148 // Long -0.657884

Postcode YO42 1YF (approx. location only)

The Yorkshire Wolds in the East Riding of Yorkshire are often overlooked yet the area provides some excellent walking. Never spectacular, the dry valleys that are cut deep into the landscape provide interest with their gently rounded contours. The area is also relatively quiet and never seems to be overrun with visitors.

The start is the village of Huggate (grid ref. SE881554) where on street parking is available. However, do be considerate of the local residents are park with courtesy. After parking walk north through the village passing the parish church on your right.



Some 200 metres past the church bear left off the lane onto the Yorkshire Wolds Way. Follow this track past Glebe farm (on your right) and continue following the waymarked path to reach York Lane (grid ref. SE867557). Go straight across this lane and continue following the Yorkshire Wolds Way, which soon goes left and continues in a southerly direction to reach Pocklington Lane (grid ref. SE866548) at a road junction.

Ignore the lane to your right and left and continue following the waymarks onto Cobdale Lane. After a short distance the Yorkshire Wolds Way leaves the lane on your right. The path follows the southern rim of Pasture Dale before turning left and then right around the boundary of Jessop's Plantation. The way ahead descends, with Nettle dale to your right, to reach a path junction with the Chalkland Way (grid ref. SE849540). Turn right and continue along the Chalkland Way crossing a lane into Pasture Dale. The Chalkland Way continues a meandering course along Frendal Dale and Tun Dale to reach a road (grid ref. SE856568) after about two miles.

Turn right along the lane, remaining on the Chalkland Way. After 300 metres the Chalkland Way leaves the road on your left. Continue towards Wold House Farm turning right as indicated by the Chalkland Way waymarks. Continue past a small plantation to reach a gate (grid ref. SE867561) with Horse Dale to your left. Horse Dale is Access Land and you should head along the southern rim of the Dale for about a mile to regain the Yorkshire Wolds Way at grid ref. SE882570. Turn south onto the YWW and follow it back into Huggate and your car.





COOKING PASSION SINCE 1877

SUMMER SAVINGS

DELICIOUS DEALS FOR COOKAHOLICS

Buy a selected NEFF appliance
and enjoy an extra special saving.
Ask in store for details.

Promotion runs 12.07.17 to 05.09.17.
Offer applies to selected models only chosen by retailer.

Ian Black
Domestic Appliances

189-191 Hallgate, Cottingham HU16 4BB
01482 847279
www.ianblack.co.uk



August is usually one of the hottest months of the year - making watering essential. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away. At Coletta & Tyson garden centre we have lots of great gadgets and products that will keep your plants going while your away. Now is the perfect time to collect seeds from plants that have finished. With all the hot weather and glorious sunshine we have been having you may have noticed your lawn isn't looking too healthy, maybe even some brown or bare patches have emerged. Take a look at our lawn care guide for everything you need to know to keep a healthy lawn through Summer.

Lawncare

A large expanse of lawn can create a wonderful feeling of space in any garden. It blends perfectly with your colourful beds and provides space for your family and friends to play and relax.



PAUL WELSH

Invites You to let him show his care, passion and expertise in looking after your garden.

Decades of gardening experience.
Thorough knowledge of plants and their care. Experienced in building decks, patios, pergolas, ponds.

Garden Design Service also available.
Very competitive prices based on your specific individual requirements.

Call now and start enjoying the benefits of a beautiful and well kept garden

Email: paul@garden52.co.uk

Mobile: 07379 514 233

Garden52

For a superb
gardening
experience

Maintenance

Lawns

Hedges

Decking

Patios

Ponds

Pressure washing

DESIGN

**10% initial
discount**

**10% ongoing
discount for
RETIRED &
DISABLED**

Fully insured



Once sown or laid properly, lawns need only watering and mowing during the summer

PREPARING FOR A NEW LAWN

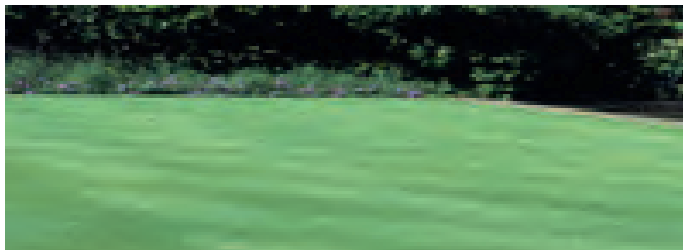
- The best time to create a new lawn is in spring or early autumn. Measure the area before buying seeds or turf and remember to subtract borders and paths.
- Correct soil preparation is important for long-term success. Prepare a few weeks in advance of sowing or turfing by eliminating any weeds, rubbish and large stones. Dig or rotovate and level the top 15–25cm, trying not to bring the subsoil to the top. If the soil is wet, clay or liable to water logging, drainage may be needed.
- Decide precisely the area you want and mark it out. It is better to prepare an area 15–25cm larger than required to enable the grass or turf to be cut to a firm edge when fully established.
- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.
- Kill off any old grass and weeds using a general weedkiller.
- Sprinkle a balanced fertiliser over the area such as bonemeal.
- If possible, dig in compost or well-rotted manure and leave the ground to settle for a fortnight.
- Rake over the ground to make it as level as possible.
- Tread the ground flat by moving across the area in a waddling motion keeping your heels together. Get everyone to join in and the job's done in no time. Alternatively use a roller on large areas if the ground is dry.

10 Jobs for this month

1. Water plants regularly particularly pots and containers
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Feed the soil with green manures
5. Get the children involved in the garden while they are off school
6. Prune Summer flowering shrubs as the blooms fade
7. Plant trees, shrubs and perennials now, so they can take root, and keep them well watered.
8. Get your fall-blooming crocus and colchicum planted so they'll bloom on time.
9. Keep a look out for pests as they thrive in warm weather
10. Take cuttings from your favourite plants

Turfed lawns TURF

- If you want an immediate lawn, buy good quality turfs. Cheaper options may contain weeds, pests and diseases.
- Turfs are best laid in late summer or early spring. Avoid very wet or dry days or when the ground is frozen.
- Make sure they are delivered on the day you intend to lay them although they will keep for three to five days.
- Lay the first row along a straight edge. Then place a plank on them to spread your weight while you lay the second row.
- Stagger the squares to make the lawn look even.
- Water well or the edge of each turf will curl up.
- Avoid walking on your new lawn for about six weeks.



Looking after your lawn

WATERING: Newly-planted lawns need plenty of water. A garden hose is essential but a spinning sprinkler that spreads water over a rectangular area makes life easy.

Lawn irrigation will cost more if your water is metered.

- It's better to water thoroughly from time to time rather than little and often.

- Avoid watering in the heat of the day or during a drought.

MOWING: When your lawn is 8cm long, start mowing regularly.

- Do not mow when grass is wet or during a drought.

- For electric mowers, use a circuit breaker for your own safety should you mow over the lead.

- Use a half moon tool for cutting the edges of newly laid turf and existing lawns. Hold it vertically against the side of a flat board or against a garden line. Mark curves with a hosepipe. Longhandled edging shears can also be used to neaten borders.

- Raise the blades when mowing in very hot weather.

- Stop mowing once frosts start.

FEEDING: Make your lawn dense and lush by feeding it twice a year in spring and autumn.

- Use a liquid lawn fertiliser to minimise grass scorching in very dry weather.

- In autumn, use a garden fork to create a series of holes to aerate the lawn. Then sprinkle in sand to create lasting drainage channels.

WEEDING: Keep weeds at bay by either hand weeding or applying a selective weedkiller that kills the weeds but not the grass. Moss can be killed with a moss killer, then raked out. Always follow the instructions carefully.

- Repair bare patches either with turves or by re-seeding.

IN WINTER: Never walk on frozen or frost-covered grass. It causes damage and can make the grass susceptible to disease.

- To avoid introducing diseases, keep the grass clear of leaves and debris with a springy rake.

TIME-SAVING TIPS:

- To distribute grass seeds evenly, fill a plastic flowerpot with seed and shake seeds out of the holes in the base.
- Use a mask when sowing to avoid breathing in the dust that comes out of the seed.
- Don't collect your clippings during dry spells to help conserve moisture.

Essential Tools:

A Hose: We have a range of hoses in store to suit all garden watering needs. Lawn Shears: In store for £19.99.

A Rake: We have a huge range of rakes starting from just £9.99 Visit our website for upcoming events, www.coletttagardencentre.co.uk



WILLERBY FENCING

Proprietor: Mike Featherstone

We undertake all fencing jobs - At Competitive Prices

Decking Installation and Repairs

Ask for a Quotation

Tel: 01482 353080

www.willerbyfencing.co.uk



NEWSTAR SECTIONAL BUILDINGS

Est. Over 40 years

OPEN 7 DAYS A WEEK

Open Sundays

11.00 am - 3.00 pm

- **Concrete Garages and Sheds**
- **Greenhouses, Summerhouses, Cabins**
- **Playhouses, Dog Kennels, Garden Structures, Log Stores**
- **Base Laying & Removal of old Garages & Sheds**
- **Full Delivery and Erection Services**
- **Refelting of Existing Sheds**

FREE LOCAL SITE SURVEYS



Corner of Ash Grove & Beverley Road, Hull HU5 1LT
(Opposite Blind Institute)

TEL: 01482 444256

sales@newstarbuildings.karoo.co.uk

www.newstargardenbuildings.co.uk

THE BEAUTY CLINIC
EST 1995

Beauty & Skincare Specialists

01482 875329

www.beautycliniccottingham.co.uk

104A KING STREET, COTTINGHAM


ENVIRON. DECLÉOR PARIS CACI

THE
BATHROOM
SANCTUARY

CONTACT
TEL: 01482 247321
26 KING STREET,
COTTINGHAM HU16 5QE
www.thebathroomsanctuary.co.uk

STROUDS
of Cottingham

Quality and Affordable
Handbags, Purses, Wallets, Accessories
and much more...



Gifts to suit all ages and budgets

Stockists of:
David Jones Bags, Disaster Designs, Envy Bags,
Golunski Leather, Lichfield Leather, LYDC,
Nova Leather, Yoshi Leather.

Find us at: 149 Hallgate, Cottingham, HU16 4BB
Telephone: 01482 845600
Website: www.stroudsbags.co.uk

Your Stars for August 2017

By Kay Gower

Aries (Mar. 21- April 20)

Good luck is sprinkled throughout the month in the form of financial perks and opportunities. You'll enjoy increased physical strength and will make a new commitment to health and fitness.

Taurus (Apr. 21- May 21)

Be wary of signing up for new responsibilities, services or even credit. Weigh up your options especially around the 11th and 12th of this month.

Gemini (May 22-June 21)

Let a beautiful full moon light up your life during the first week of August. You may be leaving part of your past behind but this is because new and wonderful things await you.

Cancer (June 22-July 22)

From small choices of diet or dress to major life decisions, try putting yourself first. Yes, of course other people's needs matter, but you tend to forget that you're the only one who can live your life. Do something nice for you this month.

Leo (July 23-Aug 22)

The advice from the stars for August is short and simple : Stay in touch with the people who make you feel good about yourself, and distance yourself from the ones who do not.

Virgo (Aug 22 – Sept. 23)

If someone has given up on their dream , hold onto it for them. To hold onto the light of faith for another is precious gift of friendship.

Libra (Sept. 24 -Oct. 23)

Sometimes I wonder if failure can actually be a positive. Perhaps those who have failed plenty of times are the most interesting and possibly the most successful people around. After all, only those who take a shot have a chance of hitting the target. It's something to think about.

Scorpio (Oct. 24 - Nov. 22)

It's time to have a clear out, whether in the real or metaphorical sense. A new health or fitness routine will work wonders this month, it may even help you to see where, and upon whom, your efforts are wasted.

Sagittarius (Nov. 23 -Dec. 21)

Astrologically speaking, you have everything going for you this month. It's not other people who will hold you back now.... perhaps that's something to think about on or around the 21st August.

Capricorn (Dec 22.- Jan. 20)

Regardless of how a situation seems to play out early on in the month, it could look very different by the end of it. Be cautious with your decision making and treat a delay as a positive.

Aquarius (Jan 21 - Feb 19)

Make a move before the 17th. Do not be afraid to change course or take a risk, there can be no growth without change. A new source of income can be yours.

Pisces (Feb. 20-Mar. 20)

Sometimes you use your head but mostly you lead with your heart. August will be best navigated by doing a little of both.

Continued from page six

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessele on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinessgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, 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.

Holiday Accommodation



Country Cottage Holidays

Cottages in the beautiful
Countryside of the Yorkshire Dales
Wensleydale and Swaledale
Pets Welcome

For brochure please ring
Telephone: 01969 667654
www.countrycottageholidays.co.uk

Sudoku Answer from page 12

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

Support the advertisers who appear within the Cottingham Times

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

The Back Care Group

First Tuesday in the month - Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) - 1.30pm - 3.30pm. Classes re-start on Monday 4th September 2017. All levels welcome. Contact for further details - Ann on 07932 833578.

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758) .

The deadline for entries in the September 2017 "What's On" section, is the 19th August.

www.cottinghamtimes.co.uk - August 29



Local Beekeeper Neil Gower continues his quarterly review on the craft of beekeeping

Honey, Honey, Honey!

I have to say that from a beekeeping perspective, the recent spring was an excellent season with enough sunshine, good temperatures and a plentiful supply of forage at just the right time for the bees to go to work. At the end of my last article I announced that I had added 'supers' or 'honey boxes' to each of my hives, and at the end of May I harvested my first batch.

Removing the first super full of capped honey is always a thrill. The bees have gathered the nectar, added enzymes and water to the mix and stored it in individual cells on the honeycomb. They have evaporated the water content down to around 20%, and have then capped the cell with wax. Only at this point do we know they are happy with their work.

Removing the super from the top of the hive can be quite a workout, especially if you have fitted more than one as is often the case. Adding more than 20lbs of honey to the weight of the wooden box and its frames makes it very heavy and lifting it is not a job for those with a bad back, but I managed to get mine home safely in the back of the car.

Most hobbyist beekeepers like myself tend to remove their honey by using a hand cranked centrifugal extractor which can take two frames at a time, whereas the larger commercial producers go for large electrically powered devices that can hold many more frames. These honey laden frames are placed in the device and spun, either by hand or motor.

This spinning action forces the honey out of the comb and onto the sides of the tank, where it moves down the and gathers at the bottom. Before placing the frames in the extractor I remove the wax capping's, and it's at this point that you start to see the sticky golden liquid oozing out of the cells. It's then into the extractor for another workout with the hand crank and hey presto, the honey is in the bottom of the extractor tank. I then double filter the honey into a food grade container and always put some aside for testing.

Miraculously my wife always appears at this time armed with a number of clean spoons. She takes her job as Chief Tester very seriously, and I knew we had a good batch as the sink started to pile up with used spoons. I think I caught the words 'delicious' and 'so good' at some point. Some of the honey has recently been transferred into brand new sterilised jars, and my unique labels added.

I know that Brexit has been a high profile topic for some time, but I have to say that the EU regulations on labelling are somewhat bemusing. Honey is a very safe food product. It is known to kill bacteria causing typhoid fever, broncho-pneumonia and dysentery, is used extensively to treat and prevent MRSA, and local honey is often recommended to hayfever sufferers. It is well documented that 3,300 year old honey discovered in an Egyptian tomb was found to be perfectly edible, and yet we have to print a 'best before date' of no more than five years hence on our honey labels. In the early days of this legislation, one beekeeper added 3,300 years to the best before date and was subsequently prosecuted.

My local beekeeping association (Beverley Beekeepers Association) has been in the news a few times over the past few months. The first coverage on BBC Look North was to unveil plans on how to deal with the Asian Hornet if it should make its way into our area. I have written about this new threat in the past, and at this time of writing I'm pleased to say there have been no more sightings on mainland Britain. However, we are prepared should things change.

The second news item concerned a lady in Hull whose car had been colonised by a swarm of bees, and many people have asked me about the outcome. I can confirm that after a number of days of effort the two beekeepers involved managed to coax the bees out of the car and into a hive. Some beeswax on the paintwork was the only evidence that they had been there.

My final comment is on a bumblebee that has become a bit of a nuisance. The Tree Bumblebee has a tendency to set up home behind soffit boards, spaces under damaged roof tiles, and in bird boxes. We receive a lot of calls from the public who mistake these for honey bees, and we cannot attend. If you have such a problem, please be aware that they will die off in the autumn and you can then block up the hole they have been using as an entrance. If you need them removing sooner, you will need to contact a Pest Controller.

I hope you all enjoy the rest of the summer and I look forward to giving you a round up of the season in the November issue.

Support the advertisers who appear within the Cottingham Times



The Annanndale family say a 'Grateful Thanks'

Greatful Thanks to everyone who attended our Marie Curie Strawberry Tea Party, which was held on 11th July for the memory of Brian Annanndale.

Thank you for all the kind donations which has raised £667.00 for Marie Curie. Also thank you to all our helpers on the day, Liz, John, Maureen, Keith, Shirley, Norman and Jenny.

Bless you all, Pam Annanndale.

World Health Qigong Day - Free Event

To celebrate this first world event Come and join me for a session of Chinese Health Qigong and gentle exercise.

The session will take place on Sunday 13th August at East Riding Leisure Centre Beverley. The session will start at 11.00am and will run till about 12.15 approx. The session will take place outside on the sports field and inside if weather not to good

For more information Contact Shaun 07854 306762 or email shaun-sun@hotmail.co.uk

CREATING A NEW LIVING SPACE THIS SUMMER?



- **Windows**
- **Doors**
- **Conservatories**
- Local Family Company
- No Pressure Sales
- Manufacturers & Installers
- Wide range of uPVC & Aluminium Products

- A-Rated Windows
- Aluminium Bi-Folders
- Residence 9 Windows
- Solidor Composite Doors
- Patio/French Doors
- uPVC Doors
- Bespoke Conservatories



Call today for Free, No Nonsense, No Obligation Quote



VISTA FRAMES
T/A COTTINGHAM WINDOWS
T: 01482 307307 / 849999
www.vistaframes.co.uk E: info@vistaframes.co.uk

Factory & product display
Unit 3 Unity House, Rotterdam Road,
Sutton Fields, Hull HU7 0XD



Solidor CERTASS



Window Installers & Glaziers

Cottingham Parks

MONDAY MEAL DEAL

18 holes and bar meal

Select from our bar menu or our home made specials

T&C's apply

Full details ring:
01482 842394

**18 HOLES & BAR MEAL ONLY
£22.00 PP**

Skidby Lakes

WEDNESDAY MADNESS

18 holes and bar meal

Select from our standard menu

T&C's apply

Full details ring:
01482 844003

**18 HOLES & BAR MEAL ONLY
£17.50 PP**

Cottingham Parks
golf and leisure club

T: 01482 846030 www.cottinghamparks.co.uk Cottingham Parks, Woodhill Way, Cottingham, East Yorkshire, HU16 5SW



'Nature of Animals' Schools Photography competition at Beverley Treasure House

Throughout the summer holidays, the Treasure House in Beverley will be hosting a display of pictures from the recent 'Nature of Animals' Schools Photography Competition.

During the Wildlife Photographer of the Year Exhibition held at Beverley Art Gallery earlier this year, schools across the East Riding were invited to take part in a wildlife photography competition.

Young photographers were asked to get creative and capture images of animals around them - from their own pets to the amazingly diverse wildlife outside their back door. No part of the East Riding was off limits. Each photograph was accompanied with a caption to give the image a particular meaning, bringing words

and images together to create a 'bigger picture'. Entries fell into three categories: Foundation/Key Stage 1 (4 - 7 years); Key Stage 2 (7 - 11 years); and Key Stage 3 (11 - 14 years).

The judging panel found making the winning decisions extremely hard. Librarian Kimberley Harston, who was on the panel, said: "The quality of entries was outstanding. We were overwhelmed by the standard of photography and the thought that had gone into the captions. It wasn't just about taking a good photo - the words needed to add something extra to the image".

KS1 winner was Zara Kotawage from Cottingham Croxby Primary School, with her photograph entitled 'My super, slow snail'. The judges said, "We were all very impressed with this photograph, the detail and colour were brilliant".

Cordelia Singleton from Hornsea Community Primary School was the KS2 winner. The judges said of her entry, "This was an excellent photograph showing the jackdaw in all its glory".

Daisy Young, from Bridlington School, took the prize for KS3. The judges responded, "This was a lovely photograph and clearly a lot of effort had been put into the taking of this in early morning".

A number of children were highly commended by the judges for their photographs. In KS1 they were: Rosie Ralph from Cottingham Bacon Garth Primary School; Harvey Richardson from Newport; Darcey Varhalamas from Newbald; and Ruby Fuller from Warter. KS2 highly commended entries were by Lucy Coombe from Molescroft and Eliza Loftus from Newbald. Lattia Emms from Headlands School received a highly commended for her entry in the KS3 category.

The competition forms part of the council's No Limits: Adventures Beyond the Classroom Learning Programme which is part of the council's contribution as a Principal Partner of Hull UK City of Culture 2017.

Photo top left: My super, slow snail by Zara Kotawage.

Graham Porter - Caring Dentistry



Graham Porter
BDS

Caring Family Dentistry
GDC Registration Number: 51131



Stuart Graham
BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry
GDC Registration Number: 59133



Christos Ziaras
BDS Athens

Caring Family Dentistry
GDC Registration Number: 102236

Cosmetic and Restorative Dentistry • Implants • Tooth Whitening
Affordable Monthly Payment Scheme • Tooth Straightening



SIX MONTH SMILES®
Cosmetic Braces System

Graham Porter Caring Dentistry 8/9 Castle Green Green Lane Cottingham HU16 5JU

t. 01482 841146



Bacon Garth wins Cottingham Primary Schools Rotary Youth Speaks Competition

On June 20th at Westfield School, ten speakers from five schools competed in the 6th Youth Speaks competition. Organised by the Rotary Club of Holderness, this public speaking competition gives young pupils the opportunity of speaking to a sympathetic audience of parents, teachers and Rotarians, on a subject of their choice. They have between 3 and 4 minutes to present their topic. This year pupils were from Bacon Garth, Hallgate, Dunswell, Westfield and Little Weighton Schools.

The three judges, chaired by Barbara Hoggarth, had a very difficult task as the standard was exceptional. The winner was Emma Smith from Bacon Garth, whose topic was 'Should all children learn sign language?' The Runner-up was Evie Higgins from Little Weighton who spoke about the 'FBI', which she is determined to join when she is a little older. In third place was Emma Duffus, who talked about 'Ballet'. The judges also commended Macy Wilson

from Bacon Garth for her talk on 'Graffiti'. Vouchers and Certificates were presented by Mary Wallace, President of the Rotary Club, and the winning school received £100 and a trophy.

In closing the event Peter Bonavia, said he hoped some of the competitors would go on to compete in the Youth Speaks competition for Secondary Schools in Hull and East Riding. He congratulated all those who took part, and thanked Sam Hickey, Head Teacher at Westfield School for hosting the event.

For more information on Rotary or youth competitions, contact Peter Bonavia 01482 840191.

SIEMENS

Summer Savings on Siemens appliances.

Save on selected Siemens appliances this summer. Ask in store for details.

siemens-home.bsh-group.com/uk

Siemens. The future moving in.

Siemens Home Appliances available in

Ian Black
Domestic Appliances

189-191 Hallgate,
Cottingham
HU16 4BB
01482 847279
www.ianblack.co.uk

Support the advertisers who appear within the Cottingham Times

www.cottinghamtimes.co.uk - August 33



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

www.instinctivehorsetraining.co.uk

Equine Behaviour Consultancy

I am so very lucky to be able to visit people, horses and yards across the UK. It is a fascinating part of my work life and I thoroughly enjoy it. There is huge personal challenge for me as an individual as well as being the expert called in to help unpick dreadful behaviours in very unhappy and misunderstood horses. The other side to this is being very gentle and understanding with the owners because they are just as damaged and traumatised as their horses.

They don't understand why their beloved horses are seemingly working against them so badly. They have all, invariably, been given terrible advice from every other horse owner on the yard, which has, invariably, led to an escalation in aversive training methodology. Humans still insist on using such force on horses with lots of actual physical punishment included, to "sort out" the problem.

I get called in when things become uncomfortable for the owner, who does not want their relationship with their horse to be based on fear and punishment, or when all their options have run out. Invariably, there has been an escalation in the unwanted behaviours because of all this awful advice too! They cannot sell the horse on, behaving the way it does and so are facing euthanasia.

I have used the word "invariably" several times because that is exactly the scenario I see playing out all the time. I wish it

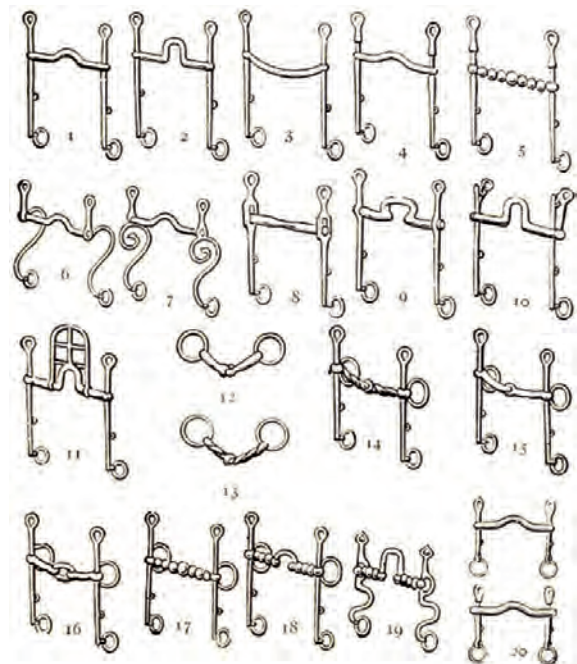


were otherwise. However, I love it when I can unpick all the known historical associations as well as the behaviours on offer now. By teaching the owner how to truly understand what is happening and why, without the use of labels. Humanising or anthropomorphising the behaviours with labels like stupid, lazy, stubborn, dangerous, sharp, fizzy, awkward, being a b..... d, is so not helpful and so wrong of us humans. Categorising a horse or a dog in such a way belittles the information the animal is giving us and makes us resent the animal as though it pre-plans its actions.

All behaviour is information and all behaviours are emotion driven (fear, panic, grief, rage, disgust, lust, care, seeking and play) The emotional brain is driven by hormones and these are triggered by the actions being used or by the environment the animal is facing.... just like us! We are absolutely the same.

By the end of the day, the owner completely understands their horse. They understand the behaviours and what is driving those behaviours. They have been tutored and started in a whole new type of training based on sound proven science. The way forward is all based-on reward and building connection with each other. I am in the business of creating "Trust Accounts" all over the UK. No more punishment, no more confusion, no more frustration. Changing and influencing future behaviours by changing the consequence to the animal in front of you.

The pictures show an array of equipment which are, by design, for the control of horses by administering actual painthis not a scene from 50 shades of grey. It is the reality of traditional horse training which unenlightened horse owners think nothing of using regularly. There is no wonder that fear based behaviour in horses will never end and I will never be unemployed.



The history of the British holiday camp comes to the Treasure House in Beverley

A new free exhibition at the Treasure House entitled – ‘Morning, Campers!’ is a nostalgic look at the history of the British holiday camp.

The first holiday camp appeared in 1894 on the Isle of Man. However, it was in the 1930s that Billy Butlin launched the concept of the holiday camp in a big way.

The holiday camp sector grew rapidly after the Second World War and dominated the British holiday scene through the 1950s and 1960s. The exhibition celebrates this unique British institution.

‘Morning, Campers!’ covers the early history of the holiday camp; the lives and careers of Billy Butlin, Harry Warner and Fred Pontin; the Golden Age of the holiday camp after the Second World War; Trade Union camps; the accommodation, food and dining on offer; the legendary live entertainment; and their eventual decline and change.

As well as panels, visitors will also see framed prints, original artefacts, games and activity sheets.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: “This exhibition promises to be a real feast of nostalgia, looking back to the golden era of a great British holiday tradition. I am sure this will prove very popular!”

‘Morning, Campers!’ runs until Saturday 16 September, and is a touring exhibition by Emma Warren Exhibitions.

The Treasure House is open Monday, Wednesday and Friday from 9.30am – 5pm; Tuesdays and Thursdays 9.30am – 8pm; and Saturdays from 9am – 4pm.

Full details about the exhibition, and all the facilities at the Treasure House, can be found at www.museums.eastriding.gov.uk

Best Connection



- Boilers, Gas Fires, Gas Cookers and Water Heaters
- Installation, Servicing and Repairs
- Complete Bathrooms from Taps to Tiles
- Gas Central Heating Systems
- Landlords Gas Safety Certificates
- All General Plumbing Repairs
- 24 - Hour Genuine Emergency Call Out

For a Professional, Friendly & Reliable Service Call



Steve:- 07749 128539

Ken:- 07909 633157

624 Inglemire Lane, Cottingham HU6 8SJ

CAVE CASTLE HOTEL & COUNTRY CLUB

Cave Castle in 2017

A taste of what's coming up this year...

Sept: Freddie Mercury by Dean Richardson - Friday 1st

Without a Clue – Murder Mystery - Friday 8th

Oct: Elvis by Dave Hurrell - Friday 6th

Psychic Interference – Murder Mystery Friday 13th

Nov: Abba 2Nite - Friday 3rd

Fowl Play – Murder Mystery Friday 10th

Lioness – A Tribute to Amy Winehouse - Friday 24th

Bookings now being taken for Christmas 2017!

www.cavecastlehotel.com

Telephone: 01430 422245 :: Email: info@cavecastlehotel.com

Cave Castle Hotel & Country Club, Church Hill, South Cave HU15 2EU

**Are you making your
money work hard
enough for you?**



*Get to where you want to be
in life with the ICF Group*

Wealth Management
Investment & Savings
Retirement Planning
Life Assurance
Tax Planning
Advice on Mortgages & re-mortgages
Buy to Let loans
Development Finance



ICF Group (Financial Services) Ltd
97 King Street, Cottingham, HU16 5QF
also in Melton, Bridlington & Scarborough
Telephone : (01482) 638 300
www.icf-fs.co.uk

ICF Group (Financial Services) Ltd is authorised
and regulated by the Financial Conduct Authority



**Yorkshire
ACCOUNTANCY**

**Quality Accountancy Services
at Affordable Prices**

- 28** Annual accounts
- Tax returns
- Bookkeeping
- Management accounts
- VAT returns
- Payroll
- Company formation
- Start up advice

Working with individuals, sole traders,
partnerships and limited companies.

www.yorkshireaccountancy.co.uk
info@yorkshireaccountancy.co.uk

01482 845750

County House, Dunswell Road
Cottingham, East Yorkshire
HU16 4JT



YorkshireWater

Essential work begins in Cottingham on Harland Way

Work to improve the security of Cottingham's water supply has begun.

Yorkshire Water will replace some equipment and create new connections in Harland Way in the area as part of a £1.2 project.

From 24th July temporary traffic lights will be needed as part of Harland Way will be closed from 85 Harland Way upto the Cottingham High School. From 31st July, Harland Way will be closed to through traffic for five weeks from the address above, with only residents able to access the road.

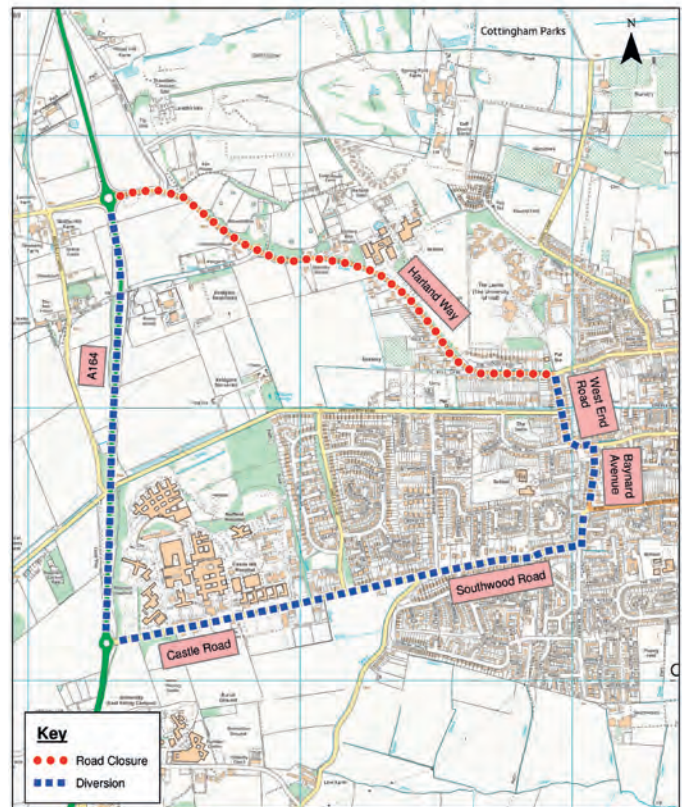
After this the road will revert back to two-way traffic with traffic lights until December.

A Diversion is available via Castle Road which will be signposted.

Yorkshire Water's project manager David Standish said: "We know this closure will be inconvenient for local people and apologise in advance.

"We have arranged to start the work in the school holidays when traffic is normally quieter and hope this will reduce the impact on traffic through the area.

"It's important we make these changes to the water network so that we can continue to supply high quality drinking water to Cottingham and the surrounding area and we hope local people will bear with us while the work takes place."



Scheme					East Riding of Yorkshire Council Environment and Neighbourhood Services Directorate Director: Nigel Leighton	
HARLAND WAY, COTTINGHAM (WHOLE EXTENT)						
Title						
TEMPORARY ROAD CLOSURE						
Scale	Date	Drawn	Approved	Drawing No.		
NTS	APRIL 2017	JS		ENS/SS/394/JS		

This map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of Her Majesty's Stationery Office Crown Copyright 2015. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. © Crown Copyright and database right 2015. Ordnance Survey 100023383. East Riding of Yorkshire Council. Certain datasets provided under OpenData™. Contains Ordnance Survey data © Crown Copyright and database right 2015. Address Data © Local Government Information House Limited copyright and database rights 2015 100023383.

The project is expected to last until December and is part of a £3.8bn investment programme by Yorkshire Water between 2015 and 2020. The company's network of pipes stretches for 51,500 miles and supplies 1.3bn litres of water to households across the region every day - the equivalent of 8bn cups of tea.

It is highly unlikely that Yorkshire Water's contractors will need to access people's homes as part of the work. And the company warned local residents to be vigilant of unscrupulous people posing as employees. **All contractors and employees carry photographic ID which can be verified as genuine by calling 0800 1 38 78 78. Genuine members of the team won't mind waiting while their credentials are verified.**

The Cottingham Darby & Joan Luncheon Club has vacancies

The Cottingham Darby & Joan Luncheon Club has some vacancies for new members.

The Club meets every Friday in the Darby & Joan Hall in Finkle Street for a two course lunch freshly cooked on the premises by our two excellent cooks.

This is followed by a cup of tea and time to socialise before some entertainment or bingo.

We are closed during August, but open again on Friday 1st September.

Why not Join and have lunch in a warm and friendly atmosphere, meet old friends and make new ones.

The club is run by a team of volunteers. If you would like to join the Club or join the band of volunteers please ring Mrs. Hodge on 849077 anytime, or on a Friday on 845819. Alternatively, why not call on a Friday and see us in person.



Your Family Restaurant

*Come and enjoy a meal
with a glass of wine
before or after your
concert during the
Cottingham Folk Festival
24th, 25th, 26th
and 27th August*

For Reservations (01482) 848419
Unit 5, Kings Parade, King Street, Cottingham

Homelink

your property partner

The professional family business, that really cares!

Cottingham £750pcm

3 Bedroom House



- UNFURNISHED
- 3 bed house
- Fitted Kitchen
- Lounge/Dining Room
- Conservatory extension
- Driveway for parking
- Gardens to rear
- MUST BE VIEWED

Beverley £650pcm

3 Bedroom Semi Detached



- UNFURNISHED
- 3 bed semi
- Modern fitted kitchen
- Well appointed lounge
- Gas central heating
- Lawned garden
- Garage
- VIEWING IS ADVISED

Hessle £450pcm

1 Bedroom Flat



- UNFURNISHED
- 1 Bed flat
- Modern fitted kitchen
- Lovely lounge
- Large double bedroom
- Gated private parking
- Executive living
- VIEWING IS ESSENTIAL

Hull £450pcm

2 Bedroom Flat



- FURNISHED
- 2 bed flat
- First floor accommodation
- High Spec throughout
- Contemporary fittings
- En Suite and Bathroom
- East Hull Location
- MUST BE VIEWED.

Hull £415pcm

One Bedroom Quarter House



- FURNISHED
- One bed Quarter House
- Neutral decoration
- Bright Lounge
- Double Bedroom
- Double Glazing
- VIEW SOON

Cottingham £375pcm

Studio Flat



- UNFURNISHED
- Studio flat
- Fitted kitchen with appliances
- Storage heating
- Double glazing
- Close to train station
- Communal gardens
- BOOK TO VIEW SOON

LETTINGS • MANAGEMENT • LEASEHOLD

Homelink • 14 King Street, Cottingham, East Yorkshire, HU16 5QE

t 01482 875248 • f 01482 849062 • e info@home-link.co.uk • w www.home-link.co.uk

EVERY THURSDAY

**Do All Your Shopping
in Our Friendly Environment**

Fruit & Veg, Fashions, Hot Food Take-Away,
Home Baking, Underwear, Tights, Socks, In-Soles,
Fish, Pet Food, Second-hand Books, Plants,
Flowers, Artisan Bread, Bags, Cosmetics,
Scarves & Hats, Watches, Cheeses and Butter,
Sausages, Sweets and Biscuits, Health Foods,
Garden Ornaments, Materials,
Charity Stall and much more

THE GREEN, COTTINGHAM

**COTTINGHAM
MARKET**

Sunday 20th August

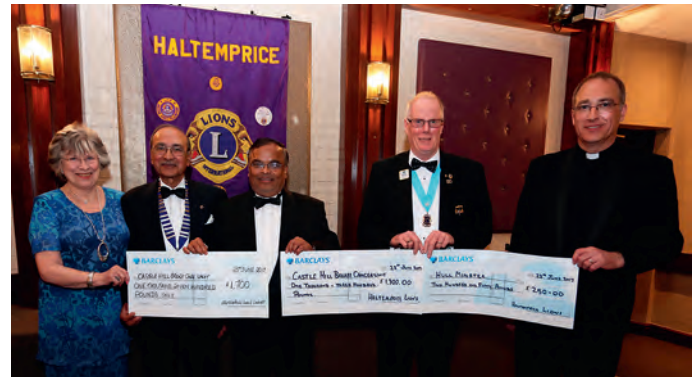
Family Day

**10am - 4pm at
Cottingham Civic Hall**
Market Green, Cottingham, HU16 5QG

*to celebrate
the 40th
Anniversary
of*
Parkinson's UK Hull Branch

For information email
parkinsonsukhullbranch@gmail.com
or call 07542 096756

PARKINSON'S UK



Haltemprice Lions support local causes

The members of Haltemprice Lions celebrated their 43rd Anniversary at a dinner held at the Willerby Manor. They were able to present donations to two of their chosen local causes.

A cheque for £250.00 was presented to the Rev. Canon Neal Barnes, for the continuing development of the Hull Minster and together with their ladies, the members presented a total of £3000.00 to the consultant, Mr. Tampan Mahapatra of the Castle Hill Hospital Breast Cancer Care Unit.

These are just two of the projects supported in the last year, others include donations to the Grenfell Fire Appeal, the tornado destruction to the Caribbean country, Haiti, in addition to other national disasters and on a local basis to a young boy who had to have specialist assessments to support his medical problems, there are other supportive donations all payments of which result from the Lions' fundraising activities.

We are grateful for your support over recent times and look forward to your interest in our future activities. Are you interested in becoming a member of the Haltemprice Lions, if so please contact David Whincup email dwhincup@dwhincup.karoo.co.uk

Photograph is of the presentation of the cheques, pictured, Audrey Tector, President of Haltemprice Lions, Dr. radeep Ghosh, Mr. Tampan Mahapatra, District Governor Michael Boldero and the Rev. Canon Neal Barnes.

Funding available to increase home security

A pot of money is available to certain residents across the East Riding to help them minimise the fear of crime by increasing their home security.

The safe and sound scheme, run by East Riding of Yorkshire Council, allows people who may be vulnerable, to apply for additional home security measures such as additional locks for doors and windows, door chains and window alarms.

To qualify, applicants must be aged 60 or over or disabled and be a home owner, private sector tenant or housing association tenant and the combined savings of everyone living in the household does not exceed £5,000.

The scheme is not available to anyone who is a council house tenant.

Successful applicants will be entitled to a free home security assessment and the fitting of any security measures.

Councillor Shaun Horton, portfolio holder for community involvement at East Riding of Yorkshire Council, said: "I would urge those who are eligible to apply for the safe and sound grant to do so.

"The scheme will help improve their home security, which in turn will help them feel safer in their home and community."

For more information, or to request an application for email safe.communities@eastriding.gcsx.gov.uk or telephone (01482) 396380.

Support the advertisers who appear within the Cottingham Times

HALLGATE TREE CARE

A cut above the rest!



**Logs, Coal,
Kindling,
Tree Chippings
also available**

Hallgate Tree Care is a family-run business

PROFESSIONAL TREE AND HEDGE CARE

- | | |
|---|--|
| <input checked="" type="checkbox"/> Trees Topped | <input checked="" type="checkbox"/> Conifers Trimmed & Lowered |
| <input checked="" type="checkbox"/> Trees Removed | <input checked="" type="checkbox"/> Overhang Branches Cut Back |
| <input checked="" type="checkbox"/> Pruned and Shaped | <input checked="" type="checkbox"/> Tree & Hedge Planting |
| <input checked="" type="checkbox"/> All Roots Removed | <input checked="" type="checkbox"/> Hedges Trimmed |
| <input checked="" type="checkbox"/> Fully Insured | <input checked="" type="checkbox"/> Hedges Lowered |
| <input checked="" type="checkbox"/> Landscaping | <input checked="" type="checkbox"/> Shrubs Trimmed & Removed |

We also offer a Stump Grinding Service

**We can offer you same day service to save you money and us time
FOR A **FREE** QUOTATION OR FRIENDLY ADVICE, GIVE US A CALL**

Tel. 01482 846069 or Mobile 07817 214792

HALLGATE, COTTINGHAM, EAST YORKSHIRE HU16 4BD



HALLGATE TREE CARE

A cut above the rest!

Graham & Rosen lawyers return from German “Ten” conference

A team of lawyers from Graham & Rosen have recently returned from Duisburg, Germany after attending the 2017 Annual General Meeting of “TEN” (The European Network), of which Graham & Rosen is the exclusive English Member.

TEN is a network of lawyers based across Europe who are

able to assist clients with cross border contracts and disputes. Following new Members joining from Switzerland and Slovenia at this year’s AGM, TEN now has Members in 16 countries across Europe. A full list of Members can be found at www.ten-law.net.

To assist businesses who are seeking to expand abroad, Members of TEN have produced a series of Articles detailing how certain areas of business law operates in their respective jurisdictions, which can be found on the TEN website and accessed free of charge.

TEN is actively seeking three suitable Members from countries presently not members of TEN over the next 12 months, in order to expand further the network of legal expertise



Done & Dusted
Friendly, Reliable, Professional
Home Cleaning Service

CRB Checked
Fully Insured

Hull and surrounding villages
Weekly, Monthly or Occasional

contact Nicola
07410 591581





BioGraphy™
MODERN KITCHENS

NEW RANGES AVAILABLE NOW



input
kitchens of Cottingham

SUPPLIERS OF QUALITY BESPOKE
KITCHENS, BEDROOMS & BATHROOMS

30-32 Northgate, Cottingham. Telephone 01482 844114
Fax: 01482 847628 :: www.inputkitchens.com
sales@inputkitchens.co.uk

available via TEN. Any firm seeking membership of TEN must comply with strict standards in competence and client care.

Attendance at the meeting provided a unique opportunity for Adam Waller, Richard Palmer, Phil Wood & Lisa Nurse of Graham & Rosen to experience commercial law in practice in Germany whilst attending at the office of TEN’s German Member NJP Grotstollen.

Richard Palmer, Consultant at Graham & Rosen said “Whilst the U.K. negotiates its withdrawal from the European Union, the importance of sound legal advice for cross border transactions and disputes remains crucial. Graham & Rosen, through its membership of TEN, is uniquely placed to assist clients across the EU”.



www.premierroofing.co.uk

24 HOUR CALL OUT
Fast, Friendly Service

Premier Roofing Ltd.
Domestic & Commercial • Felt Roofing • Fibre Glass
• Fascias • Soffits • Rainwater Systems • Tiling • Cladding

TELEPHONE: 01482 571870/07813 118129







Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire and Derbyshire, and walk throughout the year.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up at on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now 0830 am for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles. B walk from 7 to 9 miles

Sunday 6th August 2017. Coastal Walk Speeton

A. (Speeton – Sewerby)

B. (Buckton – Bempton Cliffs - Thornwick Bay – Flamborough - Sewerby)

Sunday 20th August

Hutton le Hole

A. (Hutton le Hole – Spauton – Lastringham – Hartoft End – Hollins Farm – Rosedale Abbey – Hutton Ridge – Hutton le Hole).

B. (Hutton le Hole – Spauton – Lastringham – Lower Askew – Appleton le Moor – Lingmoor Farm – Hutton le Hole).

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767 420646.

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929 933323

Check out the website www.hullcharambling.wix.com/hull-cha-rambling

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers. We are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up on Ferensway Hull then through to Cottingham Green, coach fare £10.

Three levels of walks.

A) Walk 8-10 miles

B) Walk 5-7 miles

C) Walk 'The Strollers' a very leisurely 3 miles or so.

Sunday 6 August Marsden, West Yorkshire

Sunday 20 August

Knaresborough North Yorkshire

For further information and pick up times please ring Dulcie Hartley 01482 509000.

Wykehykers Walking Club

We've had some lovely walks so far this year with more to come:

Sunday 13 August Danby (Moors); 27 August East Ardsley (S Yorkshire); 10 September Haworth; 24 September Farndale; 8 October Brimham Rocks; 22 October Grosmont.

Choice of guided walk each time of around 4 or 8 miles. This friendly long established club offers a warm welcome to all; come and have a walk or two before deciding whether to become a member.

We pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm to 6.30pm. Coach fare is £10.

For further details call Alan on (01482) 850997 or Keith on (01482) 782917. For further details call Alan on (01482) 850997 or Keith on (01482) 782917. A warm welcome awaits.

Visit the Annual Cottingham Parks Lodge & Caravan Show!

SATURDAY & SUNDAY, SEPTEMBER 2ND & 3RD

View the latest 2018 models from some of the UK's top static caravan, holiday home and park home manufacturers.

🏠 More than 100 models to view

🏠 Free entry and parking

🏠 Food and drink served

🏠 Show open from 9am - 5pm

SHOWGROUND

Cottingham Parks Golf and Leisure Club,

Woodhill Way, Cottingham, East Yorkshire, HU16 5SW

DONT MISS YOUR FREE GYM PASS!

HEALTH CLUB | POOL | STUDIO

Receive a **FREE** gym pass when you take a tour of the facilities.

Limited availability. T&C's apply.

FREE ENTRY & PARKING

www.cottinghamparkscaravanshow.co.uk

www.cottinghamparks.co.uk

One-off Original Hand-Crafted Mohair Artistic Bears



A beautiful one-off Original Hand-Crafted Mohair Artistic Bear for that special person. You will be sure that you will be giving the most unique gift, as I never create two Bears the same. I create and design all of my own patterns and craft everything from scratch, as with other items I make.

A member of 'The Guild of Master Bear Crafters'

www.TreasuresandTeds.etsy.com

07490 686873

Four Generations giving 100 Years of Family Service

Herbert	Eardley	Geoffrey	David
1870-1962	1908-1986	1939-2015	1964

GOLDEN CHARTER FUNERAL PLANS FROM **H. KEMP & SON LTD**

259 Hallgate,
Cottingham
East Yorkshire HU16 4BG
Telephone (01482) 844695

THE UK'S **LARGEST**
INDEPENDENT
FUNERAL PLAN PROVIDER



A funeral plan leaves nothing to chance and provides peace of mind for you and those you care about.

We recommend funeral plans from Golden Charter; the UK's largest provider of plans to independent funeral directors like us.

With a Golden Charter funeral plan, you will benefit from:

- Fixing the cost of our services at today's prices.
- Reassurance for your family - no uncertainty or difficult decisions
- Complete flexibility to choose the funeral you want.

Email: hkempandsonltd@gmail.com
www.hkempandsonltd.com



The Lawns Caravan Show - another bumper weekend anticipated

THE 2017 CARAVAN EXTRAVAGANZA WEEKEND
Saturday 2nd and Sunday 3rd September
at The Lawns, Harland Way, Cottingham,
East Yorkshire HU16 5SQ

Open from 9am to 5pm each day,
admission: £3 per person, £7 per family
(dogs admitted but must be on a lead on the showground)

THE annual Caravan Extravaganza Weekend at The Lawns in Cottingham, run by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA), is one of Britain's biggest caravan exhibitions and is the first place where members of the public can view the new season's models.

More than 20,000 people are expected to attend the two-day event from across the UK.

In addition to more than 120 touring caravans, about 150 caravan holiday homes, park homes and lodges will be on show from most of the country's leading names, many of them based in East Yorkshire.

Many other companies and organisations will display products and feature services ranging from awnings to decking, verandahs and motor movers, plus finance and insurance, security products and almost every kind of accessory associated with caravanning.

There's something for everyone, so if you are looking to buy a new caravan or just something to use in or outside one, or looking for great places to stay, this is the place to go.

In addition to the well-stocked accessory shop run by Catterick Caravans, many dealerships such as Robinsons, Wandahome Knottingley, Wandahome South Cave, Yorkshire Coast Caravans and Catterick Caravans will have their own outdoor stands while representatives from many other dealers will be available to talk to on the stands of various manufacturers.

To keep the youngsters occupied, there will be a bouncy castle, face painting and balloon modellers, and there will be live music, with both a jazz band and a leading brass band entertaining the crowds.

A free show guide is also given out to all visitors to help them find their way around the huge showground.

Full details can be found on the website, www.lawnsandbeaulieushows.com.

Cottingham Food and Drink Festival 2017

Cottingham Food and Drink Festival on Sunday 17th September

This year, on 17th September, will be the fifth annual Cottingham Food and Drink Festival and we can't wait to host another fun-filled day for all the family!

The festival, a showcase of the best that Yorkshire's food and drink producers have to offer, started in 2013 and has grown year-on-year, to giving 25,000 people a day to buy from the exceptional producers and street food vendors in September 2016. We were extremely proud to be a finalist in the Remarkable East Yorkshire Tourist Awards following last year's event, and hope this year will be better than ever!

The event which is held in Cottingham village centre will be the largest so far, with around 90 stalls attending with products ranging from artisan breads, cured meats, cheeses, locally produced beers and wines and much more! There will also be, in the Civic Hall, the chance to try Afternoon Tea from Cottingham's own Smith's Deli.

On the Market Green, be sure to check out the cookery demonstrations held throughout the day from four of Yorkshire's best chefs. Last year, Ready Steady Cook and Saturday Kitchen star Brian Turner proved to be a hit with the audience, and we are pleased to say he will be back by popular demand this year. On the stage in the Market Green, we will also have Great British Menu finalist Steph Moon, John Robinson from White's of Beverley and Shoot the Bull's Chris Harrison. They will be showing you some

creative ways to prepare some of the ingredients you will see sold by producers, and is sure to be one of the best bits of the day!

If you're wondering how 25,000 people are going to fit into the event, then make sure you use our free 'Park and Ride' service, available from the Lawns in Cottingham, where you will be picked up by a vintage EYMS bus and taken to the village centre, which will be closed off throughout the event, ready to try (and buy!) the best food and drink our region has to offer.

The event is self-funded and relies upon the generous donations of our fantastic local sponsors. Sewell on the Go, Swift Caravans, EY Events and Graham and Rosen solicitors are the reason we can run the non-for-profit event and we thank them for their wish to help local businesses in Cottingham and food and drink producers from the region, as has been the aim of the festival since its creation.

So on Sunday 17th September if you fancy treating yourself to a few culinary delights, learning a few tips for the kitchen and helping our local food and drink producers, come down to the festival!

We'll see you there!

Visit our new website at www.cottinghamfoodfestival.co.uk

Find us on Facebook, Twitter and Instagram.

Please contact Helen for any further information. Mobile 07977 591057.



GRANITE
transformations
kitchen & bathroom makeovers



Your home transformation experts



Over a million home owners around the world have discovered there was no need to rip out and replace their old kitchens, when they could simply transform them. Using our unique top that fits on top, rather than removing your old worktops, we simply fit directly over them, creating no debris or dust. With over 25 colours to choose from, all fully fitted by us, it's the simplest way to achieve your new look.



MADE-TO-MEASURE
Kitchen Cabinet Doors
Available in a wide
range of complementary
styles, finishes & colours



PROFESSIONALLY
Fitted In One Day
Our lifetime warrantied
granite, quartz, recycled
glass & porcelain worktops

Free Quotation & Measuring Service

Visit our showroom or call to book a free home consultation

Langlands Garden Centre York Road, York YO43 3PN

Beverley Garden Centre Hull Road, Woodmansey HU17 0RS

Wakefield Showroom: 01924 385 859

153-159 Westgate, Ings Road, Wakefield, West Yorkshire WF2 9SA

Visit granitetransformations.co.uk for more information

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 4000 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 as 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

Dermatological:

Eczema, Herpes, Psoriasis, 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, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, 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, 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 have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



HERBGARDEN
CHINESE MEDICAL CENTRE

*Acupuncture and
Chinese Herbal Remedies*

Free Consultation

15% OFF

First Treatment

New Clients Only

**Bring this Coupon with you
to receive your discount**

Member of ATCM
**Recognised by Most Private
Health Schemes**

**28 BUTCHER ROW
BEVERLEY HU17 0AB**

TELEPHONE 01482 888152

HALLGATE LANDSCAPES LTD

Also Visit our Show Centre - Rear of 146 Hallgate (Alterframe), Cottingham

• **BLOCK PAVING
AND PATIO
SPECIALISTS**

• **Fencing** • **Turfing**

• **Brick Walls Built**

ALL WORK FULLY GUARANTEED

**FREE
QUOTES**

Contact Brian -
T: 01482 846069/M: 07817 214792
COTTINGHAM

**FREE
QUOTES**

google.hallgatelandscapes

Established 1985

Northern Womens League cricket report

Sunday 25 June 2017

Cottingham Ladies v Lightcliffe Ladies

Cottingham 366 for 1 (Brooker 214no , McDowell 65 retired Not out)

Lightcliffe 71 all out

Lightcliffe arrived at Hill Top under strength and after winning the toss and decided to bowl first. Cottingham lent them a couple of fielders but when skipper Sarah McDowell (65 retired No) opened with Rebecca Brooker (214No) they immediately dominated the Lightcliffe attack.

With nearly 200 without loss at drinks on 20 overs it was clear Cottingham were heading for a big score. Sarah retired on 65 to give others a chance but Amy Halloran (13) was the unlucky player to be bowled by Fiona Ellwood. Olivia Clark (28no) joined Rebecca for the remaining overs as Cottingham rattled up their biggest ever score.

In response Fiona Ellwood (11) and Christine Cooper (11) started brightly but when spinner Alice Bailey got them both it was only Emily Wadham (18no) who was the only player to show stubborn resistance. All the Cottingham bowlers bowled well with wickets for Hannah Matthews, Alice Johnson and Katharine Carson.

A fantastic record win by nearly 200 runs which leaves Cottingham Ladies with a 100% record at the top of the league.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	R	E	S	U	L	T	S	5	P	R	O	B	L	E	M	8
2	U	T	E	L	I	U	I	A								
9	M	A	R	M	A	L	A	D	E	10	T	W	A	I	N	
	P	A	V	U	R	S	N	S								
11	L	I	N	K	I	N	G	12	S	H	I	K	A	R	I	
	E	G	N	H	D	O										
13	D	E	L	E	G	A	T	E	D	14	E	L	F	I	N	
	E				E	I										
17	W	I	S	P	Y	18	R	E	S	T	R	A	I	N	T	21
	A				A					A	O	T	H			
22	S	E	M	I	N	A	R	24	L	A	U	G	H	E	R	
	H	A	K	O	L	N	L	U								
26	E	N	N	U	I	27	C	L	O	U	D	L	E	S	S	
	R	S	N	K												
28	S	L	E	I	G	H	S	29	S	A	D	I	S	T	S	



The Benefits for your health of having a pet to love and care for

Those who have pets can attest to the many benefits they bring to their lives. Animals are often prone to silly comical behaviour that can elicit smiles and laughter from their owners.

If you are not a pet owner and you think of owning a pet as a lot of work you do not need then for the sake of your health you may want to reconsider. Many people believe that having a pet (or pets) to love and care for is beneficial to their health. Now science is beginning to lean in this direction as well.

Is there a relationship between animal companionship and improved health and emotional well-being in human beings? While the jury is still out on how therapeutic it is to share your life and home with a pet more and more people are becoming believers.

In 2008 the National Institutes of Health conducted some research to look closer at the relationship that exists between pets and health. Here we look at some of the surprising benefits that they discovered from their work:

One – Dogs can help to prevent obesity:

A study that looked at 2,000 adults found that dog owners who walk their pets on a regular basis get more physical activity than those who do not have dogs and therefore are less likely to become overweight or obese. Those who love their dogs know that they need to be exercised so when the pet gets exercise so does the owner.

A similar study found that walking a dog leads to a greater level of mobility within a home.

Two – Heart attack victims benefit from having pets:

Researchers looked at 420 people who had suffered a heart attack the previous year. Some of the subjects owned dogs while others did not. They found that dog owners were more likely to be doing better and feel better, regardless of how bad their heart attack was. Non-dog owners were found to be doing worse and some did not survive the year.

Three – Pets help to teach love, understanding and empathy:

It is not just adults who feel that their pets in part contribute to their emotional and psychological well-being. Children can be taught valuable life lessons by having pets in their lives. Animals can help children to develop empathy for others, as well as love. This can also provide a source of comfort when the child is feeling down.

Many children (and adults alike) talk to their pets when they are feeling sad, discouraged or upset.

Four – Pets keep people socially connected to each other:

Walking a dog will not only keep you trimmer but you are likely to come across other people on your walks and strike up conversations. Animals open the door to greater communication which helps to keep their owners more socially connected than those who do not have dogs to walk. This can lead to greater longevity and a lesser degree of physical and mental decline as you age.

None of these benefits have been proven for a certainty but those who own pets do not have to be convinced. Other studies have pointed to the fact that having pets can lower stress, fight depression, reduce health care costs and lower blood pressure.

THE 2017 CARAVAN *extravaganza*

2nd - 3rd September
The Lawns, Cottingham, HU16 5SQ

Come and view the latest
Touring Caravans & Caravan Holiday Homes
Lodges & Park Homes
Awnings, Accessories & more!

Admission £3 per person, Family Ticket up to 5 people £7
lawnsandbeaulieushows.com



Dogs are welcome and must be kept on a lead, under control and poop scooped.
This is an outdoor show, please wear sensible clothes and shoes.



25% OFF Water Features



25% OFF Hamptons Furniture



2.5m parasols were £59.99 **now £30**
3m parasols were £79.99 **now £40**

Kids Summer Sessions



Fairy/Gnome House
Thursday 8th Aug
2pm

Make a magical home for fairies or gnomes to take home! Includes kids lunch box meal in our Cafe.

£5 Call 01482677521 to book



Kids Pets Encounter
Thursday 17th Aug
10.30am

Get hands on with bearded dragons, cornsnakes & rabbits! Includes a kids lunch box meal in our Cafe.

£5 Call 01482677521 to book



Birds of Prey Display
Tuesday 22nd Aug
11.30am - 2.30pm

Bring the kids to Coletta's to see some beautiful birds of prey from South Cave Falconry.

Flying times:

12.00 13.30 FREE



Summer Offers

24th July - 3rd Sept

FREE KIDS BREAKFAST

when a full breakfast is purchased
Free breakfast: teacake, beans on toast or scrambled egg on toast. Before 11am only



FREE ICE CREAM

with every kids meal purchased from the kids menu.

not in conjunction with free breakfast offer

COLETTA & TYSON
NURSERIES AND GARDEN CENTRE
WE ARE HERE

Hull Beverley

Find us in Woodmansey
just 2 miles from Hull
& Beverley

*Quality, value & service
for over 70 years!*

Find us on **facebook** Follow us on **twitter**

www.colettagardencentre.co.uk

324 Hull Road, Woodmansey
Beverley HU17 0RU
Tel: 01482865410
Opening times:
Mon - Sat : 9am - 6pm
Sun : 10am - 4pm



COLETTA & TYSON
NURSERIES AND GARDEN CENTRE