

Cottingham Times

and District

Issue 233 - August 2021



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A word from our chairman

Anyone for tennis?

It's proving to be a summer of sport in 2021, and the Euro 2020 tournament and Wimbledon have lifted all our spirits.

The residents of Magnolia House have really enjoyed watching the England team on their quest to bring football home, as well as getting into the tennis at Wimbledon.

Magnolia House was handsomely decorated with flags and bunting to honour the occasions, thanks to our activities co-ordinator, Sarah Carter.

There was disappointment of course when England lost to Italy on penalties, but the residents were behind Gareth Southgate's team - who did us all proud!

Whether they were eating strawberries and cream during an afternoon of tennis or sitting in the glorious grounds at Magnolia House, our residents have welcomed the return of summer.

I would like to thank the staff at Magnolia House once again for keeping a sense of normality within the care home during the coronavirus pandemic, and ensuring our residents remained safe and happy throughout. We have also been carefully welcoming back relatives with indoor visits.

We are looking forward to welcoming visitors back in larger numbers - and the prospect of parties and celebrations in our grounds - subject to Government guidance on numbers.

*Chris Mitchell, Chairman,
Park Lane Healthcare*

News from Magnolia House Care Home

Strawberry tea party goes down a treat!

Despite not being able to invite everyone to our strawberry tea party this year, it still went down a treat as our pictures of smiling residents show! One of our residents even said it reminded her of the days when she used to go out picking strawberries.

It's great to hear our residents reminiscing about old times, and we aim for the events we put on to encourage this as well as making new ones with their friends at Magnolia House.



Football came to the home!

Like most of the rest of the country, our residents really enjoyed England's run in Euro 2020 - with Gareth Southgate taking the team all the way to the final against Italy!

Residents enjoyed cheese and crackers, sweets, chocolate and pink lemonade as they watched England's biggest game since the 1966 World Cup Final...55 years ago.

The atmosphere was euphoric as our football fans cheered on England when they went ahead, with a number of residents staying up late to watch the dramatic penalty shootout.

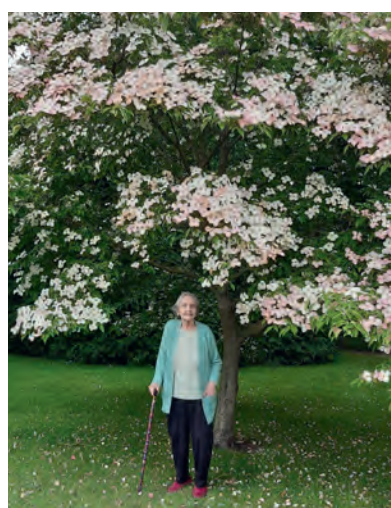
Sarah Carter, the home's dedicated activities co-ordinator said: "Most of the residents stayed up until the end, even though it was quite a long game.

"They really enjoyed themselves and loved seeing the stadium.

"We sat in a semi-circle to try to make it like being at the game."

Sarah made some flags and banners saying, "It's Coming Home!" which the delighted residents waved throughout the game.

Unfortunately, football didn't make it all the way home this time, but as one of our residents said, "although we're disappointed, they did really well".



OUR BEAUTIFUL GROUNDS

Thanks to some welcome summer sunshine, residents have been able to spend more time out in the gardens, sitting on the patio and watching the baby deer who visit us.

Our gardens are full of wildlife and mature trees, including ducks that come and go as they please to our pond and neighbouring waterways.

Residents love to sit outside for breakfast or lunch when the weather allows, and one lady is particularly fond of a blossom tree she has dubbed the Wedding Cake Tree!

Lindsay Altoft, manager of Magnolia House said: "I think it's really important for our residents' wellbeing that they have the chance to enjoy the great outdoors.

"They love to sit out on one of the patios and chat, and it lifts their mood.

"When the weather is warm, you wouldn't think you were in England - it is so peaceful and it's like being on a little holiday!"



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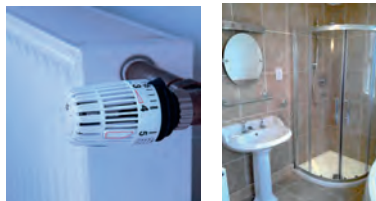
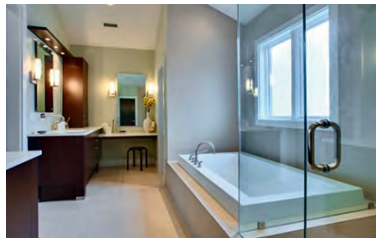
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Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

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

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

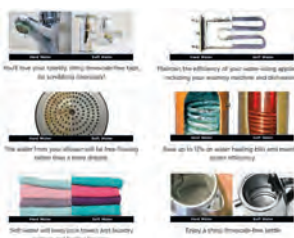


How will I find room for a water softener, they are huge aren't they?

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

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

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



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

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

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

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In Cottingham and District

The deadline for entries in the September 2021 "What's On" section, is no later than the 19th August 2021.

Hull Alpha Probus

Will be holding coffee morning meetings during August in the upper room at Kristoff's on Hallgate. Please note the dates are now 5th & 19th August 2021 at 10:30am. Lunch meetings will re-commence in September. New members are welcome – please contact the Secretary on 01482 348270 for more details..

Yorkshire Country Women Association Skidby Branch

Meeting will be held on Thursday September 2nd, in the village hall at 7.30pm. The event will include a flower arranging demonstration by Angela of The Orange Grove, Hessle. All members and guests welcome. Please contact Celia Parnaby for further details 841370.

Cottingham and Hull Folk Dance Club

The above Club will resume dancing on the 7th of September 2021 in the Darby and Joan Hall Finkle Street Cottingham The evening will start at 7.00 for beginners tuition and practice dances. Dancing will commence from 7.30 to 9.30. All are walked though before put to music, you do not need a partner as all dance sets are made up of members present. There will be a short interval for free tea coffee and biscuits, New members are very welcome to this very friendly club, come and enjoy gentle exercise to music and get fit again after the long period of lockdown. All requirements for covid protection will be adhered to in accordance to government regulations. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482509751.

Bricknell Avenue Methodist Church

Table tennis is up and running again. We have three sessions a week - Monday afternoon 12.30 to 15.00, this is for the over 50s; Thursday morning 9.30 to 12.00 is our Tea, Toast and Table Tennis session (unfortunately without the toast under current Covid conditions!) and is open to anyone looking for a little exercise and a lot of chat! and our third session is Thursday evenings 18.30 to 21.00 and is open to anyone regardless of age and ability. All our sessions cost £5.00 per person per session. Please contact Richard for further details on 07785 924134.

Front cover: Northmoor Lane, Cottingham.

Photo: Paul Lakin.

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Time Travelling app returns with new features and more portals into the past - and needs your feedback

East Riding Archives launched a virtual 'time machine' in 2019. It was called the 'What Was Here' app, free to download on smartphones, and since then it has cemented its place as a heritage tourism experience for the region with two Finalist nominations in the Remarkable East Yorkshire Tourism Awards 'REYTA's.

The time machine has now been given a few tweaks, had a spring clean, and had its design refreshed, and it's ready to take people into the past.

Everyone loves a good heritage trail, and there are now over 21 of these across the Hull and East Yorkshire region, packed onto one app. As well as a new face, the app comes with new mini quizzes and audio commentary features on some of these trails, which adds extra fun to a tour through time.

Archivist and project creator, Sam Bartle said: " 'What Was Here?' has always been a window on the past, where you can look through time at an old scene from the location where it was photographed, but until now it's only been possible to use the 'Camera View' to phase between past and present in the Trails section. Now, we've opened up several of these 'time portals' across the East Riding for you to discover using the 'Map' function. It's a great way to get active and guide yourself around the region to see how many you can find."

"We're also asking for your help and encourage you to leave a review in the app stores once you've downloaded and checked it out. And, if you take part in our simple survey by 21st August, you'll be entered into our free prize draw to win an Amazon Echo Dot!

"One other thing you'll notice on our app homepage is that lots of amazing organisations and projects have partnered with us on 'What Was Here?' to add their own heritage trails to the time travelling experience, including Visit Hull, Visit East Yorkshire, Burton Constable Hall, The Humber Bridge Board, East Riding Festival of Words, Hessle Mill Quarry To Country Park project, Bridlington Townscape Heritage, Sewerby Hall & Gardens, North Yorkshire County Council, with more and more coming onboard the time travelling journey.

Download the free What Was Here app from your app store - just search 'what was here'.

For more information, visit: www.eastridingarchives.blog

To take part in the survey, visit: www.smartsurvey.co.uk/s/WhatWasHere

Visit East Yorkshire page: <https://www.visiteastyorkshire.co.uk/things-to-do/what-was-here-app-p1333901>.

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Cottingham Open Gardens Blossoms with Huge Fundraising Total

It was a delight to see this year's Cottingham Open Gardens return to the community on Sunday 27th June with 19 gardens taking part and in doing so helping to raise £6,257.57 for Dove House Hospice. Gardeners sold plants, enjoyed cream teas and encouraged visitors to take part in the raffle, amongst many other activities to keep supporters entertained during what was a pleasant day for all involved.

Dan Clipson, Regional Fundraising Coordinator at Dove House Hospice said, "We are thrilled with the success of this year's Open Gardens. There have been many challenges this year as a result of the pandemic, so it has been fantastic to see so many people showing their support to this wonderful long-standing community event. We are entirely reliant on donations from the public to ensure we can continue to provide our care for people across Hull and East Yorkshire living with terminal illnesses.

This money will go such a long way in making sure we are there for everyone who needs us. Thank you to the community of Cottingham for continuing to support Dove House in this way".



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The Cottingham Evening Townswomen's Guild sadly closes its doors

The Cottingham Evening Townswomen's Guild, in its 62nd year, has sadly closed due to an ever decreasing membership and no longer able to form a Committee. This was a unanimous decision taken by the remaining members at a recent meeting.

Many happy memories will remain with former and recent members over the last 62 years. Thank you all for your friendship and support.

Residents passes for East Riding household waste recycling sites

From 1 October 2021, all cars entering an East Riding Household Waste Recycling Site (HWRS) will need to display a resident's pass - proving residence in the East Riding - to gain entry to the site.

Every household in the East Riding will receive their household's pass in the post by 16 August 2021 advising of changes to waste collection dates. The passes are provided free of charge, and can be used for any of the ten East Riding HWRS.

If a pass is not displayed within a vehicle, a site attendant will query whether you are an East Riding resident and whether you have a pass. As an alternative, a valid driving licence or utility bill will be requested to prove your East Riding address. Non-East Riding residents will be turned away.

The passes are being introduced to ensure that East Riding HWRS are only used by East Riding residents, which should also help reduce queueing at some sites.

Passes will not be replaced through loss or damage. If residents do misplace their pass they can use an up-to-date driving licence or utility bill displaying an East Riding address instead. All passes will be renewed just before the expiry date of December 2022.

The resident's pass only allows access for residents in a car. If you wish to take a van or trailer over 6ft x 4ft on site, residents will still need to apply for tip permits online at www.eastriding.gov.uk/hwrs-permits

As is currently the case, residents will not be asked to show their new pass or provide evidence of an East Riding address at the Re-use shop at Humberfield.

Councillor Chris Matthews, portfolio holder for environment and climate change at East Riding of Yorkshire Council, said: "The introduction of these resident's passes will ensure that East Riding residents are getting

full use of the waste and recycling facilities available to them. Residents in the East Riding do a fantastic job with their recycling which is there for everyone to see when the recycling league tables are released each year. I would encourage all residents to keep an eye out for their passes through the post during the months of July and August in preparation for this change at the beginning of October."

For further details please visit www.eastriding.gov.uk/residentpass.



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Active Coast – a great way to get involved and join in this summer!

Active Coast, the council's popular programme for residents and visitors to explore and enjoy life on the East Yorkshire Coast, is offering opportunities to join in again this summer!

The summer programme will cover the school summer holidays until Saturday, 4 September.

The programme looks a little different this year, but will still

include Active Coast fun and adventures, with something for people of all ages.

Family events will include stone and sand art family workshops; Coastal Explorers - Stone Art & Fossil Hunt; Family Fun Day at Sewerby Hall and Gardens (entrance fee will apply) and Have a Field Day events at Hornsea and Withernsea.

For young people, there will be beach multi-sport sessions and a Skyball Summer Beach Volleyball Camp. For adults, the popular Beach Yoga will return.

Summer activities will also include the return of Parkruns at Sewerby and the Humber Bridge Country Park, and All Ride



Open Days in Bridlington.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "I am delighted that we are able to bring back Active Coast in 2021! These events and activities have proved hugely popular in previous years, and I hope they will do so again."

"We advise people to go online at www.activecoast.org to explore the events programme for the latest information. Most events this year will need to be booked in advance, and numbers attending will be limited, so go online, plan ahead, and book now for your summer holiday fun!"

Events could change at the last minute, so visit the website, and follow Active Coast on Facebook, Instagram, and Twitter.

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Indeed, Debbie's decision to practice in personal injury law was made after she suffered serious spinal injuries in a car accident in the 1990's, "Such gave me an insight into the difficulties an injured person can face such as trying to do everyday tasks, worries about losing your job and financial strains. It was important to me to have a solicitor who was knowledgeable and committed to helping me."

Helen, heads up Graham & Rosen's personal injury department and has over 30 years' experience with particular expertise in securing compensation for motorcyclists, cyclists and those injured in work accidents. Over the years, her determination has won millions of pounds of compensation for local people and she has fought hard to win claims which other lawyers have declined or which have been heavily contested.

She says, "I am proud that our personal injury team has such a wealth of experience to offer to our clients and that we provide a caring, bespoke service for local people who have the misfortune to suffer injury through no fault of their own."

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Improvements at Cottingham Lawn Tennis Club funded by Commuted Sums

Cottingham Lawn Tennis Club have completed works at the club with £97,451.40 awarded by East Riding of Yorkshire Council as part of Commuted Sums from local housing developments.

The works included replacing the existing floodlights and repairs to the Clubhouse roof which involve stripping the existing felt and overcladding the roof.

This project was part of the club's wider improvement plans for the site.

Doug Jennings, Chairman of Cottingham Lawn Tennis Club, said: "We are very grateful to East Riding of Yorkshire Council for the funding. This will allow the club to make more use out of the clubhouse post COVID, as the roof no longer leaks and the floodlights are now far more efficient both in terms of energy use



and quality of the light. Previously when a bulb went out we had to hire a cherry picker to replace the bulbs each time and there was always a worry that another would go shortly afterwards, but the new LED lights have a 20 year life span. This funding has allowed the club to have the infrastructure in place to further develop the playing facilities in the future."

Councillor Gary McMaster, portfolio holder for planning, infrastructure and housing, added: "Congratulations to Cottingham Lawn Tennis Club for completing these important works, and it is very pleasing that they have been funded by Commuted Sums provided by local housing developments as a condition of their planning approval."

Pictured above: (l to r) : Doug Jennings and Paul Holtby of Cottingham LTC.



Phoenix Walkers are back

And welcome new and old members to enjoy a day out in country or coast.

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Beverley Barge Preservation Society - Sunday opening of MV Syntan and trips on MV Mermaid

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We will be opening MV Syntan to the public and offering trips along Beverley Beck to the Beverley Marina on the following dates.

Sunday 15th August

Sunday 29th August

Sunday 26th September

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Wordsearch - Homophones

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

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

Find the words in the letters above:

Airless, Heirless, Allowed, Aloud, Bald, Bawled, Berries, Buries,
Click, Clique, Cued, Queued, Farrow, Pharaoh, Fisher, Fissure, Frays,
Phrase, Gilled, Guild, Graft, Graphed, Handmade, Handmaid, Invade,
Inveighed, Jewel, Joule, Kneading, Needing, Marquee, Marquis,
Mustard, Mustered, Overdo, Overdue, Paced, Paste, Praise, Prays,
Reek, Wreak, Root, Route, Rough, Ruff, Scene, Seen, Suite, Sweet,
Throne, Thrown, Waist, Waste.

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

Sudoku No. 169

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

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

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MARIONOWENTRAVEL

August where has the year gone? The nights are drawing in yet it feels like the year has only just started. At least we are opening up and starting to have more freedom but we still need to take care. The Government warning was do not book holidays abroad for this summer. The rules are chopping and changing for entry in and out of all countries not only the UK.

Many foreign touring holidays have been cancelled up to the end of September and October is looking doubtful.

Unlike a resort based holiday escorted tours have many elements to be slotted together to create an itinerary.

Our UK tours have proved difficult and have involved many extra hours of work but I am managing to keep interesting itineraries operating for our guests.

Travel documents are arriving later than normal due to last minute changes. We had one Jersey departure in June that involved two changes after final paperwork had been processed! We all need to be a little more patient for the time being with everything in life.

2022, many regular cruisers are booking up for sailings direct from the UK. Fred Olsen have a great selection of scenic cruising. The most popular sailing is the 9 night Arctic & Midnight sun visiting Norway. You cannot beat sitting on deck enjoying the spectacular moving scenery. Don't hesitate to ask for more information I have cruised Norway many times over the years.

Why not make travel to/from your ship hassle free with our home to port service available for any ship departing from any port. Your cruise has to be booked with us!

Emma & I had a wonderful 3 days on the new tall ship Golden Horizon. What a great way to travel powered by the wind. We are just awaiting the return of our first guests and by the time you read this we will have a new selection of departures. Why not take a look on our website? Head to our blog and you will find a photo book portraying the ship with billowing sails, amazing food, views around the ship & cabins. I can really recommend the balcony cabins. www.marionowentravel.com

I was talking to a client looking at our Croatian Coastal Cruise and he pointed out it was a different itinerary to most ships and would complete his missing section. We sail from Dubrovnik to Opatija, 10 cabins are available. Don't forget if you are a regular cruiser with any cruise line you will still get your club benefits e.g Oceans with Fred Olsen when booking with Marion Owen Travel.

We book all holidays with all tour & cruise operators. If you see anything holiday advertised you fancy pick up the phone we will be happy to book and look after it for you. Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday.

We welcome you to visit our office Monday to Friday 10am to 2pm but available over the telephone at all other times. We look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to any corner of our world. It is great to get back to exploring and enjoying wonderful adventures even in the UK.



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16 Nov	Thursford Christmas Spectacular 2 days D B&B	£ 199
18 Nov	Harewood house & Christmas Market Or add an afternoon tea in the Billiard Room!	£ 49 £ 75
26 Nov	Festive weekend with Gin & Wine dinners - 3 days Staying in historic Leatherhead on the River Mole.	£ 299
02 Dec	Thursford Christmas Spectacular & 4th wait list	£ 199
06 Dec	Harewood House with Afternoon Tea	£ 75
11 Dec	Polar Express premium seats, theatrical experience for all ages, PJ's & dressing gowns are suitable attire	£ 85
2022 Tours are growing and more in the pipeline...		
14 Jan	Boundary Mills January sales just for the day	£ 20
16 Jan	Northern Lights flying from Humberside 4 nts from	£ 989
27 Jan	Scotland & a Burns celebration - 5 days DBB+	£ 369
10 Feb	The Pudding club experience - all 7 puds 2 days Inc. A tour of Coventry & a visit to the NM Arboretum	£ 189
20 Mar	Ilfracombe, a great itinerary inc. RHS Rosemore 4 Star Carlton Hotel - 6 days dinner B&B	£ 529
03 Apr	London, Tea at the Tower, ride up the Shard 2 days	£ 199
17 Apr	Floriade & Keukenhof - 5 nights sailing from Hull	£ 599
02 May	Somerset Explorer—5 days dinner B&B	£ 499
17 May	APT Croatian Coastal cruise & Zagreb 8 nights fm	£2345
08 Jul	APT Russian River cruise 10 nights from	£2995
21 Nov	Holly & Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+	£ 465

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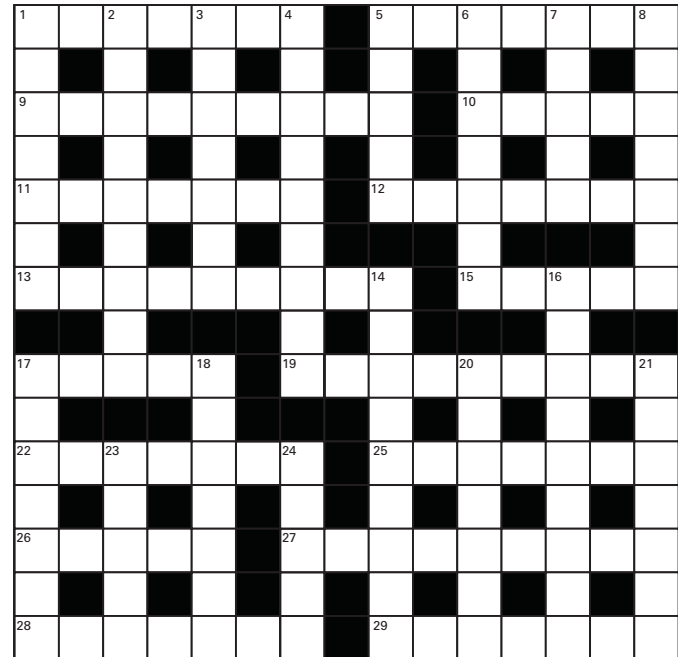
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Crossword – Solution on page 29



Across:

- Extremely cold (7)
- Slave traders (7)
- Composure (9)
- Chieftain (5)
- Trap (7)
- Self-importance (7)
- Weak in willpower (9)
- Gapes (5)
- Electrical safety devices (5)
- Uses (9)
- Lethargy (7)
- Effeminate (7)
- A large stringed instrument (5)
- Rot (9)
- Orange-red dye (7)
- Polls (7)

Down:

- The first 4 books of the New Testament (7)
- Doubters of religion (9)
- Arouse passions (7)
- Sheets of unbound paper (9)
- Move sideways (5)
- Lasting through all time (7)
- A resin used in incense (5)
- Prawns (7)
- Phrases (9)
- Good for you (9)
- Mediterranean sailing ship (7)
- Old Scottish for “Salmon” (7)
- Leaner (7)
- Long pins for holding meat (7)
- A synthetic fabric (5)
- Wireless audio (5)

Crossword courtesy of www.crosswordpalace.com
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Get ready for Wild World Heroes, arriving in East Riding Libraries this summer!

Pack your binoculars and your books and head for Wilderville... It's already a pretty cool place, but there are lots of things that the Wild World Heroes can do to make their town even better for the people and animals that live there.

Join the Wild World Heroes at East Riding Libraries for the Summer Reading Challenge 2021 and discover how to make a difference to the environment, too.

The Reading Agency have teamed up with WWF for a very special nature-themed Challenge that will inspire East Riding children to stand up for the planet.

To take part, simply visit your local East Riding Library to sign up for FREE and get your Wild World Heroes collector poster and stickers.

It's free to join the library - just go online to www.eastridinglibraries.co.uk or pop in to your local branch or mobile (www.eastridinglibraries.co.uk/find-a-library)

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said : "Read six books over the summer holidays, let us know how you've got on and receive a finisher's medal and certificate to show off to all your friends.

"East Riding Libraries can even help you find new books to read and will have some exciting themed activities on offer, too. Follow @ERLibraries on Facebook and Twitter, and @eastridinglibraries on Instagram to keep up to date with our Librarians' reading recommendations for books, eBooks and eAudiobooks."

Children who are members of Rainbows, Brownies, Beavers or Cubs can also use the Summer Reading Challenge experience to count towards their 'Book Lover', or 'Book Reader' badges.

So - get registered, get reading and get ready to go wild this summer!



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Protect yourself and your loved ones by getting vaccinated if you can, keep washing your hands and please respect personal choice as restrictions change.

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To find out how to get a test or book your vaccinations, visit **eastriding.gov.uk/3stepstosafety**



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ON THE GRAPEVINE

WITH ROY WOODCOCK

Wine comes in bottles, right?

Well, yes, and discounting the somewhat fading fad of buying wine in a box, I know I'm stating the obvious, but there's been a couple of interesting developments recently that I thought it worth reporting.

First up, Yorkshire chef Tommy Banks (he of the Black Swan at Oldstead and Roots in York - both Michelin starred) is this month launching a range of wines in cans with his brother James.

Due to go on sale in July, and available for delivery nationwide, the range comprises a South African Syrah Mourvèdre and Chardonnay housed in 250ml cans, priced at £21 for three, £40 for six or £78 for a dozen.

The brothers say they embarked on the project in a bid to make wine more accessible and less intimidating for consumers, and to challenge the preconceived notion that quality wine can only come from a bottle.

Said James: "I often feel like one or two decent glasses of wine but don't want to open a special bottle. These cans will be perfect for those occasions at home or when heading out to the beach or for a picnic.

"The wine world can seem stuffy and that's not our vibe. We're here to prove that amazing quality wine can be drunk anywhere, by anyone." Tommy Banks added: "For us, it's all about putting flavour first. We will only put the best in our cans, sourcing amazing wine from like-minded people."

Canning the wines allows the brothers to release limited-edition batches, working with small-scale growers who share the same passion for quality and responsibility. And the siblings chose to launch with South African wines to help the local wine industry in the country, which has been hit hard by alcohol bans during the pandemic.

Husband and wife team, Gordon and Nadia Newton Johnson, are behind their Syrah Mourvèdre No. 1 and Chardonnay No. 3, which are produced on their family run estate in Hemel-en-Aarde.

The Syrah Mourvèdre is said to be "a powerful and spicy wine, full of dark fruits and pepper", while the Chardonnay is "a complex wine with a creamy mouthfeel and a zippy acidic streak" offering notes of "apples, pears and butter".

Meanwhile, specialist online retailer The English Vine has launched what it claims is the first paper bottle for English wine to house its own range of wines made in Essex. The "Frugal Bottle" is made in the UK by sustainable packaging firm Frugalpac and is five times lighter than a glass bottle with an 84per cent lower carbon footprint.

Inside the paper packaging is a recyclable food grade pouch to keep the wine sealed and secure. The introduction of the paper bottle is part of the Essex-based retailer and producer's aim to sell all of its wines in non-glass bottles by 2026.

According to the retailer, a recent poll of 1,700 UK wine drinkers found that 63 per cent of those surveyed would buy wine housed in a paper bottle.

"As winemakers, we have a responsibility to make positive steps towards more environmentally friendly methods in winemaking. Packaging is a good place to start, as apart from in certain areas of winemaking where glass bottling is required, there is no reason not to make this change other than misplaced preconceptions about packaging for wine," said The English Vine founder, Neil Walker.

"Consumers often view the non-glass packaged options of wine as lower quality, perhaps because in the past it's fair to say there were some more mass-produced, lower quality wines that have used this form of packaging. "However, we want to lead the way to show that your wine will be just as enjoyable and high quality in a more environmentally friendly packaging, such as our new paper bottles," he added.

The English Vine will also be rolling out a "bottomless bottle service" in Essex this summer using its electric wine van.

"Think milk float, but with wine. We've created a service which we'll be offering to local Essex customers, who can use our refillable bottles, and we'll refill them direct from kegs in the van and deliver them to the customer's door and collect their empties," Walker said.

"Our aim is to be 100 per cent non-glass packaging over the next five years. We now need our customers to come along with us on this journey and help break down those preconceptions about non-glass packaging for wine.

"We're hopeful that with an increasing number of people more aware about the carbon footprint of a glass bottle of wine, many will be supportive in this step forward. We're proud to be leading the way in sustainability for wine packaging in the UK," he added.

* English wine writer Amanda Barnes has published one of the most comprehensive guides to South American wine to date, taking in Argentina, Chile, Uruguay, Brazil, Bolivia and Peru. Called The South America Wine Guide, the 528-page book is based on a decade of research and interviews conducted by Amanda while living on the continent. The guide features winemaker and winery profiles, wine region travel guides, and a curated list of each region's best wines via a "Terroir Selection" of 403 wines from over 2,500 tasted.

Printed by Kingsbury Press, The South America Wine Guide is priced at £35. It's also available via Kindle for £21.



BEST BUYS

When In Rome Nero d'Avola

Where: Waitrose

When: Now, until August 24

Why: I may have described wine boxes as a fading fad, but I deny everything after discovering this. I'm really into Nero d'Avola right now (it went well with a mixed grill barbecue recently) and this is a decent price for two-and-a-half litres. Irresistibly fruity red, bursting with aromas of blackcurrant and black cherries.



£19.99 for 2.5 litre box (was £24.99)

Cortese Nostru Nero d'Avola

Where: Cellar Door, Melton

When: Now

Why: From Vittoria in south-eastern Sicily, this is an organic wine with no added sulphur. It has a unique mouth-feel, it is soft and well-rounded, with the purest of black fruits flavours coming through. There is a theory that NSA (no sulphur added) wines cause less of a hang-over, but we don't have data to back that up!



£12.99

Ponte de Lima Loureiro, Vno Verde 2020

Where: The Wine Society (www.thewinesociety.com)

When: Now

Why: Summer in a glass! A vividly refreshing, meadow-scented, gently spritzy and subtly stone-fruited Portuguese white wine.



£7.50

The Doctors' Sauvignon Blanc

Where: Waitrose

When: Now, until August 24

Why: Just what the doctor ordered! It may be low alcohol (something I generally avoid) at 9.5% but this is full of tropical fruit flavours and a great hot day quaffer!



£7.99 (was £8.99)



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

www.instinctivehorsetraining.co.uk

Hands off horses whiskers!

The banning of clipping or shaving off horses muzzle whiskers is finally in the official rulebooks.

Finally, this welfare issue is accepted and has been banned across several affiliated organisations both Nationally and Internationally. This far-reaching welfare concern was headed up by The **World Bitless Association (of whom I am an endorsed trainer)** directly to the world's leading competition organisations where pressure has been placed to change human behaviour. As a direct result of indisputable science led results and findings, the protection of the horse's sensory whiskers has been highlighted as compromising welfare if removed.

Facial whiskers (vibrissae) are a tactical sensory system, just like your pet cats or dogs. No less nor more important to them as with a wild Tiger or Zebra. These sensory hairs have deep follicles with a full blood supply and nervous system feeding into the whole body. They are there to supply vital information on their surroundings.

It can be like pushing water uphill to get real welfare changes implemented into any animal welfare sphere but they are finally happening for horses in competition. Among **stricter rules re the use of the whip and spurs** on competition horses, there are also active rules on tight nosebands with the new **2 finger rule**. This means that horses finally get to breathe and be able to move their jaws more and have less compression/damage done to their sensitive tongues and on the bars of their mouth.

We have much to answer for in how we treat horses when cosmetic appearance, money and results apparently matter more than the welfare of the animals themselves (who are not volunteers in all these choices or situations after all.)

As of July 1st 2021 these important associations have implemented the new rules which will benefit every horse attending the upcoming Olympic Games in Tokyo. The

Federation Equestre International (F.E.I) <https://www.fei.org>, is the umbrella of all International Affiliated competitions. They run the rule book for Eventing, Show Jumping and Dressage.

British Dressage (BD) <https://www.britishdressage.co.uk>

British Eventing (BE) <https://www.britisheventing.com>

British Show Jumping (BSJA) <https://www.britishshowjumping.co.uk>

The British Grooms Association is now advertising that removing vibrissae is illegal for all horses competing under FEI rules. <https://britishgrooms.org.uk/>

We are all watching and waiting for the Showing and Hunting horse worlds to catch up and ban this procedure. Show horses and Hunt horses are clipped out to within an inch of their lives which means there will be massive resistance to change. The show horse is even presented to be judged with all of the protective internal ear hairs removed. This leaves the inner ear in danger of debris falling in. Why we do what we do is beyond me at times. Even eye lashes are trimmed away sometimes -MADNESS!

However, welfare is welfare and it requires human behaviour

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change as always.

Even the general populous of horse owners need to accept this ban by no longer shaving off their horses whiskers in daily life. Most ridden horses are clipped out in the winter. Routinely they suffer the removal of these sensory hairs because it has always been done this way. We are hoping that this ban will filter down through the horse world to every clipped or trimmed up horse, everywhere in the UK.

Switzerland, Germany and France have made it an outright ban across all horse owning sectors. Hopefully the UK welfare laws will soon incorporate this too - forcing the hand of the old fashioned traditionalists.

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www.cottinghamtimes.co.uk - August 19



Too much baggage?

Now, I shall apologise in advance because I am going to mention the word that has been on everyone's minds....COVID. I am sorry to bring it up as I am sure you are all becoming fed up of hearing about it this past 18 months but you may be surprised that it is not only human but animal's lives that have been affected by this horrendous virus.

SEPARATION ANXIETY. You won't be the first person to ask why this is associated but if you take a step back and think back to full lockdown last year, there was working from home plus furlough. What better time to get a pup or kitten when you are at home all day and they have your undivided attention? Maybe, as you have had all the time for training and taking for walks but what about when the house is empty once again? The silence, loneliness and long hours can take its toll and anxiety creeps in showing signs in many ways such as howling, crying, urinating in the house and also stress related medical conditions. I won't go into how to help this (maybe another future article) but more of the outcome.

Sadly, through no fault of their own many of our four-legged friends see themselves in rescue centres through either

divorce, loss of jobs, maybe a new pet on the scene and sadly, plus more frequent, the COVID anxiety situation...the list is unfortunately endless. When we visit these wonderful centres and see the marvellous work they are doing, for myself there is always wonder of what that animal may have gone through to be living



here. You never truly know how they have been treated and what they have had to do to survive. Like I said, this is not always the case and there are very genuine reasons but on the odd occasion, sadly it is a different story.

Like any separation there is always the stigma called 'baggage'. This comes in many forms, but as in the case of these lonely and bewildered pets it is namely behaviour. I could go on and on and get into depth of the whys and wherefores of why they behave differently, but I came across this poem that was in an adoption pack given to one of our clients, and feel it summarises it all.

The meaning of rescue

Now that I'm home, bathed, settled and fed,
All nicely tucked up in my warm new bed.
I'd like to open my baggage lest I forget,
There is so much to carry - so much to regret.
Hmmm...yes there it is, right on the top,
Let's unpack Loneliness, Heartache and Loss,
And there by my leash hides Fear and Shame.
As I look on these things I tried so hard to leave,
I still have to unpack my baggage called Pain.
I loved them, the others who left me,
But I wasn't good enough - for they didn't want me.
Will you add to my baggage? Will you help me unpack?
Or will you just look at my things and take me right back?
Do you have the time to help me unpack?
To put away my baggage, to never repack?
I pray that you do - I'm so tired you see,
But I do come with baggage - Will you still want me?
.....Author Unknown

AND FINALLY.....TALI..

Did I mention some time ago that my plants are now safe from paws and an inquisitive nose? I think I spoke too soon when I heard the crash. One guilty dog stood by a tipped over pot strewn with a climber, or not now, clematis! How can I be cross with that innocent face?

Until the next time... stay safe.

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Advertising Feature

City Group X Launches a Brand-New Adults and Children's Fitness Service in Cottingham

City Group X is particularly proud to launch its new Children's Fitness programme "Born to Move" in Partnership with Les Mills. Born to Move is Designed to nurture a life-long love of physical activity, The programme helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement, and play – and lets them enjoy the energy, confidence, good health, and increased ability that goes with it. Optimized for core developmental stages, BORN TO MOVE features programming for children aged 2-5 and for those aged 6-16.

Amanda Pitts who will lead the Children's Born to Move Programme said "I am so excited and proud to be introducing Born to Move to the local area. I am passionate about helping kids fall in love with moving their bodies and just having a whole load of fun in the process which is so important especially in these unprecedented times.

Rachael Duff, Director said "At City Group X, we understand that the pandemic has had a massive impact on people's lives, and never has physical and emotional

health and wellbeing been more important. We are proud to be launching our inclusive group exercise classes in the centre of Cottingham for ages 3 upwards. She went on "we are proud to be delivering classes at both Cottingham Pavilion and Wyke College providing a range of fitness classes suitable for the whole community in a relaxed non intimidating atmosphere on either a membership or pay as you go basis".

As well as a new Children's Health, wellbeing and fitness brand City Group X has started to deliver a range of Adult Classes in Cottingham including the world famous Les Mills International Classes such as Body Combat, Sh,Bam (Dance), and some traditional favourites including Legs, Bums and Tums, Tone and Conditioning, Yoga and Fitness Pilates. City Group X will also be bringing The American fitness class "Pound" to Cottingham, which is a 45-minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

People can pay-and-go or buy discounted blocks of classes or memberships.

www.citygroupx.com

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www.cottinghamtimes.co.uk - August 21



“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’ Branfield

Never had it so good . . .

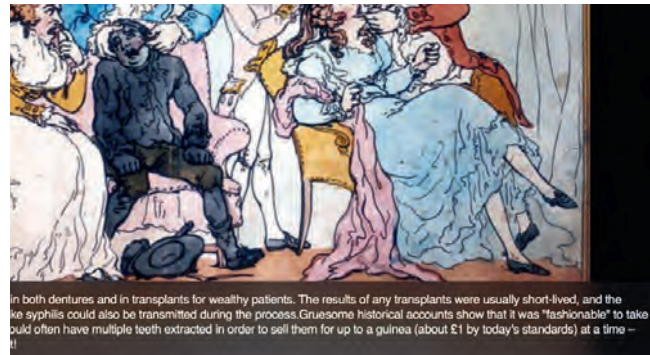
Hello again, I hope that you are safe and well. Another busy month has passed. I’m proud to announce that my daughter, Harriet got a first class honours degree in Speech and Language Sciences from the University of Newcastle. She’s got a job as a speech and language therapist locally working with adults in a community setting. It was years of really hard work. It shows that hard work and focus pays off.

Last Saturday my colleague Ilay and I were on a day long course with the British Society of Dental Sleep Medicine. It was supposed to be a live, in person event originally but I’m glad it was a zoom one in the end. It was interesting and there are some new guidelines coming soon so watch this space

What’s so good then?

Well dentistry has been going on for over 1000 years. It was not quite the gentler art it is today. Rich people would have implants of other people’s teeth. Poor people would actually have their teeth out and sell them.

Since the Middle Ages, people have sold their teeth for use in both dentures and in transplants for wealthy patients. The results of any transplants were usually short-lived, and the practice died



out when practitioners realised that diseases like syphilis could also be transmitted during the process.

In the 18th and 19th Centuries, human teeth set in dentures were the best option for wealthy dental patients whose teeth were rotten from sugar consumption. Unfortunately, live donors were in short supply and grave robbers could only deliver so many teeth.

The battlefield at Waterloo provided ample opportunity for looters to scavenge for teeth to sell, since there were many bodies above ground, in one place. The teeth of dead soldiers would be pulled out with



pliers and sold to early dental technicians who would shape them for dentures. No need for anaesthetic I suppose.

What have the Roman ever done for us?

Tooth whitening? The ancient Romans whitened their teeth using stale urine. Urine contains ammonia, which Romans used to clean and whiten their teeth. The ammonia acted as a bleaching agent and was allegedly very effective! Now I would in no way advocate this and never have. There are better cleaner things to use.

Like I say, it’s never been so good.

A big thank you

Thank you so much to our very understanding patients. As restrictions have been lifted we, as health care professionals need to carry on with the same stringent cross infection control measures and protocols including distancing and universal mask/face covering wear. The feedback has been fantastic and it’s really built trust. Thanks also to my fantastic team. It’s been tough but they’ve looked after me and done a great job.

Let’s all look after each other.


Chris

Until next time. Take care and be good.




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

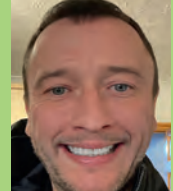
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I would like to big say thank you to Chris for his expertise but more importantly to his staff who were always kind and professional on the phone and in person.

So finally the results. Well what can I say except "wow!" I'm truly amazed at what Chris has done.

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

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to start your transformation journey.

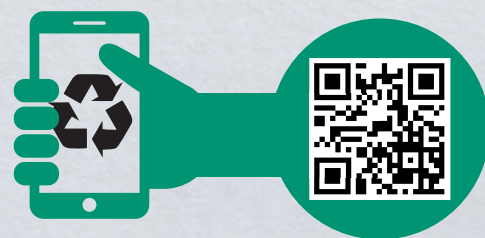
Christopher Edward Branfield GDC Reg No 68346.
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www.eastriding.gov.uk/bins



Motoring - with Roy Woodcock



It's the car that started a craze and the latest Nissan Qashqai looks certain to keep this popular family car at the top of the sales charts.

Roy Woodcock reports

IF you've been paying attention to your TV screens lately you won't fail to have noticed the new Nissan Qashqai. For the car that kicked off the Crossover craze is entering its third generation, with the arrival of a new model in showrooms and a major advertising campaign to support it.

Built in Britain at Nissan's Sunderland factory, the Qashqai has become one of our favourite cars since it first appeared in 2007 and has regularly been in the top five for UK sales.

It has matured to be a car of our times and looks the part in every way with sharp lines, a high tech interior and ready to roll for the electric age.

Priced from £23,535 – a slight increase over the outgoing model – the newcomer will be powered initially by a 1.3-litre mild-hybrid engine developing either 138 or 156bhp.

Later, it will be joined by the first of Nissan's new e-Power engines that uses a 1.5-litre petrol engine to generate electricity to drive the car.

The range opens with the Visia trim, powered by the 138 horsepower engine with a manual gearbox. Stepping up to the Acenta Premium model sees the price rise to £26,135 with the same engine and gearbox combination, though the more powerful version 156bhp 1.3-litre petrol unit is priced from £26,855 – a £720 premium. This model is also available with an automatic gearbox, taking the price up to £28,455.

N-Connecta and Tekna trims are available with every powertrain offered on the new Qashqai, starting from £28,305 and £30,845 respectively. These grades also offer the option of four-wheel drive, but this set-up is only available in conjunction with Nissan's more powerful 156bhp 1.3 DIG-T engine and CVT automatic transmission, with prices starting from £32,335 in N-Connecta trim.

There's a range-topping Tekna+ trim too. It's not offered with the entry level 138bhp engine and manual gearbox, and is only available with the more powerful 156bhp engine, either with front-wheel drive (manual or CVT automatic) or four-wheel-drive. It's priced from £34,175.

Both Tekna and Tekna+ are highly equipped with the likes of a 10.8-inch head up display, a 12.3-inch TFT instrument panel and a nine-inch central display screen connected to the NissanConnect navigation and entertainment systems which are fully smartphone compatible.

The new car is bigger all round than before – its 35mm longer, 32mm wider and 10mm higher – with a wheelbase increased by 20mm which has improved handling considerably.

Luggage capacity is also increased and ranges from 436 litres to a maximum of 1,621 litres with the rear seats removed. With them folded flat the available space is 1,379 litres.

Nissan's engineers have been very clever with the rear door design on the new car which now open to 85 degrees – much wider than before – making getting in and out easier and a great bonus to anyone needing to strap a youngster into a child seat.

Extra legroom in the rear is also significant and the cabin is much more comfortable and user-friendly with high quality trim and pleasant design throughout.

Everything about the car moves it up a league in terms of quality and refinement and the same is true about its performance.

The top-of-the-range cars tried with the higher-powered engine saw acceleration from 0 to 62mph in 9.2 seconds with a top speed of 124mph for the automatic and 9.5 seconds and 128mph for the manual with official fuel returns of 43.8mpg and 44.1 respectively. Emissions are rated at 146 and 145g/km.

The handling and composure of the car is much improved and it feels nicely solid and accommodating with a good degree of noise insulation keeping the cabin nicely quiet. It is also the first Qashqai to come with the option of 20-inch wheels which add to the looks and robust feel.

The auto version has a short gear selector which not only looks contemporary but is splendid to the touch and the car has a multi-mode drive selector to get the best out of the powertrain.

The Qashqai drives with a big car feel and with quilted leather seats including a massage function standard fit on Tekna+ models there are plenty of luxury touches.

For many it is the ultimate Qashqai and the changes made to the latest model are sure to keep its status as a top-seller.

* More information at www.nissan.co.uk



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|---------------------------------------|---|
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- Conversational Spanish for beginners: meeting and greeting – essential vocabulary

Arts, crafts and creative

- Aboriginal art
- Extending creative writing skills
- Extending photography skills
- Fruit jam and tomato chutney
- Getting started with interior design on a budget
- Getting started with patchwork and quilting
- Getting started with photography
- Getting started with pottery
- Italian cookery: risotto, gnocchi, tiramisu
- Mexican folk art
- Moving on with creative writing
- Moving on with photography
- Optical art
- Pop art
- Pottery workshop
- Spanish cookery: tapas, chilli jam, andalusian style chicken, sautéed chorizo, patatas bravas, prawn tapas
- Vegetarian and vegan meals

Computer and digital skills

- Computers for complete beginners
- Computers for improvers
- Digital skills for life and work
- Improve your computer and digital skills
- Preparing yourself for virtual learning
- Recognising scams and associated risks

Health and wellbeing

- Healthy chats: making every contact count
- Mindfulness
- Money management for employment
- Self esteem and confidence building

Working with children

- Behaviour management in a learning environment
- Child and adolescent development
- Introduction to supporting teaching and learning in schools and the award in support work in schools
- Level 2 award in support work in schools

Counselling and mental health

- Award in mental health awareness level 1
- Counselling level 2
- Counselling level 3 diploma
- Dyslexia awareness - level 1 award
- Introduction to counselling
- Introduction to psychology
- Managing stress
- Mindfulness
- Self esteem and confidence building
- Understanding Asperger's
- Understanding dyslexia

English and maths

- English for life and work (flexible learning)
- ESOL – communication and technology - beginners
- ESOL - me and my family - beginners
- Improve your English
- Improve your maths
- Maths for life and work (flexible learning)

Some courses are virtual - check online for more details

www.eastriding.gov.uk/learn
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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

- 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.

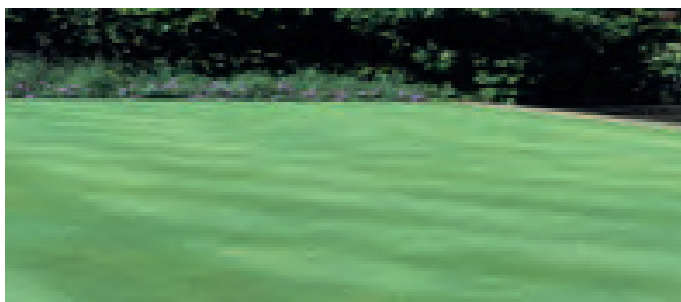
- Make sure they are delivered on the day you intend to lay them although they will keep for three to five days.

- 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 2021

By Kay Gower

Aries (Mar. 21- April 20)

You set out to do one thing and by the end of the month wind up on an entirely different path. Allow these changes to happen. What may seem like a detour is in fact your main road.

Taurus (Apr. 21- May 21)

Take some time to reflect and let your mood run its course. Leave others to their own devices and get creative. The month end brings a determination to succeed.

Gemini (May 22-June 21)

The best tactic for dealing with this month might be to focus on what's going right instead of trying to fix what's wrong. Don't worry about which side of the bread to butter - August will be delicious either way.

Cancer (June 22-July 22)

Why is it that you always get stuck with the argumentative? Probably it's because you can recognise their need to feel important. Use this information in order to defuse their sting.

Leo (July 23-Aug 22)

Don't stand on the edge watching everyone else enjoy themselves - good times are for you, too. The new moon in your part of the sky on the 8th is about to give you a push onto the dance floor of life. Enjoy.

Virgo (Aug 22 - Sept. 23)

Something is coming to an end, August may see you beginning to loosen the bonds of a relationship or perhaps an activity that was once important. You can begin to look forward to a new and exciting phase in your life.

Libra (Sept. 24 -Oct. 23)

You do all you can, and that's all you can do, now sit back and allow Lady Luck to play her part. Listen to what she tells you - luck loves a listener.

Scorpio (Oct. 24 - Nov. 22)

Everything will start falling into place and a family situation will be resolved. The end of the month is also your chance to make plans to go somewhere or do something unusual.

Sagittarius (Nov. 23 -Dec. 21)

Your mind is full of exciting plans as hope returns with a vengeance. The month of August begins and you feel like the world is your oyster, so get cracking. Money comes rolling in as a result of a good idea.

Capricorn (Dec 22.- Jan. 20)

You'll like the hand life deals you. It will be an odd collection of characters and circumstances, but together it all works to make this game called life an interesting one. You'll play your cards like a winner.

Aquarius (Jan 21 - Feb 19)

Finally things are beginning to shape up. This is turning out to be an interesting chapter in your story. Some new characters will contribute to the plot, life is waiting for you, so take a deep breath and just get on with it.

Pisces (Feb. 20-Mar. 20)

Now is the time to take care of you. Your body has its own intelligence, and it's deep and even more intuitive than your mind. Your health improves quickly after the full moon on the 22nd.

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Crossword solution from page 14

1	G	L	A	C	I	A	L		5	S	L	A	V	E	R	S
	O		G		N		O		I		G		L		H	
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17	F	U	S	E	S		18		19	F	U	N	C	T	I	O
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22	L	A	N	G	U	O	R		23		24	E	P	I	C	E
	U		Y		M		A		N		M		S		W	
26	C	E	L	L	O		27	D	E	C	O	M	P	O	S	E
	C		O		N		I		E		E		M		R	
28	A	N	N	A	T	T	O		29	S	U	R	V	E	Y	S

Sudoku Answer from page 12

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



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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Skin Problems:-

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

Muscular, Neurological, Skeletal and Vascular:-

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

Internal:-

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



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

Men's Problems:-

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

Women's Problems:-

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

Ears, Eyes, Nose and Throat:-

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

Cancer and Tumour:-

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

Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

Mental and Emotional:-

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

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

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



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