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Issue 201 - August 2018



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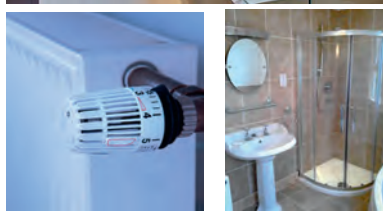
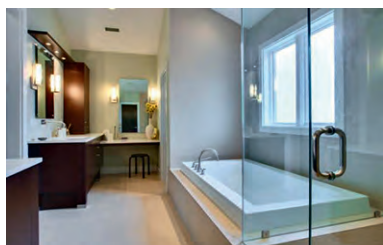
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## In Cottingham and District

### Wild Spaces Group

Sunday 5th August - Dene Wood, 10.00 am. Dene Road entrance.

### Hull and East Riding Glaucoma Group

Friday 10th August 11am - 1pm - Important: Please note change of speaker. Unfortunately due to unforeseen circumstances our scheduled speaker Catherine Terry is unable to be with us on the 10th. However we are very fortunate to have been able to arrange for local authors Clive and Kath Richardson to now be our guests at this meeting. The authors of the fascinating book "The Woman Who Didn't Exist" Clive and Kath have spent long years researching the true story of the life of an ordinary woman during World War One and their talk gives a unique insight into the long lasting consequences of the Great War for herself and her family. To find out more join us on Friday 10th August at Sight Support Hull & East Yorkshire (formerly HERIB) on Beverley Road Hull at 11am. Entry £1.50 per person. For more information and to book your place call Sight Support on 01482 342297

### YPI Camera Club

Monday 13th August - (Chairman Dave Walker). Bring an Bring a Domestic Disaster AV. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

### Cottingham Methodist Church Photography Group

Tuesday 14th August 2018 - outside visit - 6.30pm

Tuesday 28th August 2018 - outside visit - 6.30pm

Interested in photography ( smartphone, dslr, bridge, compact, mirrorless ) then why not join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk).

### Hull Macular Society

Friday 17th August - The Hull Macular society hold there monthly meeting with guest speaker Mark Silver from Optelec optical equipment and aids. Meeting held at Sight Support (formerly (HERIB) Beverley Road Hull at 10.30am until 12.15 pm. Lunch available. For more information contact Chairman Bernard Messingham 01482 860381.

### East Yorkshire Woodturners.

Tuesday 21st August - Demonstration by Richard Findley – Registered Professional Turner. Richard is from Leicester, where he undertakes a wide range of work for architects, furniture makers and restorers, builders and the general public from his workshop. We are pleased to welcome him back to our Club once more. <http://www.turnersworkshop.co.uk/demonstrations.html>.

**Front cover: Millbeck Wildlife Area.  
Photo: Paul Lakin.**



### Wednesday Social Club

Wednesday 22nd August - Sue Whitlam - Flower Arranging, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

### Tower Tour, St Mary's Church, Cottingham

Bank Holiday Monday, August 27th at 6.30pm. Worth climbing the 119 steps for the view. To book, contact Ian on 01482 848041

### Cottingham Men's de Luda Society

Wednesday 5th September - Johnathan Collins - Kegworth Air Disaster, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### NHS Retirement Fellowship

Monday September 10th - Calling all retired NHS and Social Care workers. Come and join the NHS Retirement Fellowship. This friendly group meets on the 2nd Monday of each month, at the Darby & Joan Hall Finkle Street Cottingham. 2.00 - 4.00 pm. Featuring Terry Ireland poet & entertainer. For more information, contact Olga on 01482 470971 or e-mail [olgamary1@outlook.com](mailto:olgamary1@outlook.com).

### Hull Folk Dance Club

Tuesdays 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Beginners tuition is also offered. We do not meet during August. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.folkdance.me](http://www.folkdance.me).

### St Mary's Church Cottingham - "Storytime in the Space"

Bible Stories with a twist, every Tuesday in term time straight after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

### Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

*Continued on page six*

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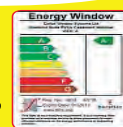
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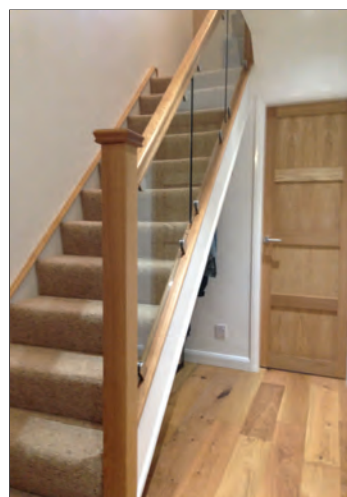


### Music Time - Pre-school Music Group

Come & join our fun music group for children aged 0-4 years. Cottingham Civic Hall, Monday 9.30 am & 10.30 am sessions during term time. First session FREE, £3.75 thereafter, paid per term. For more information call Dean on 07947 817556 or go to [www.music-time.org](http://www.music-time.org).

### 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 [revtrev37@gmail.com](mailto:revtrev37@gmail.com)



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### 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](mailto: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 the Zion URC Church, 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

### 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. We are also looking for volunteers and expenses can be paid.

### 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.

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### 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](http://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](mailto:cottinghamcc@hotmail.co.uk)

### Calligraphy, Quilling and Folk Art classes

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

### 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 6.00 pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 [heyhappinesgroup.weebly.com](http://heyhappinesgroup.weebly.com)

*Continued on page 17*

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24/07/2018 10:39



# Cottingham Parish Council



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

- **Word from the Clerk**

Well what a difference two months makes. We now have a Deputy Clerk in post, Nicola, who has settled in fantastically and is already having a real positive impact on the running of the office. She came to us from an organisation that has recently left the village. Consequently, she has known pretty much everyone who has come through the Parish Office door since she started. I joke with her that her husband must be the most jealous man in Cottingham given the amount of men who say hello to her!

In my last newsletter I mentioned that, as part of my drive to improve the public service that the Parish Council offers, we were aiming to open the office to the public five days per week. I had envisaged this occurring in August but I am pleased to report, that due to Nicola settling in so well, we actually started opening five days in July. **Our opening hours are Mon-Thu 10am-3pm and 10am-12pm on Friday.**

Matthew Kay, Clerk to Cottingham Parish Council  
[parishclerk@rishcouncil.karoo.co.uk](mailto:parishclerk@rishcouncil.karoo.co.uk)

- **Grants to Local Organisations (including new small grants)**

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 Full Parish & Finance Meeting. The next meeting is **Thursday 20<sup>th</sup> September 2018**

**At our meeting in July a grant was given to St Mary's Church and Cottingham Lights**

As well as individual grants, the Parish Council donates money received through the sale of dog waste bags. For the 2017/2018 financial year the money will be given to Cottingham Wild Spaces and for the 2018/2019 financial year the money will be given to the Cottingham Village Trust. 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.

**Small Grants**

The Parish Council have decided that small grants (up to £50) will be made available via a streamlined process without having to complete a full grant application form or waiting until the meeting for a decision. Under normal

circumstances a grant can only be given to an organisation but in certain circumstances they can be given to individuals i.e. if the grant relates to something in our remit such as litter collection, so please feel free to enquire. Any grant given must be for the benefit of the village.

- **Cottingham Day, Sunday 1<sup>st</sup> July**

Thanks to Cottingham High School, Swift Caravans, Discounts Plants, Southwood Garden Centre, O'Briens Nurseries, Beverley Garden Centre, Orange Blossom, CC Coffee, the Hull Steampunk Rebels, and the Hull City of Culture volunteers for providing help and support for Cottingham Day.

We have received complaints that Cottingham Day was smaller in scale than previous years and that it was held on a Sunday rather than a Saturday. This was the case for a number of reasons.

We had received complaints in the past regarding the extent of the road closures and the negative impact the day could have on local traders. We felt that if the event was compacted and held on a Sunday then these effects would be lessened.

Cottingham Day is organised by a small volunteer team who give up their free time to put on the event. The team felt that Cottingham was missing out on not having a Christmas Event so, therefore, put on the first Cottingham Christmas festival in 2017. Though quite small in scale, the team were happy with how it went for a first try and we will be putting on another Christmas Festival on **Sunday 16<sup>th</sup> December 2018** which promises to be bigger and better (watch this space). Putting on two events, rather than one, naturally meant that less time was available for Cottingham Day. If you are interested in volunteering for these events then please get in touch.

- **Dates for your Diaries**

Cottingham Parish Council recently decided to combine its Full Parish Council meeting with its Finance and Asset Management Committee meeting (which only met once every other month). The new meeting (Full Parish & Finance) will now take place on the third Thursday of the month (excluding August and December) at the earlier start time of 7pm. The next meeting will be **Thursday 20<sup>th</sup> September 2018**

Meetings of our planning committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

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](http://www.cottinghamparishcouncil.org.uk) or by contacting the Parish Council Office on 01482 847623.

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# PROTECTING YOUR HOME AND FAMILY WEALTH

During our lifetime we pay enough in taxes and National Insurance contributions to assume that we will be cared for by the system should we need residential care in the future. However, as we all know, because the public purse is strapped for cash this is no longer the case, and the fact that we are living longer is putting a major strain on funding.

If you need residential care, your capital is over the threshold of £14,250 for the lower limit and £23,250 for the upper limit (2017/2018), and you do not have enough income to pay for your care (average yearly costs of care in Hull and East Riding can vary from £26,000 to £46,000), then your home as well as other assets will be taken into account for care charges.

Your home may well then have to be sold to meet these charges.

There are a lot of companies and information in the media stating that if you place your house into a Trust during your lifetime then your home will not be considered for care charges. Unfortunately, this is not always the case and if the Council feel that you have done this purely to avoid paying care charges, you will still be assessed as owning the asset. You will then have to pay for your care and if you have given away your only asset, you may not be able to raise the funds to pay for this.

There are many ways to reduce that liability, which are 100% reliable and don't mean losing your home or other assets to a Trust during your lifetime. Undertaking care mitigation can be a simple uncomplicated procedure and gives you peace of mind that you still own the asset during your lifetime and can protect assets for future generations.

If you wish to discuss this matter further, call Lisa Nurse on 01482 314266 to make a mutually convenient appointment to discuss the same.

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## Summertime computer tips

**Y**es its summertime, and such beautiful weather we have been enjoying, (up to the time of writing) and may it continue through August! Summer is traditionally a quieter time in the computer business as people are on holiday or out and about rather than sitting in front of their computers. I hope the following will be useful.



**Free Wi-Fi – when you are on holiday you will no doubt want to connect to free Wi-Fi with your phone, tablet or other device.** But just a word of caution, remember it may not be a secure connection, so it is advisable not to do any sensitive or financial transactions, like banking. When visiting Vietnam recently I was surprised that nearly everywhere offered this free facility, with varying degrees of speed, but with such simple passwords it just alerts you to the fact that anyone could be connected to it, and it could be easily infiltrated. So, do be careful, you don't want to be hacked in a foreign land!

Tip: When abroad with your smartphone you probably know to turn off Roaming and Mobile Data services in your settings, so you don't run up huge bills! Admittedly rates within the EU are capped now on most tariffs. However, outside the EU, calls and data can be very expensive. So, if you want to be double sure your device won't cost you money, one method is to leave your device in Airplane Mode, then just go into settings and switch on Wi-Fi when you need to connect to a free or paid-for Wi-Fi network. But do remember with in this setting on your phone you **won't be able to receive any calls or texts**. But when you are connected to Wi-Fi, iMessage will still work as will WhatsApp.

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



**Should you really want to pick up your Kcom email whilst on holiday** and normally use a program like *Live Mail* etc., you have probably found in the past that you can receive mail but

cannot send any. There is a way round this, all you do is ignore the program you normally use, and instead go online to the Kcom webmail service at: <https://webmail.kcomhome.com/> Type in your full email address and password – remember to look that up before you go! This will take you straight into your inbox at Kcom. Here you can read, reply, forward, delete and create new messages. When you return back home and open up your email program, it will download all the message you left in the inbox.



**Ensure you keep all your treasured photos safe while away on holiday.** If you use an iPhone make

sure you have iCloud storage switched on. This will back up all your pictures as you go along, in case anything happens to your phone. Other devices will have other means of backing up like Google Drive etc. If you're using a good old-fashioned camera take a spare memory card or two with you. I remember being in the USA quite a few years ago with my camera and was worried about losing my photos so I went to a Walmart store and had a photo CD made from my card - or you could even have them printed!

### Questions & answers:

**Q: Should I cover my webcam when it's not in use?**

**A:** There have been stories in the past of hackers taking control of webcams, but to be honest it is fairly unlikely. But if it makes you feel safer then do so.

**Q: Should I turn off my router?**

**A:** Routers are designed to be left on 24/7. However, if you are going to be away for a long period and you prefer to switch things off, then do so. When you come home the router should pick up the line again, but if it doesn't, a quick call to Kcom tech support should sort it.

**Q: I have Eset installed and it says there is an update to a new program version available, is this safe to do?**

**A:** Yes, it is, and you should go ahead. This only normally happens once or twice a year.

**Q: Same question as above, but regarding Malwarebytes**

**A:** Yes, it is safe to do. However, if you have the free version and want it to stay that way, don't accept any invitation to start a free 2 week trial of the Premium version.

### Security Central:

**If you haven't already upgraded to ESET Internet Security,** now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

**Telephone scam – yes, I must mention this again.** There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer.'

**Richard Mills**

**RDM Computers**

**Cottingham**

**01482 875666 or 07850 105424**

**Web: [www.rdmcomputers.co.uk](http://www.rdmcomputers.co.uk)**

**Email: [richard@rdmcomputers.co.uk](mailto:richard@rdmcomputers.co.uk)**

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## Wordsearch - Summer

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

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

Find the words in the letters above:

Ants, August, Barbecue, Baseball, Beach, Bees, Bicycle, Blue Sky, Boating, Breeze, Camping, Fishing, Flies, Flowers, Gardening, Golf, Green Grass, Hat, Hiking, Holidays, Hot, Ice Cream, July, June, Mosquitoes, No School, Picnic, Roller Blades, Sandals, Skateboard, Soccer, Solstice, Sprinklers, Sunburn, Sunglasses, Sunscreen, Sunshine, Suntan, Sweat, Swimming, UV Rays, Wasps, Water Fights, Watermelon.

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

## Sudoku No. 138

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

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

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It has been another sizzling month and lets hope summer keeps hot throughout the school holidays. If you are looking to stay in the UK we can offer all types of accommodation, hotels, apartments, holiday parks as well as coach tours departing locally to lovely seaside resorts.

Looking forward to 2019 I am delighted to report the addition of new holidays direct from Humberside airport. Italy in June & September are already on sale with more to follow. Ask about our Free airport parking when booking.

**Fred Olsen** are offering a selection of cruises to exotic destinations with FREE flights this winter. For example:-

**Authentic India**, a 14 night cruise offers a superb itinerary departs 04 October 2018, from only £1699 per person.

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08 Nov	Matthew Bourne's Swan Lake at Bradford's Alhambra	£ 59
17 Nov	Chatsworth House - House, Garden & Christmas Market	£ 50
15 Dec	Dordrecht Christmas Market Dash a superb break from	£ 99
18 Dec	Boundary Mills & Lunch just for a day	£ 40
2019	Tours are gradually being added & selling out! Don't delay	
16 Jan	Boundary Mills January Sales - Just for the day	£ 20
17 Feb	Manchester & Liverpool Music Tour - 1 night Dinner B&B	£ 149
27 Feb	Matilda the Musical matinee at Bradfords Alhambra	£ 80
05 Apr	Llandudno Welsh Weekend & Portmeirion 3 nights HB	£ 329
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\*04 May 19 £485 (singles £560), \*13 July 19 £495 (singles £599)

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July 18\*

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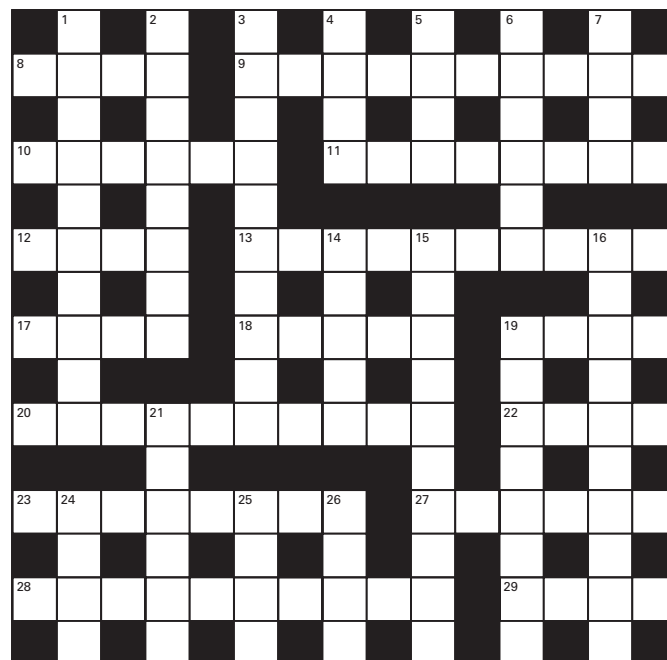
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## Crossword – Solution on page 46



### Across:

8. Provide nourishment (4)
9. Steadfast (10)
10. Stubborn (6)
11. Persevering (8)
12. Toadfish (4)
13. Study of numbers (10)
17. Plant with trumpet-shaped flowers (4)
18. Jargon (5)
19. \_\_\_\_rn = rule (4)
20. Spectacles (10)
22. Former Italian currency (4)
23. Hairy elephants (8)
27. Live in a tent (6)
28. Access (10)
29. Hotels (4)

### Down:

1. Invariability (10)
2. Consultive (8)
3. Mercy killing (10)
4. Was indebted to (4)
5. Wicked (4)
6. Miserly (6)
7. In a little while (archaic) (4)
14. Groans (5)
15. Recorded officially (10)
16. Runs our country (10)
19. Pertaining to the Milky Way (8)
21. Ploy (6)
24. Assistant (4)
25. Bye-bye (4)
26. French for “Without” (4)

*Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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# ch CAROLINE HARRAWAY

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## The 'Friendly Face' Firm with Fair Fees and Flexible Working



**This week we have been gathering feedback from our clients for the reasons they instruct us and continue to come back to instruct us again! Reasons given, amongst others, were that our team all have friendly faces!**

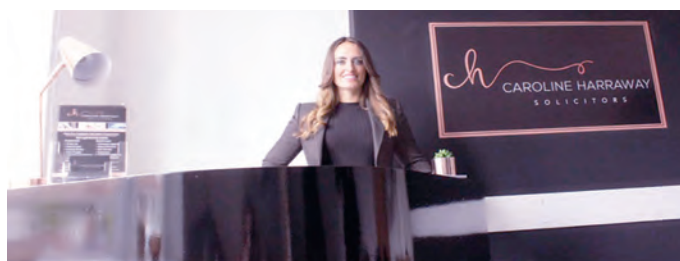
We like that one the best and it means a lot to us. Because let's be honest, no one wants to be met with a miserable face when we need assistance, wherever we are! We even speak to clients with a smile on our face over the telephone. It makes a difference, it really does!

The other common theme was that we are instructed because of our pricing. We carry out our own market research and ensure we beat the fees charged by other firms. We are also entirely transparent about what we charge and exactly how much your legal assistance will cost in total. We are firm believers at Caroline Harraway Solicitors that we treat others how we'd wish to be treated and we also provide good, old fashioned value for money.

We're pleased to say we've been so very busy that we are expanding our team further and are looking forward to like minded professionals joining us.

We will start our Meet, Greet and Eat free legal clinics again after the school holidays in September. But, in the meantime, we enjoy the cakes and biscuits our clients often bring in for us. It makes the sometimes lengthy, unavoidable meetings that bit more enjoyable.

**If you have a legal issue, however large or small, please contact Caroline Harraway Solicitors on 01482875000 or [info@harrawaysolicitors.co.uk](mailto:info@harrawaysolicitors.co.uk).**



**We asked our Legal Eagle, Alastair Redfern (pictured below) , to answer the following: -**

**Q. What if a child whose parents have been divorced find themselves without funding to go to university and doesn't want the burden of student loans? So, what should you do if an 'adult' child finds themselves aged 18 but without any financial support for university?**



A. There is provision under Schedule 1 Children Act 1989 for an adult child, in education, to make an application for maintenance (periodical payments) from one or both parents, (the application cannot be made if the parents are still living together in the same household) but only if there was no maintenance order in force with respect to him/her immediately before their 16th birthday.

Hope this helps anyone who finds themselves in the above situation.

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# In the Kitchen



## Turmeric Fried Fish

### Ingredients

2 Garlic Cloves, crushed  
2 Stalks of Lemon Grass, finely chopped or 4 teasp Ground Lemon Grass  
2 Spring Onions, finely chopped  
1 tbsp Fish Sauce  
2 teasp Ground Turmeric  
1 teasp Salt  
¼ teasp Black Pepper  
Vegetable Oil for shallow frying  
450g/1lb fish fillets e.g. Tilapia, Sea Bream, Sea Bass, Red Snapper, halved

### Instructions

1. Place the garlic, lemon grass, onion, fish sauce, turmeric, salt and pepper in a small bowl and mix well.
2. Rub the mixture over both sides of the fish, place in a shallow dish, cover with clingfilm and refrigerate for 4 hours.
3. Heat the oil in a large frying pan until quite hot then add the marinated fish and cook for 3-5 minutes on each side or until golden brown and cooked through. Serve immediately.

## Salmon and Courgette Omelette

### Ingredients

225g/8oz Smoked Salmon  
8 Eggs  
2 tbsp Water  
2 Medium Courgettes (Zucchini), grated  
3 tbsp Freshly chopped Chives



Salt and Black Pepper

25g/1oz Butter

### Instructions

1. Heat the oven to very low. Cut the salmon into thin strips about 5cm/2-inches long. Set aside
2. In a large mixing bowl beat together the eggs and water then add the courgette, chives, salt and pepper and mix well.
3. Heat a half of the butter in a medium frying pan until it starts to sizzle. Pour in half of the egg mixture. As it begins to set, draw in the mixture towards the centre with a spatula.
4. When almost set, sprinkle over a half of the smoked salmon, cook for a further 1-2 minutes then fold the sides over and slide onto a warmed plate. Cover loosely with foil and keep warm in the oven whilst you cook the last omelette in the same way.
5. To serve, cut each omelette in half and transfer to 4 warmed serving plates. Serve hot.



## Tunisian Grilled Prawns

### Ingredients

24 Raw King Prawns (Shrimp)  
2 Garlic cloves, crushed  
1 tbsp Olive oil  
1teasp Ground Cumin  
1/2 teasp Ground Ginger  
1teasp Paprika  
1/4 teasp Cayenne pepper  
2 tbsp Freshly chopped Coriander  
2 Lemons, cut into wedges

### Instructions

1. Remove heads from the prawns then cut down the centre of the backs making sure you don't cut all the way through and leaving tails intact (butterfly). Remove the central vein and place in a single layer in a shallow flameproof dish.
2. Place the remaining ingredients, apart from the lemon wedges, in a small mixing bowl and mix well then pour over the prawns, cover with clingfilm and leave to marinate for 20 minutes up to two hours, turning from time to time.
3. Preheat the grill to hot then grill the prawns for 4-5 minutes until they turn pink, turning a few times during the cooking period and brushing with the marinade every time you turn them. Serve immediately garnished with the lemon wedges.

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### **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.

### **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.

### **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!

### **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](mailto:philme79@gmail.com) for further information.

### **Hull Zingari**

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball

and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com) and on facebook and twitter

### **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](http://www.eycmc.org) and our meet up site is [www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/](http://www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/)

### **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 2018 "What's On" section, is no later than the 20th August 2018.**

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## ON THE GRAPEVINE

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## Psst... wanna know a secret?

**W**ell I have it on good authority that one of Meghan Markle's favourite wines is currently being marketed throughout the UK by East Yorkshire-based House of Townend.

Following on from my brief reference in last month's column about the wines rumoured to have been served at Duke and Duchess of Sussex's wedding, I discovered Townend's, via their Cachet Wines distribution arm, had signed a deal with California's Jordan Wine Estate, making its wines available in the UK once more after a gap of a number of years.

Now Meghan is known to be a fan of red wine and having been born and raised in Los Angeles it's perhaps no surprise to find she has a soft spot for Californian wines. In a piece she wrote for a US magazine in 2012, she said: "At the end of a long day, there is nothing I enjoy more than a glass of wine."

In that same article she singled out, amongst others, the Jordan vineyard and winery; so perhaps the Royal Household will already have the Townend's number on speed dial? The Cellar Door's Mike Rowe laughed when I put that to him but said the Melton retail outlet had already had a number of buyers for the Jordan Estate wines, both private buyers and high-end restaurants.

The bad news, of course, is they tend to be on the pricier side and supplies are fairly limited. But bottles of the Jordan Cabernet, 2013, and Chardonnay, 2015, are available - the former at £64.99 a bottle; the latter £44.99.

At that price, the good news is the wines will keep - the Cabernet (which is actually a mix of 75 per cent Cabernet Sauvignon, 15.5 per cent Merlot, 7 per cent Petit Verdot, 1.5 per cent Malbec and 0.5 per cent Cabernet Franc, will, say Townend's, drink well until at least 2032 as well as being quaffed now.

Their website says: "From one of California's most awarded wine estates and modelled after a First Growth Bordeaux, Jordan is a classic Californian Cabernet Sauvignon that has been considered one of Sonoma's best Cabernet Sauvignons for four decades with its perfect balance between beautiful fruit, silky tannins and a lingering finish."

Jordan Chardonnay is often mistaken for a white Burgundy, say Townend's. Their website again: "Not a typical California Chardonnay, it is the combination of night-harvested Russian River Valley grapes, French oak ageing and old-world winemaking techniques which has created a balanced white wine defined by purity of stone, fruit flavours, vibrant acidity and a succulent finish."

John Townend, managing director of House of Townend, praised Jordan's for its "relentless" quest to show a "very untypical style of California wine" while Ashley Cesario, Jordan's director of sales, said: "We really want to show our wines in top restaurants and hotels within the UK. We distribute to 27 countries around the globe and the UK is where the action is with regard to fine wine. Our Chardonnay and Cabernet are perfect with great food and I believe that House of Townend have shown that they can supply our wines to a long list of the greatest restaurants in the UK."

If you really want to push the boat out, House of Townend also currently stock a Cabernet Sauvignon gift set from Jordan's, a presentation case with two bottles of the 2002, 2003 and 2004 vintages. The price: A cool £500.

One final note: The Cellar Door outlet has a "walk-round tasting" of South African wines this month - Friday August 24 from 6.45 to 9.15pm. "This tasting shows everything from the classic wines of Avondale, one of our longstanding agency wines and some of the new wave producers we are now working with," they say. Tickets cost £15, to include all wines tasted plus accompanying bread and cheese. To check availability and book call 01482 638899.

\* Awards news: The Wine Society, who I've mentioned a few times, was named Wine Club of the Year at this year's International Wine Challenge, commonly regarded as the world's finest and most meticulously judged wine competition. They also picked up two specialist awards - as specialist merchant of the year for regional French wines and wines of Portugal.

Meanwhile, the Co-op was named "Convenience Store Chain of the Year" for wine at the IWC, while its own-label Les Pioneers Non-Vintage Champagne picked up a silver medal at this year's Champagne and Sparkling Wine World Championships (see best buys).

Following France's World Cup success Bordeaux first growth Château Lafite Rothschild offered bottles of its 1998 vintage to the victorious French football team. In addition to the tempting offer of Lafite, all members of the French football team were given a case of Art Russe' St-Emilion Grand Cru, made at Château La Grace Dieu Des Prieurs, featuring Russian artworks on their labels.

\* And while England didn't quite manage to bring it home, a magnum of Jacquart Champagne signed by many of the players in England's World Cup-winning football team in 1966 was due to be auctioned on the second of this month.

Signed by eight members of the 1966 World Cup-winning team, the magnum is being sold by UK auctioneer Humbert & Ellis and has a pre-sale estimate of £3,000-£4,000.



## BEST BUYS

**Les Pionniers NV Champagne****Where:** Co-op**When:** Now.

**Why:** See what all the fuss is about by tasting this award-winning fizz - and very reasonably priced it is, too. I don't think they're meant to say who makes it, but I think it's Piper Heidsieck. Lovely stuff.

**£18.99****Nero Oro Appassimento Nero d'Avola****Where:** Majestic**When:** Now.

**Why:** Marketed as "Black Gold", Appassimento is an Italian term for drying harvested grapes, traditionally on bamboo racks or straw mats, for a few weeks up to several months to concentrate the sugars and flavours. Deliciously fruity and spicy red wine that's great for the barbecue.

**£9.99** (£8.99 when bought as part of a six pack)**Warwick Cape Lady Chardonnay****Where:** Morrisons**When:** Now until August 7

**Why:** Light gold colour with a slight green tint, this buttery Chardonnay has mouth-watering aromas and flavours. Great choice for fish, pork or poultry.

**£6.50 (was £8.50)****Barefoot Shiraz****Where:** Morrisons**When:** Now until August 7

**Why:** A dry, medium-bodied and fruity red from California. Perfect with BBQ food, steaks, chicken, pasta with tomato sauces and pizza.

**£5.50 (was £6.50)**



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### August

		Adult	Over 60s	Child
Fri 3 Aug	Cadbury World*	£35.50	£33.50	£30.00
Sat 4 Aug	Scarborough & Eden Camp*	£23.00	£21.00	£21.00
Sun 5 Aug	Ilkley & Haworth	£18.00	£16.00	£16.00
Mon 6 Aug	York & Designer Outlet	£12.00	£12.00	£12.00
Tue 7 Aug	Harry Potter Studio Tour*	£70.00	£70.00	£55.00

#### Beamish Living Museum\*

Tue 7 Aug : Adults £33.00 : Over 60s £31.50 : Child £27.00

Wed 8 Aug	Skegness	£17.00	£15.00	£10.00
Wed 8 Aug	Alton Towers*	£53.00	£53.00	£53.00
Thu 9 Aug	Flamingo Land*	£39.00	£39.00	£35.00
Fri 10 Aug	Yorkshire Wildlife Park*	£25.00	£23.00	£22.00
Sat 11 Aug	Salford Quays or Manchester	£17.00	£17.00	£15.00

#### Eureka! National Children's Museum\*

Sun 12 Aug : Adults £24.00 : Over 60s £24.00 : Child £20.00

Sun 12 Aug	Halifax	£18.00	£18.00	£14.00
Mon 13 Aug	National Space Centre*	£27.00	£27.00	£22.00
Tue 14 Aug	Brigg Garden Centre & Lincoln	£15.50	£13.50	£13.50
Wed 15 Aug	Lightwater Valley*	£31.00	£31.00	£28.00
Wed 15 Aug	National Media Museum*	£16.00	£16.00	£14.00
Thu 16 Aug	Chester	£22.00	£20.00	£20.00
Thu 16 Aug	Chester Zoo*	£39.00	£39.00	£35.00
Thu 16 Aug	Liverpool City Centre or Albert Dock	£21.00	£19.00	£19.00
Fri 17 Aug	Skegness	£17.00	£15.00	£10.00
Sun 19 Aug	Harry Potter Studio Tour*	£70.00	£70.00	£55.00
Mon 20 Aug	Twycross Zoo*	£36.00	£34.00	£32.00
Mon 20 Aug	Thirsk & Helmsley	£17.50	£15.50	£15.00
Tue 21 Aug	Diggerland*	£29.00	£29.00	£27.00
Tue 21 Aug	Yorkshire Wildlife Park*	£25.00	£23.00	£22.00
Wed 22 Aug	Flamingo Land*	£39.00	£39.00	£35.00

#### Cadbury World\*

Thu 23 Aug : Adults £33.50 : Over 60s £33.50 : Child £30.00

Thu 23 Aug	York Maze*	£24.50	£24.00	£23.50
Fri 24 Aug	Sundown Adventureland*	£25.50	£25.50	£21.50
Sun 26 Aug	The Forbidden Corner*	£29.00	£29.00	£27.00

\* Includes admission or entry is free. Ages may vary for child prices.



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### more August

		Adult	Over 60s	Child
Mon 27 Aug	Skegness	£17.00	£15.00	£10.00
Tue 28 Aug	Chester	£22.00	£20.00	£20.00
Tue 28 Aug	Chester Zoo*	£39.00	£39.00	£35.00
Tue 28 Aug	Beamish Living Museum*	£33.00	£31.50	£27.00
Wed 29 Aug	Salisbury by The Sea & Redcar	£18.50	£16.50	£16.50

#### Drayton Manor\*

Wed 29 Aug : Adults £38.00 : Over 60s £38.00 : Child £38.00

Thu 30 Aug	Harry Potter Studio Tour*	£70.00	£70.00	£55.00
Fri 31 Aug	Yorkshire Wildlife Park*	£25.00	£23.00	£22.00

### September

Sat 1 Sept	Flamingo Land*	£39.00	£39.00	£35.00
Tue 4 Sept	Scarborough or Whitby	£17.50	£15.50	£15.50
Wed 5 Sept	Bury Market	£18.50	£16.50	£16.50
Thu 6 Sept	Southport	£23.00	£21.00	£21.00
Fri 7 Sept	Downtown Superstore & Lincoln	£17.50	£15.50	£15.50
Sat 8 Sept	Blackpool Illuminations	£25.50	£25.50	£23.50
Tue 11 Sept	Doncaster Market (back by 4pm)	£11.00	£11.00	£11.00
Wed 12 Sept	Meadowhall Shopper	£16.00	£14.00	£14.00
Fri 14 Sept	Harrogate Autumn Flower Show*	£34.00	£32.00	£15.00
Sat 15 Sept	Harrogate Autumn Flower Show*	£34.00	£32.00	£15.00
Mon 17 Sept	Hawes	£20.00	£18.00	£18.00
Wed 19 Sept	Barnsley Market & Holmfirth	£19.00	£17.00	£17.00
Thu 20 Sept	Teesdale & Weardale	£18.00	£16.00	£16.00
Sat 22 Sept	Blackpool Illuminations	£25.50	£25.50	£23.50
Wed 26 Sept	Knaresborough & Harrogate	£17.00	£15.00	£15.00
Thu 27 Sept	IKEA (back by 4pm)	£11.00	£11.00	£11.00
Sun 30 Sept	Pickering & Whitby	£17.00	£15.00	£15.00

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## The Voice of the Golden Age

The first rays of sunshine break through the curtains signalling a new day has begun. With great gusto I leap out of bed....well, maybe a bit of exaggeration going on there and it is more like sit on the edge, stretching my legs so that my knees are prepared for the long day ahead. How many of us have aches and pains that were not there a few years ago? Sadly, this comes with age and I am sure there is not one person, over time, who does not experience an odd twinge or two.

So what do we do about it? There are many groups and associations giving sound advice, on exercise and supplements to take which don't stop the process but help ease and slow it down. That is all very useful to us but what about if we cannot voice our pain, voice that we are a bit forgetful or voice that our appetite is not as it used to be?

Our family pet (like baby's) rely on us when they are young, to guide and nurture them into adult hood and it is human nature to think that this difficult stage is over...BUT...one of our most treasured possessions is so relying on us be their voice, that sometimes, it may go unnoticed and be thought it is "just old age".

First thing to remember, ageing is not a disease but a gradual

decline in the delicate inter-relationships between the body systems, which predisposes them to acquired change. Symptoms of age-related change can be subtle and may go unnoticed so no matter how insignificant a change may seem, it is better to seek advice rather than wait and see if the condition worsens. Recognition of even the slightest change in a pet's habits ie: activity level, appetite or behaviour may be the sign of an underlying condition and simply not attributed to "old age".

Elderly pets can become quite fussy about what they eat and this can be mistaken for anorexia. How often are we faced with a large meal and just cannot finish it all. Like us, smell and taste sensations are reduced with age, so it is important to see how your pet responds to the food. Try feeding highly aromatic diets or warming food to body temperature prior to serving, to enhance palatability also reducing the size of the meal and making them more often. My daughter Natalie, is going through this stage with her 11 1/2 year old dog Charlie and it is so frustrating trying to tempt him with various savoury meals, watching him eat only half then turning away. As pets age, their digestive system often becomes less efficient, so a good quality, highly digestible diet is desirable which is what we are introducing Charlie to at the moment. Obesity is commonly observed in the ageing pet due to a reduction in metabolism, so it is important to feed your pet fewer calories than it had when younger and it is crucial to pay attention to your pet's teeth and gums - particularly if it is refusing or having difficulty eating. There is also an increased incidence of constipation which may be alleviated, in part, by increasing the fluid content of their food.

Surprisingly, ageing pets can become less interested in grooming and, while this can prove a large problem in cats, ageing dogs may require help to keep clean and well groomed. A gentle touch is required here as I discovered with my late, as my 15 yr old dog, Tammy, who had arthritis. She hated her legs being groomed which was most difficult with her being a Cross Bearded Collie so the easiest way round the problem was to have her clipped short. Over exercising arthritic pets may possibly accelerate the condition so moderate exercise is encouraged to keep the joints flexible and maintain muscle tone.

Ageing dogs often suffer a decline in cognitive brain function and may be less mentally alert. This may be mistaken for "old age" stubbornness but it is important to realise this impairment can be disorientating for the older dog and effect their behaviour so therefore patience, time and social interaction along with veterinary advice, is required as your pet ages.

We at KINGSTON offer many nurse clinics but one especially is for the elderly pet. Here, one of our many qualified nurses can offer advice on weight, exercise etc., plus if any other medical query arises an appointment can be made with a vet. Please do not hesitate to call.

Our pets belong within the family from puppy/kitten hood, to puberty, and finally pensioner age. We are their sole companion but more importantly their voice so please remember the earlier you seek veterinary advice, the more likely it is we will be able to help your treasured companion enjoy their pensioner years.



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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### Snoring vs Grinding

Hello again. I hope that you are well. Phew, it's been hot for a good while. So glad to have the air conditioning at work as mines a South-facing window. It's nice to stay cool and comfortable. Looks like it's going to be hot a while longer as I write.

#### Snoring vs Grinding?

So what the heck has snoring got to do with grinding and vice versa? Well, first of all we see lots of people who clench and grind. This causes symptoms like jaw ache, earache, teeth sensitivity, migraine-like and even neck and shoulder pain as well as breaking teeth and fillings etc. About 40% of the adult population snore.

Snoring is caused by a collapse of the airway causing vibration of the tongue against the soft palate. This means that the further back the tongue is the greater the chance of snoring. The tongue is attached to the jaw, so if the jaw drops back so does the tongue. With me so far?? Good. Well, the most common way we treat clenching and grinding is to make an appliance that helps relax the muscles that make the jaw clench. However, this always leads to the jaw moving backwards or a more retruded position we call it. So you can see the predicament. If we help with the

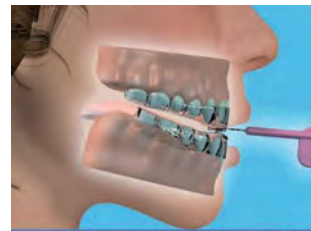
clenching and grinding then we can sometimes make the snoring worse.

#### What's The Solution Then?

A good way of trying to tackle both problems in one go is with a Sleepwell appliance. It is a mandibular (lower jaw) advancement device. So by definition, almost, it moves the lower jaw forwards. This brings the tongue forwards and helps open up the airway to help with snoring. It also prevents grinding and clenching as the back teeth are separated (which is key with clenching).



Sleepwell Appliance



moves lower jaw forwards

#### Believe It Or Not

Well believe it or not I have a book coming out soon. I felt it time to do it and, through a lifetime of searching for better and learning, try to give some hope to people who struggle with dentistry and related issues. Heart on my sleeve. Here's a sneaky preview of the cover.

#### A Return By Popular Request

Oh, I'm really pleased to get another invitation to speak to dental students at Sheffield University at a careers event. Several of the students asked for me back after I gave a talk on dental mavericks in April. It's so nice to make

a connection and possibly make a difference for the better if even in a small way. Anyway, I'm giving up a bit of time in September to do it.

I hear Hull City have a made a few new signings gearing up for the new season. Are we going up? Hope so. Come on the Tigers!!

*Until next time. Have a great summer. 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 25 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' humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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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.





## Swanland Screen to resume in September

Swanland Screen will resume again on the third Saturday of September but the film titles have not yet been finalized. As soon as these are known they can be checked on [www.swanlandvillagehall.info/forthcoming-events.htm](http://www.swanlandvillagehall.info/forthcoming-events.htm). Now is the time to mark in your diary 7.30pm 15th September; 20th October; 17th November and 15th December so you will be sure not to miss out.

Swanland Village Association have already booked two live shows for the autumn so we hope to see you at Swanland Village Hall on Saturday 13th October for a new Canadian play, "Our Frances" and again on Saturday 10th November when the jazz duo of Alan Barnes and David Newton will be playing for your entertainment.

Flossie Malavialle returns to Swanland Village Hall on Saturday 27th October at her regular gig to raise funds for the cholesterol charity HEART UK.

Ken Knox will be giving an illustrated talk at Swanland Village Hall on Saturday 6th October to raise funds for Swanland Heritage Centre.

Further details of all these events will appear in forthcoming editions of the *Cottingham Times*.

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The Far East boasts some of the world's finest beaches in exotic places like Thailand, Bali and Malaysia, as well as the increasingly popular shores of Vietnam. Throw in an incredible variety of delectable cuisines and an array of stunning historic sights and it's little wonder this fabulous region seduces us so easily. South East Asia is the perfect choice for a beach holiday – with so much to offer the most difficult thing is deciding where to go!

Explore and savour the culture and historic landmarks of South East Asia. There are such a wide choice of flights available to you now from the UK - why not take the opportunity to visit multiple destinations and let us tailor-make the perfect trip? Alternatively take in a cruise, a relaxed way to enjoy local scenery. Why not pop in and see one of our Far East Specialists and let them tailor-make your perfect trip?



## Meet our new Far East Specialist Debbie

Debbie has worked in travel for 26 years and her area of expertise includes Bali/Lombok, Vietnam, Hong Kong, Singapore, Thailand, Kuala Lumpur/Langkawi, Japan, Sri Lanka, Maldives and Jordan.

Contact Debbie today at our Brough office:  
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## Highlights of Vietnam - 11 Nights

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Then your private transfer will take you to the exclusive Viceroy where you will stay in a Pool Suite (there are only 25 of these) to include breakfast. This intimate hotel on the elevated verdant outskirts of Ubud is simply breathtaking.

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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. 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.

26 August - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

- 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.

#### 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.

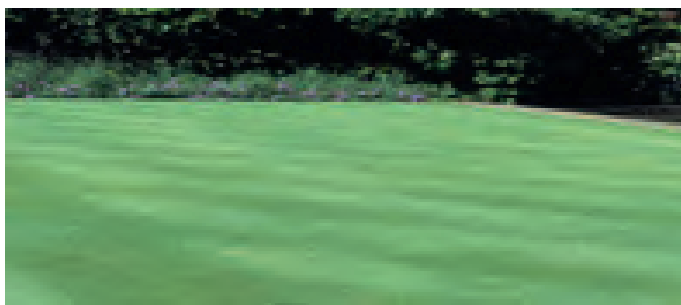
- Make sure they are delivered on the day you intend to lay them although they will keep for three to five days.

- 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.



#### 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. Keep your lawn well-watered and don't mow if it's very dry.
9. Keep a look out for pests as they thrive in warm weather
10. Take cuttings from your favourite plants

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### 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.

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## Your Stars for August 2018

*By Kay Gower*

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

The focus this month will be on relationships, especially those closest to you. Many things are important in life, yet the ability to connect with others and experience rewarding relationships will be the key that enables you to handle everything else.

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

This month you will slowly but surely move in a direction that ensures your outlay and effort reaps rewards. A connection with someone from a foreign country may also feature.

### Gemini (May 22-June 21)

Congratulations. The planets are aligned in your favour. If you have had hard times then this is the month to bounce back and move forward with confidence. It is time for you to have some fun.

### Cancer (June 22-July 22)

Home and hearth are the themes for you this month. As a result your house may benefit from renovations or decoration. You may even make plans to move.

### Leo (July 23-Aug 22)

An evening course may appeal or something that refreshes your ideas or skills. Short trips or time spent with family could prove beneficial.

If you need a change of scenery then this is the month to do so.

### Virgo (Aug 22 – Sept. 23)

This would be an excellent month to take action to boost your own health and happiness. Think outside the square and try something new.

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

Children live in the moment and so can you this month, spontaneity is the name of the game. New ideas are likely to be good ones and if you are applying for another job then you are likely to be successful.

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

Say 'Yes' and the excitement begins and you become part of an inspiring group. Answering hard questions will make life much easier, cut out all non essentials and try to work out what is really essential this month.

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

You make a choice, and it will feel as though you're being weighed down. But once you choose and go, the concerns you have had will be like water - getting out of your way as you move through the month.

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

You'll get a power surge in August and fewer things will frustrate and irritate you. You can use this month to change something that's been bothering you for a long time.

### Aquarius (Jan 21 - Feb 19)

There have been times when you have gone to great lengths to stay out of conflict, and this has often been for the best. But there are some things in life that are worth the fight. You won't have to fight for them this month, just make a note of what they are.

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

For Pisces, intuition isn't an alternate form of intelligence - it's always engaged. During August your intuition will be the driver that has you getting ready to take a turn in the road before you could possibly see which way the road goes. Listen to it.



## Jump on Board!

**D**o you, or someone you know, need help with transport to get to doctor, hospital, dentist or optician appointments, to go to a leisure activity, for weekly food shopping, or just to visit a friend?

If so, a caring car and minibus service being offered by Beverley Community Lift could be just what you need. This registered charity provides community transport to take elderly, disabled and those people who cannot easily use other forms of transport out and about. The service is already available for Cottingham residents to use.

CEO of Beverley Community Lift, Jan Stainforth, explained more: "We offer a door-to-door bespoke community transport service, thanks to the generosity of

local volunteer drivers, who use their own cars and give their time to help others. Our volunteer drivers can stay with a passenger for up to an hour, so it's a very caring and supportive service. All we ask in return is for the passengers to make a donation towards their mileage costs.

"Volunteer car drivers are also needed to keep this service up and running, so if you have some time to spare and would like to give something back to your community, please contact Beverley Community Lift. Full training will be given and you just give as much time as you can.

To find out more please call 01482 868082, email [manager@belift.org.uk](mailto:manager@belift.org.uk) or visit the website: [www.belift.org.uk](http://www.belift.org.uk).

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### Sudoku Answer from page 12

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

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## Local Beekeeper Neil Gower Continues his quarterly article on Beekeeping

### Starting again

**L**osing out to vandalism is at the lower end of the scale of setbacks we all have to deal with. The positive news is that I've been able to acquire some bees from colleagues in the beekeeping community and I'm back up and running. I knew from initial conversations that spare bees would be in short supply due to a difficult winter but I've managed to get enough to make a start

### Making gains

This beekeeping year was never going to be easy for me and I didn't set out with any great expectation. The main point was that I was able to get hold of three queens with associated bees and I then set myself the task of creating a greater number of smaller colonies. By using the method by which I divided the bees from two of the hives into smaller groups and by breeding new queens I've managed to partly achieve my aim. In the past I've always bred from local queens and have tried to develop a calm yet productive strain. For the first time I now had a Buckfast queen. The Buckfast bee is a man made strain of honeybee developed by Karl Kehrle who was a German born Benedictine monk at Buckfast Abbey in Devon. Better known as Brother Adam, he was in charge of beekeeping at the abbey from 1919 until 1993. He travelled extensively throughout Europe and North Africa collecting different strains of the European Honeybee looking for the best traits in each. His Dartmoor apiary was well known throughout the beekeeping fraternity and he was a world renowned bee expert, a respected author, and recipient of the O.B.E. He passed away in 1996 aged 97.

### Buckfast Bees

Buckfast bees are highly regarded amongst beekeepers

for having all the right characteristics and I've had good success in rearing some new Buckfast queens. I'll be monitoring these Buckfast colonies closely to see how they compare against those with local queens in terms of temperament, productivity, swarming and resilience to pests and disease.

I've been greatly aided this summer by the weather which has been a beekeepers dream with long hot days allowing for long periods of foraging, enabling a never ending supply of pollen and nectar. As a result bee numbers have increased quickly and I've been able to run my third hive on what is known as a brood and a half. In this configuration I've added a shallow brood box above the deep brood box allowing the queen much more space in which to lay eggs. I talked about trying this in an article at the end of last year and had one hive earmarked for this experiment. I chose to go ahead and have been pleased with the results thus far. I will give you my final thoughts on the trial at then end of the season.


As a further safeguard, I've spread the bees over different locations and from now my main priority is to end the season with strong and healthy colonies. There won't be any honey harvest this year and that which has been produced will be left for the bees. I'll soon be evaluating everything that has happened this year and may need to consolidate some of my colonies together to give them the best chance of getting through the winter. I'll let you know what feeding and pest management takes place in the next article. Whilst not the season I had been anticipating at the start of the year I can certainly say it's been interesting!

### Asian Hornet

The Asian Hornet threat continues to dominate beekeeping news. Earlier in the year a member of the public found what turned out to be an Asian Hornet Queen on a chilled cauliflower in Lancashire. The Cauliflower had been transported from Boston in Lincolnshire and as the temperature rose the insect escaped. It is probable that the queen will have started a new colony in the area. Monitoring teams have been set up in both locations as all previous sightings on the UK mainland have occurred in the autumn. This is the time when the hornets start 'hawking' or hovering outside the hives in order to catch the honeybees on their return from foraging. The British Beekeepers Association have provided greater educational material for beekeepers and members of the public alike in the fight against this non native predator. The press have also reported that there may be plans to catch any Asian Hornets seen and fit them with tracking devices to aid identification of potential nests.

French beekeepers dealing with the Asian hornet threat have had to switch to a special suit which is 8mm thick as the stinger on the insect is 6mm long and was easily penetrating normal suits. The British Beekeepers Association has ongoing plans in place to deal with any further sightings and local plans are also prepared. As the Asian Hornet continues to offer a serious threat to the honeybee in the UK I will keep you updated on events.

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## Ashford in the Water, Monsal Dale and Great Shacklow Wood

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

A lovely walk from Ashford in the Water taking in a wide range of terrains including two dales, the River Wye and the Great Shacklow Wood. It's a good un!

(D) Depart from Ashford in the Water Car Park on Court Lane. Walk straight out the entrance and head towards Fennel Street past the post box in the wall. Turn right up Vicarage Road and proceed to the top of the hill and past the farm.

(1) At the finger post on the right take the footpath through the field. Go through the gate and cross the road to take the path opposite towards the barn at the bottom of the slope. Follow the path through another gate until reaching a stile at a lane. Cross the lane and go through the gate opposite and follow the track through the fields through two gates and over a stile until you reach the Monsal Trail. Turn left and then immediately cross the stile on the right towards Little Longstone. Follow the track through two gates until reaching the village.

(2) Turn left at the village and follow the road until you reach the Monsal Head Hotel. Pass the right of the pub and move to the finger post through a gap in the wall.

(3) At the finger post turn left towards Ashford/Monsal Dale and follow the path, after a short distance the path splits take the right fork and proceed through the woods. Crossing the river near the weir turn left and proceed along the river bank for 1.5km until you reach the A6.

(4) Cross the A6, go up the bank to the White Post car park. Take the path opposite between the sign and the rubbish bin towards Deep Dale (Dimin Dale). Follow the stream up Deep Dale until you reach a stile, (This part of the path can be a stream after wet weather, but it is easily passable). Cross the stile and proceed up the hill towards Ashford, at the next finger post turn left (Ashford/Sheldon) and continue into the woods.

(5) At the wall in the woods go through the gate and continue



through the woods for 1.7km until you reach an old mill by the River Wye.

(6) At the old mill proceed along the path to the right for 900m until you reach the lane.

(7) Turn left down the lane, at the main road turn right and after 200m cross the road and over the bridge back to Ashford in the Water. Proceed straight up Fennel street and back to the car park.

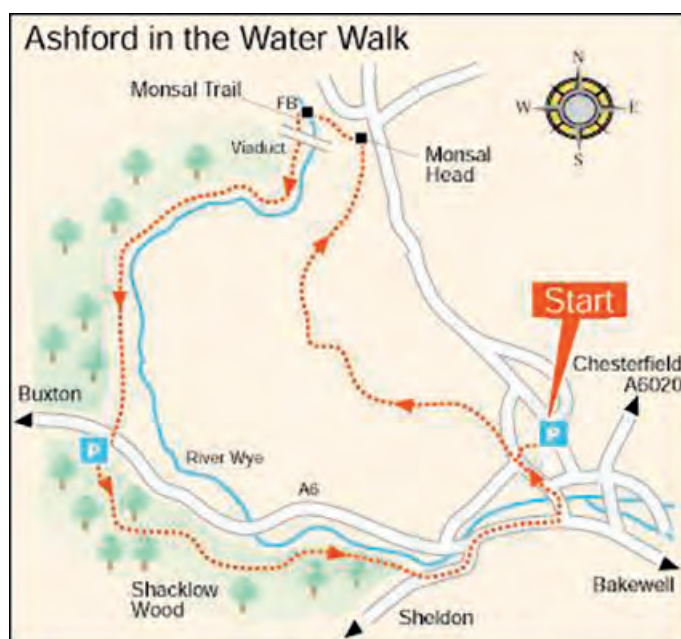
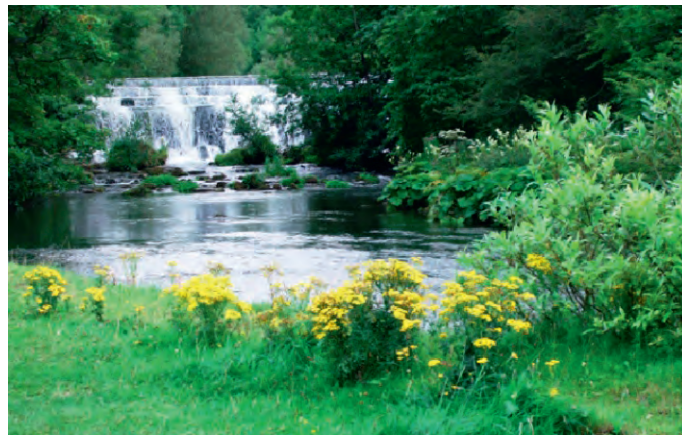
### Useful Information

Toilet in Car Park at the beginning (Donate in the Honesty Box for parking and toilet)

Public Toilets at White Post Car Park

Public Houses in Ashford in the Water, Little Longstone and at Monsal Head

Nice cafes at Monsal Head (not open in the winter) and Ashford in the Water.







## VAT and rewards for loyal customers

by Nick Robinson of Yorkshire Accountancy

**T**o drum up more business you want to create a points based loyalty scheme for your customers. You've decided on the terms and conditions for the scheme but the VAT consequences worry you. How should you tackle them?

### Repaying loyalty

These days most high street chains and other big businesses that sell to the public have a loyalty scheme for their customers. If it's good enough for them it might be worth you doing the same. How you run the scheme is up to you, but you need to understand the effects for VAT purposes.

### VAT joining fee

There's no immediate VAT consequence for joining customers in your scheme unless you make a charge for this. For example, if a customer has to pay for a loyalty discount card, you must account for standard-rate VAT. If you charge £20 you're actually charging £16.67 for the membership, plus £3.33 VAT. However, if like most schemes there's no charge for membership there's no VAT to worry about at this stage.

### No supply

The courts long ago ruled that when you award points or value to members of a loyalty scheme it doesn't count as a supply for VAT purpose. You only need to think about VAT when a customer redeems their points etc. in exchange for goods or services.

### Points mean pounds

The three most common methods used for redeeming loyalty awards are:

- the customer gets a discount on the normal purchase price of goods or services
- you issue them a with a face value voucher (FVV), i.e. showing a value in pounds and pence which they can use to pay for goods; and
- the customer gets free goods or services when they have earned enough points.

### Discounts and FVVs

If you offer a discount the VAT position is simple; VAT is payable on the discounted price. How you show this on your invoice or receipt is up to you, as long as the actual discounted price is clearly shown.

If you issue a FVV to a customer to pay for goods you supply, for VAT purposes it's treated in the same way as a discount. That is, you only have to charge VAT on the net amount, which again must be clearly shown on your invoice or receipt.

### Free goods or services

Free goods or services you supply when a customer redeems loyalty points count as business gifts and:

- where the customer receives free goods you don't have to account for VAT unless the cost to you of providing them exceeds £50 in a twelve-month period

Tip. You can recover VAT you pay on providing the goods, even where you don't have to account for it on the supply because of the £50 limit.

- if you supply free services you don't have to account for VAT, but if you bought in the service, you must. You charge VAT on an amount equal to what the service cost you, but you can reclaim the VAT you paid for the purchase (which makes it VAT neutral). However, if you pay someone else to supply the service, you can't reclaim the VAT.

### Key dates – August 2018

19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC

22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC.

Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.

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

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

### Big Smiles all round

**A**s you can gather from the heading statement, I have some wonderful news to tell you all about. It's all about a happy ending.

For the readers of *Cottingham Times* and my website, I introduced Lucky last year when I was called out to this pony on a chain, somewhere he should not have been and suffering greatly from an unattended eye injury. His owner could not afford the surgery to remove what was left of the eye yet it could not be left untreated. In every other way Lucky was in great shape with no physical welfare issues at all. He had a wonderful bond with his human which was there for all to see.

Instead of forcibly taking the pony off him, a fund raising attempt was made where many local people plus our local RSPCA centre, came forward with such generosity and the surgery was completed at Rainbow Equine Hospital in Malton.

This done and the strict rehab followed at my yard, Lucky was returned to the care of his very grateful owner. I hated last winter, watching how very hard life is for a pony on a chain and just how much effort his owner put in to making sure Lucky wanted for nothing- apart from that elusive paddock we so desperately needed for him to live life off that dreaded chain. Being entire (a full stallion) put people off helping to home him.

I allowed Lucky to be kept in my hay paddock for a few months through the winter, away from the streets and away from those idiots who think it's funny to release tethered ponies into traffic. That's another story altogether.

This springtime, Lucky went to stay at a farm near the coast for a few weeks where he was let free off that chain. I am very grateful to Victoria for her generosity in caring for Lucky and for offering him the respite he needed. His owner saw how content Lucky was running free and finally gave me permission to get him castrated. Yet again some local people helped by raising the money and yet again the Hull RSPCA centre helped fill in the short fall, to which I am eternally grateful.

To castrate a 13-yr-old, mature horse is not a procedure undertaken lightly and as such needed a general anaesthetic, hospitalisation followed by weeks of aftercare- again given freely by myself and my staff here in Skidby. The unseasonal heat we have been experiencing has caused early fly infestation which led to a serious infection. Poor Lucky has had his bits cold hosed 3 times a day for week alongside Antibiotics and pain relief.

During his rehabilitation here at my yard, I was able to

introduce Lucky to the close proximity of other horses. He learned how to behave nicely and found that he could earn the amazing reward of huge mutual grooming sessions with my two rescue ponies. He was in heaven and has melted into being a normal horse rather than the outcast stallion as was.

Eventually he was moved into being able to live freely with my two ponies, mooching about, grazing and foraging, sharing hay nets and salt licks. Enjoying the gorgeous mutual grooming sessions and finding out how life could be and should be for a normal horse. His owner has enjoyed being with him here, spending time grooming and washing him- and cold hosing his bits!

I have been keeping Lucky's story going in the public eye through my social media sites and he now has a huge fan club of adoring horsey folk who have gained much pleasure in watching him develop this way.

The great news is that a local lady (and friend for over 25 years) and her husband have offered Lucky a free roaming life with her two horses on her rented land. They met his owner, who has since helped tidy up the paddock and will continue to be of help to them and share his beloved pony with them. Plans are to return Lucky to driving, which he loves. Pleasure driving is a lovely pastime and one that they can all enjoy together, once Lucky is completely recovered post opp. Thank you so much guys! xx

This pony is no longer an island. His owner has his pony back and Lucky has travelled full circle into becoming a pony in a proper pony life and will never be on a chain ever again. ☺

I have many people to thank for supporting me through all of this over the past year, both financing the veterinary fees and giving me encouragement.

I have suffered abuse and hate mail because I stood up for one man's right to keep the pony he loves just because he does not fit into some society's. I have learned so much along the way. Life is not black and white. It is filled with grey. Empathy, understanding and sympathy come at a price and cannot be bought. Their value is the greatest thing on earth. Thank you so much to everyone involved.

Lucky really is the Luckiest of Lucky pony's! How happy am I!



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## Cottingham Food Festival returns for sixth year running

Cottingham's highly popular Food and Drink Festival will return for a sixth year running on Sunday 16th September. Located on the Market Green, King Street and Hallgate the Festival showcases more than a hundred of the best food and drink producers from across the region, plus delicious street food, cookery demonstrations and a children's funfair.

Councillor Helen Green who has run the Festival from its start said "This is a fantastic event for Cottingham and I am delighted that it has become such a huge attraction".

"This year I am taking a break from organising duties and have asked The Market Managers to run the Festival. They have a great track record in managing similar events so I know it will be in safe hands."

Caroline Anderson from the Market Managers said "It was a privilege to be asked to run such a high profile Festival and we jumped at the chance. It has developed over the years into a top flight event and we will do our best to build on its success".

"The Festival attracts many thousands of visitors to Cottingham which is a tremendous boost for the village. We are largely keeping to the winning format of previous years but there may well be some new features so it's well worth coming along. We have a fantastic selection of stalls and we can guarantee a great day out".

Popular TV celebrity chef Brian Turner, CBE, will once again headline in the Cookery Theatre. Always a big hit with

audiences he will do several demonstrations during the day. Brian commented "The Festival is such a well organised event and it's a pleasure to be coming back, seeing old friends, making new ones, back home in Yorkshire! Come and see my demonstrations and let's have some fun!"

A number of other top local chefs will also be showcasing their talents and further details will be released nearer the time.



## NHS Retirement Fellowship Group seeks new members

Calling all retired NHS and Social Care workers. Come and join the NHS Retirement Fellowship. This friendly group meets on the 2nd Monday of each month, at the Darby & Joan Hall Finkle Street Cottingham.

Next meeting Monday September 10th, 2-4pm. Featuring Terry Ireland poet & entertainer. For more information, contact Olga on 01482 470971 or e-mail [olgmary1@outlook.com](mailto:olgmary1@outlook.com).



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## *“Taking the soft option . . . .*

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as; “we would love to have a softener, but they are great big ugly things that have to go in a utility room aren’t they?” or “aren’t they very complicated and fiddly to use?” or “don’t you have to lift huge bags of salt?”.

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer’s home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but, although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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## **Skidby Scarecrow Festival winner announced**

The winner of the 2018 Skidby Scarecrow Festival is “Sir David Attenborough - Save Our Oceans”, (a very current topic), which was situated down Rowan Garth.

The event was very well attended over the two days with visitors enjoying the superb weather and an eclectic mix of Scarecrows.

The runner-up was Willy Wonka and the Chocolate Factory.

## **Cottingham Open Gardens Blooms for Dove House Hospice**

New gardens, old favourites, beautiful flowers, enticing plants and exciting attractions were the order of the day for this year’s Cottingham Open Gardens in aid of Dove House Hospice. Taking place on Sundays June 17th and 24th, the Open Gardens allowed visitors from the area to enjoy some of the most attractive and intriguing gardens that Cottingham has to offer.

With the weather being very favourable on both weekends, the Open Gardens committee were delighted to present the hospice with a cheque for £12,200. The event continues to grow for the village of Cottingham and Dove House and is seen as a real staple of annual community spirit with many residents enjoying the variety that each garden brings, along with garden advice, entertainment and lots of cakes!

Dan Clipson, Fundraising Coordinator at Dove House Hospice said, “We are incredibly grateful to the hard work, efforts and support of the people of Cottingham and the surrounding area. The annual event has become one of the hospice’s key fundraisers and we cannot thank everyone involved for their kind and continued thoughtfulness. The proceeds raised this year will help incredibly for our patients here at the hospice”.

## **SSAFA East Yorkshire - Flower Festival at St. Mary’s Church, Beverley**

A Flower Festival titled ‘Beauty from Chaos’, will take place from August 9th – 11th, in St. Mary’s Church, Beverley 10am to 4pm, and August 12th from 12 to 4pm.

Refreshment will be available in the church rooms along with stalls.

The Festival commemorates the anniversary of the end of WW1 and the centenary of the formation of the RAF in 1918.

There will be flower displays showing the different regions of the world where combat took place. One commemorates the bicycle regiment and there will be one on show, also a propeller from a WW1 aeroplane.

SSAFA supports service families, who have served at anytime in the past, by helping to acquire funding to help with hardship and also to visit anyone who needs friendship.

Tickets are available from Beverley Tourist Office, the church or [www.eventbrite/flowerfestival-remembrance](http://www.eventbrite/flowerfestival-remembrance).

Adults £8; Concessions £5; Accompanied children £1.



## More Para Swimming success for Cottingham's Owen Garsides

Owen Garsides, 16-year-old, S14 Para Swimmer from Kingston Upon Hull Swimming Club pictured with his medals when he competed in the National Junior Para Swimming Championships held at The Quays in Southampton. The event organised by the English Federation of Disability Sport in partnership with Swim England.

Owen won seven medals and achieved four new Personal Best times. Bronze medals in the 100m Freestyle, 50m Freestyle, 200m IM, 100m Backstroke, 200m Freestyle, 100m Breaststroke and Silver in 100m Fly.

Owen has also just recently competed in the British Para International Meet World Series and made two men's British National finals at Ponds Forge, Sheffield.

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## Cottingham Primary School Rotary Youth Speaks Competition winners

**B**acon Garth triumph again! For the second year running, competitors from Bacon Garth School, triumphed in the annual Youth Speaks competition, coming first and second.

In its 7th year, this public speaking competition, organised

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by the Rotary Club of Holderness was held on the 12th June at Westfield School, where pupils from six schools in the Cottingham Cluster of Primary schools took part. Speaking to a friendly and sympathetic audience of parents, teachers and Rotarians, each speaker had between 3 and 4 minutes to present the topic of their choice. Pupils from Bacon Garth, Crosby, Dunswell, Hallgate, Little Weighton and Westfield took part. Some schools held their own internal competition to determine their best speakers.

The experienced judges, chaired by Barbara Hoggarth, remarked that the standard keeps rising every year, and was exceptional this year. It was perhaps interesting that 13 of the 15 competitors were girls! The winner from Bacon Garth, was Macy Wilson, whose topic was 'Animal vivisection, critical or cruel? The runner-up was Ebony Davies, also from Bacon Garth, who spoke on 'Should animals be kept in zoos?'. In third place was Libby Young from Dunswell Academy, whose topic was 'Human Rights'. There were other animal related topics, 'My dog' and 'Should humans be allowed to own pets'. Vouchers and certificates were presented by Steve Hardy, President of the Rotary Club of Holderness, and the winning school received £100 and the annual trophy.

For the last 20 years Rotary have organised the Youth Speaks competition for secondary schools in Hull and East Riding, and closing the meeting, Peter Bonavia said he hoped some of the participants of this competition would go on to represent Cottingham High School in the senior competition, held at Wyke Sixth Form College next February. He thanked Sam Hickey, Head teacher at Westfield for once again hosting the competition.

For more information on Rotary and their Youth competitions, contact Peter Bonavia on 01482 840191.



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## 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 walk throughout the year.

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

We pick up 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

C walk 4 to 5 miles may be available (please enquire)

**Sunday 5th August Pick starts at Monument Bridge, along Anlaby Road and Boothferry Road**

Hagworthingham circular

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For a C walk please enquire with the Joint Rambles Secretaries.

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## Sunday 19th August

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B. High Horcum – Skelton Tower – Dundale Pond – Lockton – Staindale Lodge – Fox & Rabbit.

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on [sue@sueoleary.co.uk](mailto:sue@sueoleary.co.uk) telephone 07767420646

Pauline Borger on [Pauline.borger223@btinternet.com](mailto:Pauline.borger223@btinternet.com) telephone 07929933323

Check out the website <http://hullcharambling.wix.com/hull-cha-rambling>

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season; full list available upon request. Choice of guided walk each time usually of around 4 or 8 miles and often with further option to simply enjoy a day at leisure at our scheduled destination.

### Forthcoming walks:

Lathkilldale 5 August, Osmotherley 19 August.

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

Go on .....take those first few steps! Any queries or further info needed? Just ring Alan on (01482) 850997 or Keith on (01482) 782917.

## 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 Group 8-10 miles

B Group 5-7 miles

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

**Sunday 12 August**  
**Sprotbrough South Yorkshire**  
**Sunday 26 August Sandsend**  
**North Yorkshire**

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

## Wykehykers Walking Club

Please come along and try a walk or two with this friendliest of long established clubs before deciding whether to take up membership.

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## See the huge selection of the latest caravans at The Lawns, Cottingham Saturday 8th and Sunday 9th September

**N**EARLY 300 of the latest touring caravans, caravan holiday homes, lodges and park homes will on display at the annual Caravan Extravaganza at The Lawns, Cottingham, on Saturday and Sunday 8th and 9th September.

Other exhibitors at this largest outdoor caravan show in the UK range from individual holiday parks in the UK and overseas, to park groups, decking companies, furniture suppliers and a variety of awnings and accessory companies – featuring everything from electric bikes to motor movers – plus a massive indoor accessory shop.

It is the first opportunity to see the new season's – 2019 – models from a majority of the major manufacturers. This event, which will be officially opened by Chairman of the East Riding Council along with the Lord Mayor of Kingston upon Hull on the Saturday morning, attracts well over 20,000 visitors each year.

The show has been running for more than 40 years at The Lawns, making it the longest running caravan show in the UK. It is organised by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA) which comprises five local manufacturers: ABI UK, Carnaby Caravans, Coachman Caravan Company, Swift Group and Willerby.

The association invites other manufacturers to take part as space allows; others featuring holiday homes, lodges and/or park homes this year are: Aspire Park and Leisure Homes, Atlas Leisure Homes, Oakgrove Park Homes, Omar Park and Leisure Homes with Wessex Unique Lodges and Park Homes, Pathfinder Park Homes, Pemberton Leisure Homes, Prestige and Homeseeker Park and Leisure Homes, Regal Holiday Homes, Sovereign Park and Leisure Homes and Tingdene Homes. Coachman, Elddis (Erwin Hymer Group), Lunar Caravans and Swift will be showing their latest touring caravans.

In line with trends for more spacious accommodation in both holiday lodges and park homes, there will be a record number of "twin units" on display this year: nearly 40 of them from 13 manufacturers.

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

The National Caravan Council and the British Holiday and Home Parks Association have stands where advice will be freely available and charities such as the RSPB, the RNLI and Cats

Protection will be there as well as the Police Crime Prevention Team. First Aid will be provided by Heart Medical.

To keep the youngsters occupied, there will be a small funfair, face painting and balloon modellers, and there will be live music as well as plenty of refreshment stalls, with full meals available in The Lawns Centre.

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

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

Opening hours are from 9am until 5pm on both days. There is free parking with space for more than 4,000 cars; admission costs £3 a person or £5 for a family – and dogs are welcome too (provided they are kept under control on a lead and all poop is scooped).

This is an outdoor event and sensible footwear is advised – so please don't wear flip-flops/open-toed footwear; the ground is uneven in places and can become a little slippery in wet weather.

• Full details, including directions to The Lawns, are on [www.lawnsandbeaulieushows.com](http://www.lawnsandbeaulieushows.com).

## 1st Cottingham Girls Brigade Needs You!

**W**e are the Girls Brigade and we are looking for new members to join our friendly company. It is Girls Brigade's 125th. Birthday and our company turns 40 this November! Come and join the fun and celebrations.

We are here for Girls aged between 4 and 18 and boys from 4 till 7 too. Everyone attends at the same time on the same night as we believe this creates good role models and learning from peers. If you're looking to volunteer you are more than welcome. We are passionate about helping our local community

We have lots of fun on an evening, playing games, working towards badge-work, doing crafts, fundraising, fellowship and taking part in national competitions. Our badge work program teaches life lessons such as charity, anti-bullying and citizenship. We are passionate about teaching children the skills and values they can take with them in to the world.

We meet up with other companies in the area and have craft and fun days on a termly basis plus there is an opportunity to go on camp every other year. This will give the children a chance to form good life-long friendships with other children across the city.

Once your child reaches 8 years old, they can also learn to play an instrument in our brass marching band. You can learn to play a cornet, drum or glockenspiel for only £1 per week!

Come and join us on a Tuesday evening, (6:30pm – 8pm) your first week is free and is £1.50 a week thereafter. We meet at Zion URC Cottingham. We start back on the 11th. September after the summer holidays.

For more information please email: [brookie81@hotmail.co.uk](mailto:brookie81@hotmail.co.uk) or call 07930878959

Until the 8th September there is "The Great GB Logo Trail" taking place in Hull. It is free for everyone. It's our 125 birthday celebration! Please help us to celebrate by finding 11 GB125 Logo's around Hull City Centre. It is completely free and fun.

Maps can be found in Waterstones whom have also kindly donated a prize for you to win. All you have to do is complete the trail and submit your pictures!

Some of our members started us off on the 14/07/18 the event runs until 08/09/18. [https://www.facebook.com/pg/Hullandeastyorkshiregirlsbrigade/events/?ref=page\\_internal](https://www.facebook.com/pg/Hullandeastyorkshiregirlsbrigade/events/?ref=page_internal)

To download the booklet and for more information visit <http://www.girlsb.org.uk/the-great-gb-logo-trail-1176>

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## Hospital to sell coffee to send Ugandan children to school

Visitors and staff at East Yorkshire's hospitals will be using their coffee breaks to send children to school in Uganda.

Hull and East Yorkshire Hospitals NHS Trust is teaming up with Hull Collegiate to support the school's "Safi Coffee" initiative to pay for Ugandan children to go to school and break the cycle of poverty.

Profits from every cup of Safi coffee sold to staff or visitors will help to fund the £180 it costs to send a child in Uganda to school for a year.

Ann Mason, the trust's head of facilities, said the trust started selling Safi Coffee at the café on the ground floor of Hull Women and Children's Hospital from Monday.

She said: "As one of Hull's largest employers, we feel we have a social obligation to support the schools in our area. We heard about this project and thought this was a very good idea for a very good cause."

Hull Collegiate students were inspired to set up the initiative during a school trip to the south west region in 2015 when they saw pre-school children in their bare feet using machetes on farmland because they did not have the chance to go to school.

When they found out it cost just £180 to pay for a child to attend school in Uganda for a year, including the cost of accommodation, food, uniform and healthcare, the school set up Safi Coffee – which means pure and fresh in Swahili - to sell Ugandan coffee.

Using grant funding and the support of local businesses, the school imports Ugandan coffee to sell across the UK, with every penny of profit from Safi Coffee paying for Ugandan children to go to school.

"Children have designed the packaging, painted the logo and are managing the accounts. They are learning about key business skills. It makes sense, for both us and them. It makes a difference."

Ann Mason said: "Not only will we promote and sell the coffee in our outlet, we'll also sell the coffee beans and the ground coffee. Every penny of profit from these sales will go to their cause."

"We're inviting students from the school to set up a stand in the café where they can give information to the public about their project to send children to school in Uganda."



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- 3. We have great facilities** – we offer state-of-the-art surgeries and equipment, as well as online booking and text and email reminders.
- 2. We're always improving** – we've built up a solid reputation over 40 years and we're still growing and developing to provide the best possible treatment and support.
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543-549 Anlaby Road | Hull HU3 6HP

## moonchakafei



**moonchakafei** is a new oriental fusion cafe open in Cottingham, on Hallgate. It opened its doors on Tuesday 10th of July and intends to give you an opportunity to try our fusion tapas type food which we call Otoshi.

**Opening times will be 10am – 4pm and 6pm -11pm**  
We will be selling tea and coffee and as a licenced premises we will also be able to provide wines, cider and beer along with soft drinks.

### Food and drink

Our kafei food we call otoshi much of it is similar to what you may know as finger food or tapas but with an Oriental flavour. We will be demonstrating more of this type of food but by its very nature it will be changed regularly depending on the freshness of meats and vegetables.

**Please drop in and see us at:-**

**moonchakafei, Hallgate, Cottingham, East Riding of Yorkshire**



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

**T**raditional 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.



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## The murder without a body – or audience!!

**H**altemprice Lions' members wish to apologise for the cancellation of their Murder Mystery Night which should have been held last month but had to be cancelled due to a slightly larger attraction – the World Cup!! Whilst we can always hope, we didn't know England would be so successful, therefore apologies to those who had purchased their tickets, but – it will be organised again, watch the Cottingham Times for details of when and where.

The Lions' year came to an end and a new year commenced on 1st July, with a new President installed. John Hall of Cottingham is the Haltemprice Lions' President for this coming 12 months and he has elected to support the M.I.N.D. charity – especially as it affects the younger people – during his term of office together with local and national good causes..

Our next fundraising event is a **Table Top Sale** at the Bricknell Avenue Methodist Church on the morning of **Saturday, 15th September**. Tables are priced at £7.00 each, there are a few left – if you are interested in having a table please use the below contact.

Please don't forget **"Thursday Night is Music Night"** with Sharon Nicholson-Skeggs and her professional artistes to be held at the Hull Guildhall on **Thursday, 25th October**, further details later.

For any information of the Haltemprice Lions and their activities – please contact David Whincup, Tel.01482847367. email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk)

*Pictured above: The newly elected President of Haltemprice Lions, John Hall and his wife Andrea.*

## Advertisement Feature



## Fresh Food on Finkle Street!

**T**he **FOOD Hall Cottingham** opened on Finkle Street in June. This family-run shop has since had amazing feedback from many customers and local businesses with lots of 5\* reviews already on social media and trip advisor.

Offering lots of tasty homemade and freshly baked food; including a wide range of Pies, Quiches, Sausage rolls, Jacket Potatoes, Breakfast sandwiches, homemade Scotch-eggs, freshly made Sandwiches and Salads to order, some Vegetarian & Gluten-free choices, delicious cakes, bakes, treats and much more to get your taste-buds going at great prices.

The selection is already varied and will be expanding even more in the coming weeks, with the feedback and requests from returning customers, and the friendly staff welcome any new suggestions, feedback or ideas you may have.

**Finkle St. and Cottingham Market** - Due to its popularity the store will now also be trading on Thursdays at the Cottingham Market from Thursday 2nd August.

As well as the store and weekly market stall, you will also see The FOOD Hall at the **Cottingham Food Festival** (16th September), **Cottingham Christmas Market** (16th December) and other local events

**Need a buffet?** - The FOOD Hall Cottingham has already started taking buffet orders and will work with you to create a bespoke selection to your individual needs and budget.

The FOOD Hall is open Monday to Saturday, and if you can't get there not to worry as **Delivery** is also available by calling 01482 503926 or visiting "The FOOD Hall Cottingham" on Facebook [www.facebook.com/thefoodhallcottingham](http://www.facebook.com/thefoodhallcottingham).

Tel. 01482 503926. 40 Finkle St. Cottingham, HU16 4AZ



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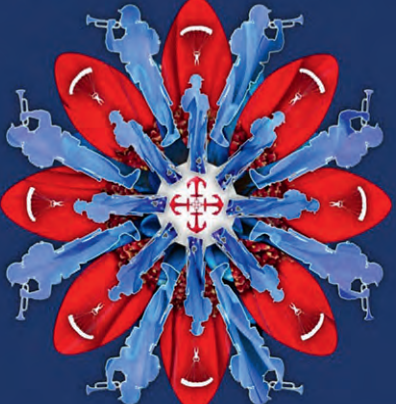
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# flower festival remembrance

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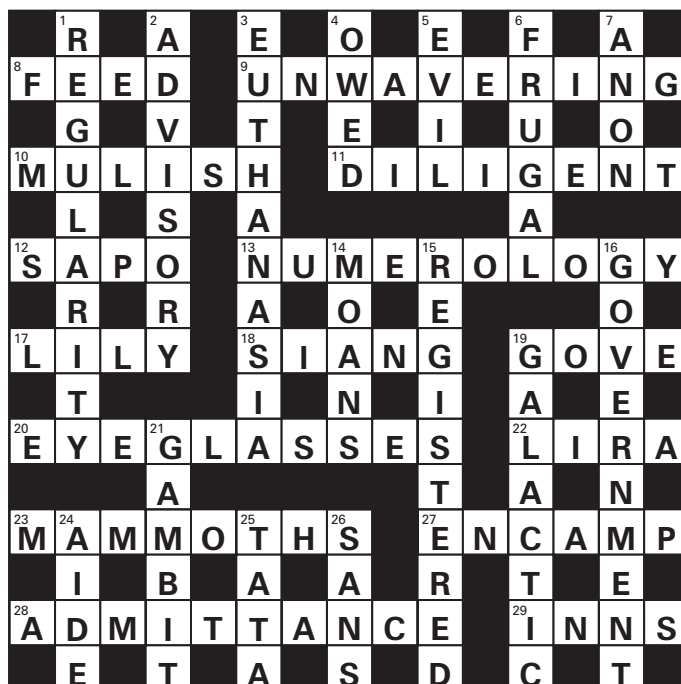


SSAFA is a registered charity in England and Wales (207019) (Scotland) and is a member of the Royal Air Force. St Mary's Church is a registered charity in England and Wales (207019).

## Slimming WORLD

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



## Alternative Health

### Do we really care enough about our health?

This subject has become a very popular media word. As children we are told to stop slouching, tuck your clothes in, where is your coat? (all for the good of your health) we then progress to the work environment, standing or sitting for prolonged periods of time, lifting, pushing and twisting day in day out. Long hours of constant fatigue soon help to create a long list of physical problems, tired feet, a stiff and grumpy back, knees, hips, neck and shoulders - to name just a few! Stiff muscles do not rest easily; our joints tend to contort into very uncomfortable positions (how do you feel when you wake up?)

From the day we are born we have just one chance to get it right - one mind, one body is all we have. In the east the approach to life, diet and exercise is very different, with slow relaxing meditative movements designed to release and free mind and body of all mental and physical stress. In the west we have a need to ask this question - Do we really care enough about our health?

### Relax the Mind & Body - Tai Chi

Tai Chi has been an integrated part of the Chinese culture for thousands of years, they have devised a system of therapeutic holistic exercise that work the whole of the body without the need to strain, relaxing body and mind alike. We in the west seem to accumulate physical and mental stresses creating such problems as back, shoulder and neck strains to name a few. Then there's the emotional pressures a fast paced modern lifestyle brings upon us. So what do we do about it? We thrash ourselves from pillow to post and just about get by!

Tai Chi is a series of slow, graceful, deeply relaxing and yet dynamic movements that creates greater flexibility and suppleness to the whole body, improving posture, balance and co-ordination. People who practice Tai Chi regularly find stress levels reduced and better nights sleep. There are also the deeper more meditative aspects that can be attained. But of course is in accordance to the individuals needs. You can go into a Tai Chi lesson feeling jaded and at the end of your tether and leave relaxed, revitalised and without a care in the world. All of the exercise movements are complimentary to other sporting systems. They can be practised by people of any age and any level of fitness. Individual needs are always catered for. So give yourself some quality time, allow yourself to gently unwind, relax your mind and body, enjoy the Tai Chi experience. A warm and friendly atmosphere awaits you. I have practised this ancient art for about 29 years teaching for 23. I now teach full time with many classes in and around the Hull area, I have also converted the front room of my house in Willerby into a Tai Chi studio for those of you who require or prefer a deeper more personal Tai Chi experience. Telephone Michael Maduro on 01482 651981 for further information.



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