

Cottingham Times

and District

Issue 193 - December 2017



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1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
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Editor: Keith Teale

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Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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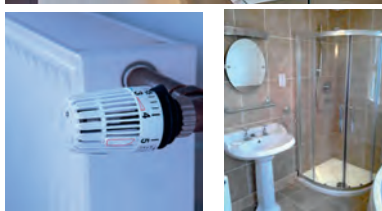
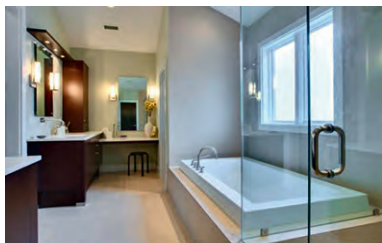
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In Cottingham and District

Skiby Village Hall

Saturday 2nd December - Skidby Village Hall will be holding their Christmas Fair at 10am-3pm. Free entry, refreshments available during the course of the day.

Cottingham Ladies Circle

Thursday 4th December - Christmas Lunch at the Lawns, 12 noon for 12.30pm.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 5th December - 7.00 pm (note time)

Tuesday 19th December - 7.30pm

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk

The Back Care Group

Tuesday 5th December - Community Social, 1.00 pm for 1.30 pm. Faith Lunch and all bring food to share. Christmas Quiz, Carol Singers, Musicians welcome, raffle to cover cost of room hire, free admission. For further information tel. 01482 353547. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church).

Bishop Burton Gardeners' Club at Beverley

Tuesday 5th December - How Trees Work - Professor Rowland Ennos. At 7.45 pm in St Mary's Church Hall, North Bar Within, Beverley. You are welcome to join us for a talk by Janette Merillion entitled 'Spring Fever'. Entry for non members £4 which includes tea/coffee and biscuits. For more information contact 01482 865432. New members welcome.

Haltemprice Art Group

Tuesday 5th December - Christmas Celebrations, Demonstrations, Workshops, Appraisals, etc. Members £2.50, Visitors £3.00. Meetings are held in the Cottingham High School, Harland Way (Art room on first floor). 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 6th December - Master Mariners in late 17th Century Hull - Mike Rymer, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 6th December - Ladies Christmas Lunch. Lunch is a joint one with members of the Alpha Probus Club, to be held at the Lawns Cottingham, at 12 noon for 12.30 pm. £17.50.

East Yorkshire Group of the Hardy Plant Society

Thursday 7th December - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Members Evening, Seed Swap, Quiz, etc. Christmas Bring and Share Social. Further information from Lois Scott 01482 494276. **PLEASE NOTE NEW VENUE!**

**Front cover: South Street, Cottingham.
Photo: Paul Lakin.**

Skidby Branch of the Yorkshire Countrywomen's Association
Thursday 7th December - The Skidby Branch of the Yorkshire Countrywomen's Association meet at 7-30pm in the Village Hall to hear about Hull City of Culture. All welcome.

Hull and East Riding Glaucoma Group

Friday 8th December - at HERIB on Beverley Road, from 11am - 1pm, when our invited speaker is Pat Savage, the Glaucoma Nurse Practitioner from the Eye Hospital. Always a very welcome guest, Pat will be talking to us about the Glaucoma Clinic, as well as addressing concerns and questions raised by members of the group. Join us at HERIB on Friday 8th December at 11.00 am. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482342 297

East Yorkshire Embroidery Society

Saturday 9th December - Karen Lane - 'My F Plan Diet' Fabric, Fibres and Felt, in the Darby & Joan Hall, Finkle Street, at 2.30 pm. Members £1.50; Visitors £2.50. Includes coffee and biscuits. www.eyes-embroidery.co.uk

Cottingham Catholic Women's League

Monday 11th December - Christmas Party, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Arterian Singers.

Tuesday 12th December - We would like to invite you to our Christmas concert, where we will also be joined by the Hull Choral Union Junior Chorus. The concert is to take place at Cottingham Methodist Church, Hallgate, on Tuesday 12th December at 7.15pm. We hope you will come and enjoy the concert, and join in some of the carols! Admission £6, to include refreshments. (Accompanied children under 16 free)

Cottingham Women's Institute

Tuesday 12th December - Festive Fun and Songs - Cherie Lawrence. Competition: Small Christmas Table Decoration, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Evening Townswomen's Guild

Wednesday 13th December - Charity Cheque Presentation, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 13th December - Men Only Christmas Lunch, to be held at the Lawns Cottingham, at 12 noon.

Cottingham Singers

IMPORTANT! COTTINGHAM SINGERS, CHANGE OF DATE.

Wednesday 13th December - Due to unforeseen circumstances, the Cottingham Singers Christmas Concert, will now take place on WEDNESDAY 13th DECEMBER, at 7.30pm (NOT 6th December), at Bricknell Avenue Methodist Church. Tickets are available on the door, priced £4.50 (including refreshments). Any enquiries, please phone Janet Burton on 01482 442894. Come along and listen to and join in with some well known carols, Our guest choir is Hedon Mixed Voices Choir.

Continued on page six

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www.cottinghamtimes.co.uk - December 5

East Riding Cricket Society

Wednesday 13th December - Meet in the Brewery Bar, King William IV, Hallgate, Cottingham, 7.30pm for 7.45pm. Speaker: James Buttler. What's it like to be the son of a famous sporting father? Find out from Ian & Liam Botham, David & Grahame Lloyd, Jonny Bairstow, Darren & Jake Lehmann, Arnie & Ryan Sidebottom, Micky & Alec Stewart - just some of the top names interviewed in James Buttler's Following On: In the Footsteps of Cricketing Fathers. Signed copies - £10 - available on the night. Coming up - Martyn Moxon, Andrew Gale. Everyone welcome - £15 a year / £5 on door. More information - Maggie Sumner 01482 861848. <http://ercsoc.blogspot.co.uk/>.

Beverley Film Society

Thursday 14th December - A Man Called Ove (2015). Sweden Comedy Drama 115 mins. Ove, an ill-tempered, isolated

retiree, who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbours. Directed by Hannes Holm, the film was nominated for two Academy Awards. At Parkway Cinema Beverley. Films start at 7.30pm on the 2nd THURSDAY* of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members); £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 14th December - Christmas Party. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 14th December - Red Skies Ukuleles, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

St Michael's Church, Skidby

Saturday 16th and Sunday 17th December - St Michael's church, Skidby will be holding a Christmas Tree Festival on 16th and 17th December in church. Trees will be decorated by various groups within the local community to represent their activities and there will be 2 junior and the 2 adult prizes for the best trees. Opening times 10 - 3 on 16th and 11 to 3 on 17th. Entry fee for adults, £2, including programme. Under 16s free.

East Yorkshire Woodturners.

Tuesday 19th December - 6.45 pm: Woodturning demonstration by popular internationally renowned turner Nicos Siragas, from Crete. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door). For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 19th December - Christmas Party, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Men's de Luda Society

Wednesday 20th December - Memories - Robin Russell, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.



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Cottingham Methodist Church, Hallgate

Friday 22nd December 2017 - Free Film Night - 6.40 for 7pm.
Refreshments including ices on sale.

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 concentration on balance and breathing skills with a 1 to 1 helper in the water. You may have a disability or a profound fear of water, we can still help you. 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 6pm for beginners, both children and adults, and 7pm for adults only. (Please note there is a waiting list for Thursday evenings). For further information 'phone Beryl on 01482 353547; kelsey59@kelsey59.karoo.co.uk.

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 revtrev38@gmail.com

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.

Continued on page eight

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

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What's On - Continued from page seven

Hull Folk Dance Club

Tuesday 7:30 to 9:30 Darby & Joan Hall, Finkle St., Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come on your own or bring a friend for light exercise in a friendly environment. All dances are walked thorough. Before being set to music. No experience is necessary, Beginners. Classes are offered and everyone is welcome. Your first visit is free. More information from Keith Alexander on 01482 509751 or Jan Gray on 01482 840637. www.folkdance.me

Kirk Ella & Willerby Short Mat Bowls Club

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

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at the Zion URC Church, every Friday night at 8pm. For more information call 01482 830083. Free-Confidential-Advice. **PLEASE NOTE NEW VENUE!**

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.

Cottingham Rangers AFC

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

Continued on page 17

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WHAT IS PROBATE?

I often get asked this question by clients. I need Probate, what does this mean?

A Grant of Probate is a document that is issued by the Court which gives the Executors of a Will the legal authority to deal with the deceased's estate.

If you die without a Will, this is called Intestacy. You may still need a Grant but in an Intestate estate it is called a Grant of Letters of Administration from the Court.

Many of my clients say 'my mother's or father's Estate needs to go to Probate!' This just means that the institutions where their parent held assets will need the official document from the Court to be able to sell or transfer that particular asset.

A Grant of Probate is nearly always required for the sale or transfer of a property.

When someone passes away, it is usual to obtain the value of the deceased's estate and determine whether or not the Grant of Probate is required.

All property of the deceased would usually be valued and then an application for the Grant of Probate would be sought from the Court.

After the Grant of Probate (the official document) has been received, you can then proceed with the realisation of the Estate.

Executors do have to take care that they protect themselves from claims and also distribute the Estate in accordance with the Will, or if the deceased died without a Will, then under the Intestacy Rules, which were amended in 2014.

The process of dealing with someone's estate can be traumatic but some of my clients see it as the grieving process. That said however, it can still be a distressing experience and by asking a lawyer to deal with the matter this can greatly assist in dealing with all aspects of the Estate, including protection of any claims against the Executors by any creditors and dealing with any persons trying to make a claim.

Having drafted Wills for over 18 years, I have assisted clients all the way through the process, from making their Wills to dealing with Probate after sadly losing loved ones. A compassionate approach is needed to deal with this type of legal work to guide and help the clients through the legal process, as well as being there for clients whilst they are going through the grief process, which can greatly assist along the way.

If you would like any assistance in regard to Probate or Wills or Lasting Powers of Attorney then please do not hesitate to contact myself or one of our team.

Lisa Nurse
Head of Private Client Dept

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

New gadgets for Christmas. The biggest seller again this year will probably be tablets. The iPad is the original and still the best, with the standard 9.7" screen version usually selling for £339 which is actually £60 cheaper than last year. The smaller iPad Mini with a 7.9" screen retails at £419 owing to a new model being released (version 4). Both are very easy to use thanks to the Apple operating system, extremely portable and very fast. If you have KC Lightstream Wi-Fi at home, then connect your iPad (or iPhone) to the 5g network for the best performance. Other tablets on the market include the Amazon Kindle Fire, and the Samsung Galaxy Tab which both use the Android operating system found on most other mobile phones. If you just want a tablet to read books on, then the Kindle is the one for you. It comes in various models

including the new waterproof one I mentioned last month.

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If you're planning a quiz at Christmas this year, here are some computer-related questions for you:

Q: Who invented the first 'computer' called the 'difference engine', spending £17,000 on design & production, and died in 1871?

Q: Which UK celebrity made the first mobile phone call on 1st January 1985?

Q: What year was the (computer) mouse first invented?

Q: Who was fired from his own company in 1985 but came back to make it the richest brand in the world?

For ten questions and all the answers go to my website: www.rdmcomputers.co.uk/news

Another article on the website which I hope will come in handy is a new one I have just added on the subject of: **Transferring pictures from a digital camera or memory card to your computer.**

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Microsoft Office tips:

- If you are using Office 2013 or 2016 and often work on the same documents or spreadsheets in Word and Excel, you can pin them to the top of the Open menu. When you click File and Open, you will see a list of all the items you have opened recently, just click the pin to the right of the title and these will stay at the top of the menu.
- Can't find how to do something? At the top of the screen you'll see a light-bulb icon with 'tell me what you want to do' – just type your question in there and it will guide you through it.
- Lost the Office Ribbon across the top of the screen? Just press CTRL and F1 to get it back.

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 as I have many times before. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (which 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 previous two 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. Or if you would like a copy sent by email, just drop me line.

Richard Mills

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Wordsearch - Christmas Gift Ideas

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

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

Find the words in the letters above:

Baking, Belt, Book, Bracelet, Candles, Candy, Chocolates, Clothes, Coffee Maker, Coffee Mug, Cologne, Cookies, Doll, Earrings, Electronics, Flowers, Game, Gift Basket, Gift Card, Herbal Teas, Jewelry, Money, Movie, Music, Necklace, Necktie, Pants, Pendant, Perfume, Plant, Scarf, Shirt, Slippers, Sneakers, Socks, Stuffed Animal, Sweater, Television, Tool Set, Toy, Tree Ornament, Watch, Wine.

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

Sudoku No. 130

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

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

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MARION OWEN TRAVEL



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Season's Greetings

Christmas opening hours

We are having a holiday - our office will be closed

Saturday 23rd to Tuesday 26th December

Saturday 30th December to Monday 1st January

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

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We also offer special departures, many escorted, with travel to the airport. Our Tuscan Gardens now has limited seats and below are two of our newer additions, call for more details.

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As I have now run out of space that is it until the New Year!

Wishing you a merry Christmas and every good wish for a happy healthy new year. We look forward to creating your special memories when we book your next holiday where ever in the world you have on your "Book it List"...

Marion, Lynne, Julie, Barbara, Rosie, Alison, Margaret & Dave.

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27 Jan	Celebrating Burn's Night 2 day weekend dinner B&B	£ 115
08 Feb	World of Rhubarb, talk & 3 course lunch Just for the day	£ 49
02 Mar	Thoresby Hall 3 night weekend "Big night Live" Latin Tempo	£ 259
03 Mar	Harry Potter & RAF London : entries & 1 night DBB	£ 149
20 Mar	Millstones Belly busting, fun day out. Great food & dancing	£ 40
11 Apr	Crazy for You - Starring Tom Chambers matinee Bradford	£ 59
12 Apr	Springtime in Norfolk 4 nights at the Links Country Park itinerary inc. Thursford, Blickling, Felbridge, Kings Lynn, rail & sail	£ 449
11 Apr	Crazy for You - Bradford's Alhambra great seats for matinee	£ 59
06 May	Mike James Orchestra & Nottinghamshire 2 days HB	£ 125
09 May	Matthew Bourne's Cinderella, matinee Bradford Alhambra	£ 59
13 May	Isle of Man, 5 nights half board & full sightseeing programme	£ 595
31 May	Llandudno 3 nights at the lovely Tyndale Hotel Half board	£ 299
22 Jul	Tatton Park Flower Show & Renishaw 1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle 5 days half board	£ 485
05 Sep	Musical, An officer & a Gentleman, Bradford Matinee	£ 59
06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£1125
14 Sep	Star break Alexander Armstrong at Thoresby Hall 3 nts	£ 449
15 Oct	Enchanted Forest & Castles of Scotland 5 days	£ 415
10 Nov	Thursford Christmas Spectacular - 2 days & best seats	£ 185
08 Dec	Thursford Christmas Spectacular - 2 days (+ 11th Dec)	£ 185

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DEC 17*

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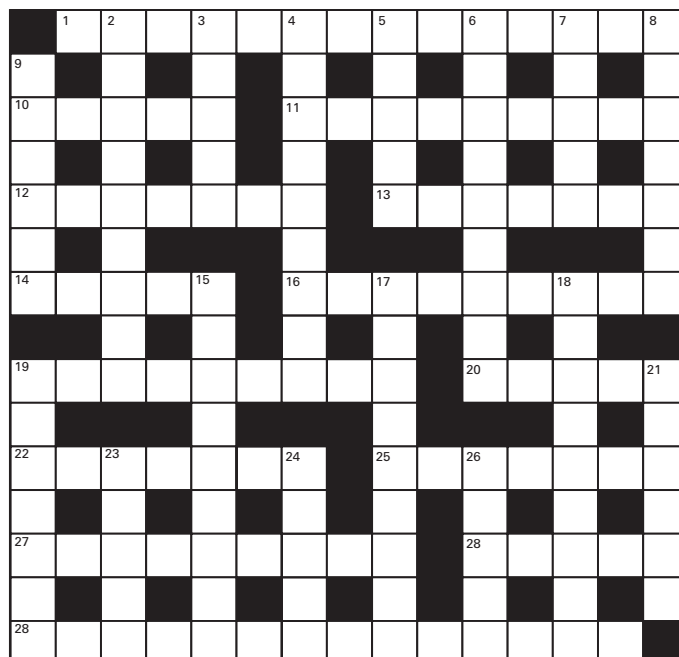
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Crossword – Solution on page 46



Across:

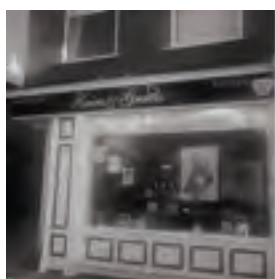
1. Blameless (14)
10. A radioactive gaseous element (5)
11. Defeated (9)
12. Silly (7)
13. Not darker (7)
14. Rip (5)
16. In an uncontrolled manner (9)
19. School terms (9)
20. Draws through a straw (5)
22. Commanded (7)
25. The central theme (7)
27. Long and thin (9)
28. Parental brother (5)
29. In a worryless manner (5-9)

Down:

2. A message via wireless telegraphy (9)
3. Boredom (5)
4. Secretariat was one (9)
5. Declare invalid (5)
6. A "sand clock" (9)
7. Charred (5)
8. Aged (7)
9. Transplanted tissues (6)
15. Damage one's reputation (9)
17. Courier (9)
18. Pertaining to modern science or equipment (9)
19. Nuptial (7)
21. Sifts (6)
23. Perishing (5)
24. Pilot a car (5)
26. Gravy (5)

Crossword courtesy of www.crosswordpalace.com
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Hairs & Graces Boutique



Step inside our boutique salon for a truly unique experience. We offer a range of hair services, all personalised to each client to help you get the perfect style for you! We are a unisex salon for all ages in the heart of Hallgate Cottingham.

Hairs & Graces was established in 2012. In 2017 Nichola made the decision to move the Salon to Cottingham from Willerby, as she is local to Cottingham and feels we have something special to bring to the village .. we are a Salon with a difference, it's the perfect place to get away from the hustle and bustle

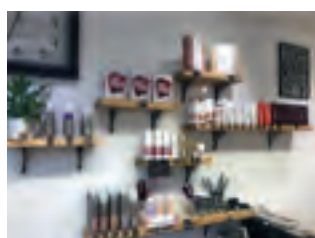
of every day life. We are a small enthusiastic team who aim to make every client feel comfortable with a one to one experience even when we busy.

We welcome you to book a FREE coffee and a consultation for up to 30 minutes. During your consultation we will work with you, to help you find your perfect style and/or colour, we will analyse your hair and create a completely unique style for you.

There is something for everyone, from hair extensions to personalised colours.

Try our blow-dry menu where you can select one of our specialist styles for those big nights out, a special occasion or just if your in need of a pick me up.

But, if your short on time we have a quick fix menu, where the services take up to 15 minutes they're quick, stylish and effortless!



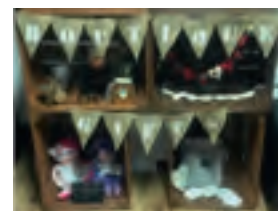
You can also book a styling experience with one of our stylists, you can book a one to one session or get the girls together for a group session where we will show you the top tips to help you style your hair at home! We will show how to use the products and equipment to get the most out of your hair.

We have a range of offers available in salon, 15% off on Tuesdays and Wednesday for over 60's, Gents night £10 on Thursdays 4pm - until late, 20% student discount Tuesdays-Friday and 10% on Saturdays. 10% off for NHS Staff.

All new clients to Hairs & Graces will receive one of our new client offers. In the new year the salon will be offering Indian Head massage.

Standing alongside our range of Wella professional products we have a range of small boutique gifts.

Whether you're a last-minute shopper or are looking for that gift for someone special, your sure to find



something. You can also order Party Lite candles, there is a wide range of gorgeous candle holders, tealight, wax melts and much more. You can also book to have your own Party Lite party!

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For Appointments Tel: 01482 651228

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**To use in January 2018 for all new clients. To be used on Hair Services over £35
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In the Kitchen



Roast turkey with a herb & pancetta lattice

The perfect roast turkey – tender and full of flavour, with crisp, golden skin

- Christmas
- Preparation time: 15 minutes
- Cooking time: 35 minutes per kg (about 3-4 hours) + resting
- Total time: 3-4 hours 15 minutes + resting time. Serves: 8

Ingredients

- 1 Free Range Bronze Feathered Turkey, about 4-6kg
- 2-3 fresh bay leaves, torn
- 1 lemon, cut into quarters lengthways
- 1 onion, peeled and cut into quarters
- 450g pack Waitrose Sausage-meat Stuffing (optional)
- 50g butter, melted
- 6 fresh sage leaves (optional)
- 95g pack Cooks' Ingredients Italian Sliced Pancetta
- 2 x 276g packs Waitrose Three Little Pigs (optional)

Method

1. Preheat the oven to 180°C, gas mark 4. Remove the giblets and reserve for turkey stock if making. Season inside the turkey. Place the torn bay leaves, with the onion and lemon quarters, inside the turkey's larger cavity. Stuff the smaller neck cavity with the sausage-meat, if using, pull the skin back over the neck and use a cocktail stick to secure underneath the bird. Calculate the cooking time, allowing 35 minutes per kg (including stuffing).

2. Transfer the turkey to a large roasting tin, breast-side up. Brush with the melted butter and season the skin. Cover with foil and roast according to the pack instructions. Remove the foil 30 minutes before the end of cooking, arrange the sage leaves over the turkey breast, then criss-cross the pancetta rashers in a lattice pattern across the breast. Arrange the Three Little Pigs, if using, around the turkey. Return to the oven and continue to roast until the turkey and little pigs are cooked through.

16 December - www.cottinghamtimes.co.uk

3. Check the turkey is thoroughly cooked by inserting a skewer into the thickest parts of the breast and thighs: the juices should run clear, and there should be no pink meat.

4. Transfer the cooked turkey to a serving dish, cover with buttered foil and keep warm. Allow to rest for at least 30 minutes.

Easy cranberry sauce

- Christmas
- Preparation time: 5 minutes
- Cooking time: 20 minutes
- Total time: 25 minutes. Serves: 8

Ingredients

- 250g pack fresh cranberries
- Juice and finely grated zest of 1 orange
- 100g light brown muscovado sugar
- 3-4 tbsp port

Method

1. Place the cranberries and the juice and zest of the orange into a small pan with 150ml cold water to cover. Bring to the boil, then simmer gently for 10 minutes until the cranberries have softened and started to burst.

2. Add the sugar and port, and stir until the sugar has dissolved. Simmer for a further 5-7 minutes until the sauce has thickened. Transfer the sauce to a small bowl and serve warm or cold.

Cook's tip. Get ahead: make the sauce up to a week in advance, cool and keep it in the fridge, or store in the freezer for up to 3 months. Defrost thoroughly before use.

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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

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

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.

The Cottingham Whist Club

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

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Continued on page 23

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at

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ON THE GRAPEVINE

WITH ROY WOODCOCK

The Champagne season is now officially open

Champagne season is now officially open and although anyone knowing me well will testify I enjoy any excuse, any time, to partake of a glass, the fact is, apart from Valentine's Day, we buy more of the stuff for Christmas and New Year than at any other time.

It's a great party drink, of course, and we Brits do tend to drink it on its own, chilled as an aperitif, but it does prove to be an extremely versatile wine to pair with most special meals; although do avoid heavy food like roast meats (none with the turkey, then!)

I'll be starting off on Christmas morning with a glass of Champagne while opening presents with the family - a "posh" breakfast of Eggs Benedict and Champagne is a real treat - and I'll certainly be popping a few corks in the run-up to midnight on New Year's Eve, but in between there will be plenty of other chances to enjoy a glass of fizz.

It's well suited, for instance, to a plate of fish and chips - Champagne has a lot of acidity in it and helps cut through the oil in the batter and chips. And fizz can be a great when snacking - try a rose variety with crisps, for instance, or Jaffa Cakes, where the combination of bitter orange and dark chocolate sits really well with the bubbles. Ideal as you prepare to doze off in front of the Christmas TV.

It doesn't have to actually be Champagne, of course, as sales of other types of fizz testify. But what's the difference?

Unlike other sparkling wines, Champagne may only be produced in the Champagne region of north-eastern France where the chalky soils are perfect for growing Chardonnay, Pinot Noir and Pinot Meunier - the varieties that make up this sophisticated fizz.

Producers follow very traditional methods to ensure the exclusivity and premium quality of Champagne. Grapes are picked by hand, not machine, and the wine is always aged for a minimum of 18 months.

Also, the second fermentation always takes place in the same bottle that the wine is sold in; this is called Méthode Champenoise.

Prosecco is a popular sparkling wine from northern Italy with gentle bubbles and a clean, distinctive apple-like finish. The key to Prosecco's international success lies in its easygoing friendly drinkability.

Like Champagne there is a secondary fermentation, however the difference with Prosecco is that this happens in stainless steel tanks under pressure rather than in the bottle. The result is a much purer expression of the Prosecco grape, and less of the bready, yeasty, biscuit aromas associated with Champagne.

Cava, meaning "cellar" in Catalan, is a delicious sparkling wine from Spain. Similar to the production of Champagne, secondary fermentation takes place in the bottle. Known for its rich citrus flavours and creamy notes, try a glass of cava with traditional tapas for an authentic Spanish experience.

Finally, English fizz is enjoying huge popularity at the moment and some of the very best, such as Nyetimber, can be more expensive than non vintage Champagne. Many English vineyards benefit from chalk soils similar to those found in Champagne and the result is a very similar wine.

Forgetting fizz for a moment, Burgundy, both red and white, will definitely figure over the festive period; either would partner with turkey or duck; my preference would be for a light Pinot Noir - having very little tannins this red won't overwhelm the delicacy of the meat tastes.

In the case of duck, however, you will need to be careful if it is to be cooked in any sort of fruit sauce, such as orange or cherry, in which case an off-dry or sweeter white, such as a German Riesling, will balance the fattiness of the duck.

Pinot Noir and Chardonnay are the two great grape varieties of Burgundy, a region which runs from Auxerre in the north to Lyon in the south, and Pinot is really one of THE food friendly wines, suiting everything from roast ham with mustard to those Burgundian favourites like coq au vin and boeuf bourguignon.

White Burgundies are all produced from Chardonnay grapes and include famous examples like Chablis and Pouilly Fuisse; we'll certainly be drinking some of the former with our smoked salmon over the festive period - the two seem like a match made in heaven to me; equally it's a wine that will match well with prawns and other rich shellfish, including oysters.

Later in the Christmas meal I'll definitely be passing the port (an aged Tawny would be a good choice) to go with the pudding as well as the mince pies. Simply a delicious combination.

Port also works well with chocolate puddings and cheese; a vintage port with Stilton is unbeatable in my opinion. But for that other great Christmas indulgence - sherry trifle - I've grown really partial to a glass of sweet Sherry; Pedro Ximenez being mind-blowingly good.

Just a flavour, then, of what I will be drinking at Christmas.



BEST BUYS

**Andre Carpentier
Champagne****Where:** Tesco**When:** December 12 to January 1

Why: Is £10 Champagne too good to be true? They'll be plenty of bargains this month but this is a more than decent buy. Plenty of mineral and citrus zest on the palate, but otherwise broad and quite classic.

£10 (was £12)**Foscato Prosecco****Where:** Co-op**When:** Now, until December 12

Why: A Co-op exclusive made by the La Marca co-operative in Veneto. This mouth-watering fizz is slightly creamy on the palate with a touch of white apple and citrus thrown in for good measure. A party essential.

£6.99 (was £8.99)**Chapel Hill Pinot Noir****Where:** Waitrose**When:** Now, until December 26

Why: A medium-bodied wine that shows true varietal character. Subtle savoury, black cherry scents are followed by light bramble notes, with a hint of smoky oak finish. Matches roast turkey, duck with mixed fruit, sprinkled with this wine.

£5.99 (was £7.79)**Taylors Select
Reserve Port****Where:** Co-op**When:** Now, until December 12

Why: Matured for about two years in oak vats, where the port softens and develops without losing its fresh, intense fruity character and deep ruby colour. Excellent accompaniment for rich cheeses, dried fruit, and desserts made of chocolate or black fruit.

£7.69 (was £10.69)



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The festive season is here again

Presents are bought and wrapped, cards written, turkey and decorations prepared and Christmas stockings are put up. We can even buy an advent calendar for our pets (not human chocolate of course) but who puts a stocking up for them? We do in our house. Softies I know ... two dog and one cat stockings are hung up ready for Christmas Eve (not forgetting Peta and Potter our 2 rabbits).

The thought has not entered our heads to leave them out the picture of their sad eyes longingly looking on Christmas morning, does not bare thinking about, but how many of us have spared a thought for all the strays out there who do not have a loving family to call there own? They still long for a good meal, they still wish to laze by the fire on a cold winters night, they still crave the company of humans no matter what ill fortune went on in their past, but most of all...they still possess those 'bright eyes' that reflect a longing to find a loving family they can call their own.

The Hull Animal Welfare Trust (HAWT) at South Cave are full of 'bright eyes' belonging to various shapes and sizes of our four legged friends. They are all waiting to find their special family to give them the love and trust they so rightfully deserve. Have you also ever wondered who looks after them until this happens? It is the wonderful staff and volunteers at the HAWT who willingly give up their time and energy every day of the year, to provide a temporary home for our friends.

On the odd occasion a dog, cat or rabbit will be convalescing from an operation or illness so, therefore, one of the many foster homes are



contacted so they can recuperate in a more quiet place as in the case of a gorgeous dog named Noah. I shall pass you over to Annie, his foster carer, who will tell you his story....

"This is Noah. He's a saluki/lurcher cross who was rescued as a stray in Hornsea. The poor boy was found with a broken leg which, the vet told us, had been broken for quite a while.

He was taken in by Hull Animal Welfare Trust (HAWT) and went immediately for an operation on his right, front leg which, because it had two breaks, the vet decided to pin. Consequently, Noah has had his leg fully bandaged for about eight weeks and each week he has gone to the vets for the bandage to be changed. I think he liked these visits as the veterinary nurses just loved him. Thankfully, he is now slowly on the mend and is beginning to use his leg again. He's been through an awful lot of distress and really deserves a very special, new home.

Noah has been living with his foster mum, Annie, since his operation and will be recouping with her until he is well enough to be found a forever-home through applications on the HAWT website.

Noah is a really lovable dog with a super personality. He likes people, especially children, and always wants to stop and talk with them. He enjoys interacting with other dogs and is at the stage where he wants to play.

Noah would fit easily into a home that already has a dog or, as long he is not left alone for long periods of time, would also thrive as an only dog. He is house trained and, at night, sleeps happily in his bed in the kitchen. He is an absolute delight."

Noah is only one of the many dogs waiting to be re-homed, along side cats, rabbits and other furry pets. Please do not hesitate to give the HAWT a call if you feel you can offer a forever home.

We at KINGSTON also like to help over the festive period and this is where our food collection bins come in. Each of our branches have a collection bin placed in the reception area where any donations of food no matter how big or small, may be placed. It is not only for dogs and cats.....please do not forget the many rabbits and guinea pigs waiting for homes. Please try to give as much as you can, every little helps and they would be so grateful.

Have a wonderful Christmas and a very Happy New Year!





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

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

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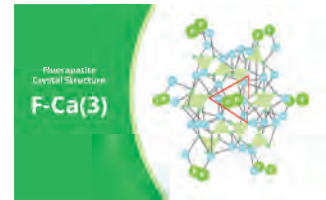
Hello again. I hope that you are well. There’s been no let up this month. We are constantly looking for better ways to do stuff and how technology can help. We are very close to drastically reducing the number of conventional impressions we need to take because of advancements in technology. Exciting stuff.

Bioglass, What’s That?

A Bioglass is a compound that contains calcium, sodium, silica and phosphorous. It was originally developed by the military to help mend bones back in the late ‘60’s. In 1996 two dentists, almost by accident, found that it can be used to treat tooth sensitivity (now used in Sensodyne Repair and Protect) and this works very well. The hard crystal in teeth and bones is hydroxyapatite. On contact with water or saliva the glass breaks down and forms hydroxy carbonated apatite (HCA). This is a similar crystal and gives a protective layer or skin on teeth to reduce sensitivity.

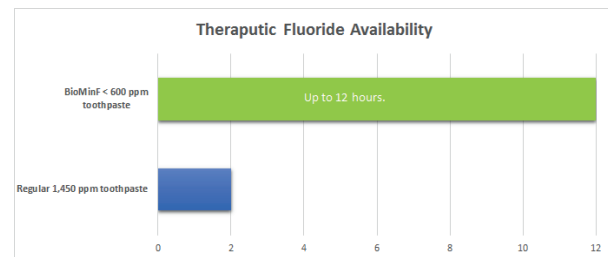
Let’s Talk About Fluoride

Oh, I can feel your excitement at that! Please hang-in and bear with me. We’ve known for ages that fluoride reduces tooth decay. As I have said the hard crystal in teeth is hydroxyapatite. When exposed to acid in the diet or that made by bacteria in the mouth from sugar (tooth decay) the apatite breaks down or demineralises. Fluoride, when available, helps speed up remineralisation of the tooth and actually becomes incorporated in the apatite. It replaces the “hydroxy” bit to make a crystal that is more resistant to acid (fluorapatite). How cool is that? Worth the wait? I’m really quite geeky about this stuff, can you tell?



Now For The Really Clever Stuff

There is now a new Bioglass that has been combined with Fluoride in much lower levels than in conventional toothpaste. A team at Queen Mary University London under the direction of Professor Hill developed a toothpaste that could slowly release fluoride for up to 12 hours. This toothpaste called BioMinF, releases fluoride to fight decay and essential tooth building minerals of calcium and phosphate to rebuild the tooth



surface. This is the Fluorapatite. This is important to reduce decay, acid erosion and tooth sensitivity. Regular fluoride toothpaste and even high concentration fluoride toothpaste have soluble fluoride that is washed away in about 100 minutes. This wastes most of the fluoride. BioMinF is intelligent toothpaste. When the mouth becomes an acidic environment, BioMinF releases additional essential minerals. These minerals actually work to neutralise (stop) the acids in the mouth and protect and repair the tooth surface.

Smart Fillings

There is now work on smart filling materials and dental cements that work in a similar way to the toothpaste so they not only repair the teeth structurally but chemically on the surface as well. Let’s see how that goes, eh. Fingers crossed they cut the mustard.

All The Best To You

Have a fantastic Christmas and best wishes for a great New Year in 2018

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 24 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s humanitarian work go here now www.castleparkdental.co.uk

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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.

Scottish Country Dance Club

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

Loudhailer Acoustic

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

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmee79@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 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 and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Cottingham Methodist Church hall, Hallgate

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

Continued on page 29

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Yorkshire Dales Walk - Ingleton Waterfalls Walk from Ingleton

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

Nat Park - Yorkshire Dales

County/Area - North Yorkshire

Author - Lou Johnson

Length - 4.3 miles / 7 km

Ascent - 750 feet / 227 metres

Grade - easy

Start - OS grid reference SD694730

Lat 54.151901 // Long -2.470014

Postcode LA6 3HX (approx. location only)

The Ingleton Waterfalls Walk was described by A. W. Wainwright as 'the most delightful walk in the country?' Offering two valleys with a variety of waterfalls and a



stretch of open limestone country in the Yorkshire Dales who could ask for more? Starting from Ingleton, the route is normally undertaken in a clockwise direction and takes a few hours to complete. Perhaps best seen after heavy rain, the walk is also an attractive proposition even in periods of dry weather.

Ingleton village offers a range of parking opportunities. You can use the main pay and display car park adjacent to the excellent information centre (grid ref. SD694730), on-street parking (in short supply at busy weekends) or the large car park at the entrance to the walk (grid ref. SD693732). Whichever option you choose, make your way to the entrance to the walk, which is signed throughout the village. There is a charge of £6 for adults which includes free parking at the start of the walk.

Directions for the walk are not necessary as the path is easy to follow and well maintained. There are many steps to negotiate and the route is not ideal for those with pushchairs. Young children need careful 'management' as there are several steep drops off the path into the rivers. Refreshments are available at the start of the walk and twice during the walk (in season). Often there is also an ice-cream van parked conveniently on Twisleton lane.

After parking follow the River Twist upstream through Swilla Glen passing through pleasant woodland. The entrance fee includes a map which highlights the main waterfalls to be encountered along the way. The path climbs steadily and makes two crossings of the river. Eventually you reach open country and Thornton Force the highest waterfall on the route. The path then leaves the river valley and climbs up to Twisleton Lane.

The route turns right along the walled lane and continues past Twisleton Hall and down to Beezleys. On this section, you have some fine views of Ingleborough. From Beezleys the path descends alongside the River Doe passing more waterfalls on the way back to the start. The path finishes in Ingleton village with a plentiful supply of refreshment opportunities. If you have parked at the entrance to the walk then you will need to walk down to the car park from the village.

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Christmas is a time for family, friends and lots of laughter. When you visit Coletta & Tyson this Christmas you will definitely feel the festive spirit. With the huge Christmas department, which boasts a huge selection of real & artificial Christmas trees, indoor and outdoor lights, decorations, novelty items, wreaths and garlands and a huge range of amazing Christmas gifts. Your Christmas this year is going to be even more beautiful and festive than ever before!

Selecting and decorating the Christmas tree is one of the key festive traditions, and nothing compares to the wonderful fresh pine scent, appearance and texture of a real Christmas tree.

The traditional Christmas tree is the Norway Spruce which we have available in 4ft-10ft starting at £9.99, but as an alternative we also have the beautiful Nordmann available in 5ft-8ft starting at £29.99 and Fraser Fir available in 6ft-8ft starting at £29.99. Just remember to give your tree plenty of water and follow our simple steps to ensure that your beautiful natural tree takes pride of place in your home this Christmas.

Before you buy your Christmas tree, make sure you know how much room you've got to house it. Measure the ceiling height and width of the space and take a tape measure with you. Follow these tips on choosing a real Christmas tree and you won't be disappointed:

- Look for a green tree with no sign of brown needles. Check that the trunk is sturdy and straight and the tree has a good, even shape with well-spaced branches and no obvious gaps. Needles should stay fast if you gently run your fingers down one of the lower branches.

- Once home, place your tree outside preferably under cover and out of the wind. Place it in a bucket of water until you're ready to decorate.

- Before you bring it into the home, saw 2.5cm (1in) off the end of the trunk.

- Place the tree in as cool a position as possible – ideally well away from radiators and open fires.

26 December - www.cottinghamtimes.co.uk

- Christmas trees keep best in water rather than soil or sand, which block the pores in the bark, so use a specially designed Christmas tree stand.

- Top up with water with a little sugar added – you may find your tree needs as much as 2 litres (3 pints) a day.

FESTIVE PLANTS

Flowering and colourful plants are always a joy to give and receive at Christmas. Their bright, cheerful appearance, especially those with red flowers, bracts and stems, lifts the spirits and epitomises the season.

Follow these simple guidelines to help your festive plants perform superbly right through the Christmas season and well into the new year.

CYCLAMEN

Cyclamen are one of the most charming winter-flowering plants with exotic-looking swept-back flowers in intense shades of red, purple, pink and white with heart-shaped, silver-veined foliage.

They are easy and rewarding houseplants, provided you meet their requirements – a cool spot (12-15°C) that's brightly-lit, but out of direct sunlight. Over-watering is one of the chief causes of their demise. When the compost surface feels dry immerse the pot in a bowl of rain water for 20 minutes then pour the excess away.

CHRISTMAS ROSE

Said to have sprung from the tears of a young girl who had nothing to offer the Christ child, the Christmas rose (*Helleborus niger*) blooms in the darkest months of the year, making them a valuable asset to any garden. Native to Europe, the Christmas rose grows 38cm (15in) high and bears single white flowers about 8cm (3in) in diameter from December to March. Grow in a sheltered position, in soil with plenty of added organic matter

AMARYLLIS

Hippeastrum or amaryllis is an indoor plant producing large, colourful showy flowers on tall stems in winter. Give plants plenty of light so the stems don't become too leggy. Support stems with a short stake to keep them upright under the weight of the flowers.

After the blooms have faded keep the bulbs in a warm place and resume watering the next autumn.

10 Jobs for this month

1. Check greenhouse heaters
2. Protect any tender plants with horticultural fleece
3. Prune acers, birches & vines before Christmas to avoid bleeding
4. Reduce water for houseplants
5. Increase feed and provide plenty of fresh water for the birds
6. Continue to deadhead pansies and violas to encourage flowering through the mild weather
7. Plant Winter flowering shrubs to add colour to your garden
8. Harvest leeks, parsnips, winter cabbage, sprouts and remaining crops
9. Check that your Winter protection structures are set up and in place
10. Clean up and cover your garden furniture to protect over the Winter

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POINSETTIAS

Their name comes from Joel Robert Poinsettia, who introduced them to the USA from Mexico, about 1828. And even though poinsettias now come in different colours, the red and green classic is the most popular. Poinsettias are easy to care for. To enjoy them as long as possible put them in a bright, warm spot, around 20°C without draughts. Do not overwater by leaving water in the saucer – water only when the potting mixture is almost dry.

FORCED HYACINTHS

Bowls of forced hyacinths that have been grown in the dark to encourage them into early flower add a delightful scent to the home. To prolong flowering, place in a sunny spot away from draughts and radiators. Stand the pots on shallow trays of moist gravel. Cut off the flowers when they die and give the bulbs some liquid feed until the leaves begin to fade. Gradually dry off the bulbs and plant them out in the garden to enjoy in years to come.

Make your own Wreath

Wreaths are a lovely way to enhance the festive atmosphere in your home, welcoming Christmas visitors at your front door. They are quite simple to make and we stock everything you need to make your own this year.

- You will need a wire frame made from two circles of wire looped together or a length of wire mesh (rolled into a sausage shape and bent to form a circle) or a ready-made wire ring from your local florist; florist wire; some greenery (ivy, laurel leaves, leylandii, Lawson's cypress and holly work well); and berries, cones and seedheads.
 - First attach a length of florist wire securely at the top of the frame to hang your wreath.
 - Cut small bunches of foliage to 25cm (10in) lengths and wrap a piece of wire around the lower end of the bunch. Attach the foliage to the ring with another piece of wire. Keep repeating the procedure a little further down the frame, ensuring the bunches overlap, leaving no obvious gaps.
 - At first you may find the foliage slides around a little, but the more you add, the more stable it will become. Keep your work flat on a tabletop to prevent movement.
 - For a really full wreath, fill both the inner and outer parts of your frame with foliage. The more you add, the better it will look.
 - Attach your decorations by twisting wire around the base of the cones, berries and seedheads. Twist the ends firmly together and push the wire into the wreath frame. Secure by twisting the ends again at the back of the wreath.
 - Finally, attach the finished wreath to a nail on your front door for all to see and admire.
 - You can create beautiful natural garlands in a similar way. Use florists wire to attach overlapping bunches of evergreens and decorations to a length of rope.
- Alternatively if you haven't got the time to make your own we have taken the hard work out for you and have a beautiful range of real wreaths & pomanders dressed to enhance your home and doors this Christmas.

Events at Coletta's

Saturday 2nd December -

Breakfast with Santa 9.15-10.15am £10.99 per child (booking required, please call 01482677521)
British Heart Foundation Charity Raffle

Sunday 3rd December - Headway Tombola

Thursday 7th December

Late night shopping until 8pm with free mulled wine on arrival. Plus pulled pork burgers & hot dogs available.

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Your Stars for December 2017

By Kay Gower

Aries (Mar. 21- April 20)

It's a good month for you, one you'll remember well. The next 3 weeks bring the resolution of old conflicts and perhaps the birth of new dreams. You may be asked to make a commitment soon. Only you can decide if this will make your life richer.

Taurus (Apr. 21- May 21)

The stars line up this month and their influence will begin to move you away from the conservative or outdated. You are likely to meet a number of unusual and interesting people. You're being drawn to those who are more creative, or eccentric in some way.

Gemini (May 22-June 21)

December's new moon on the 18th will highlight any problems in close relationships. Be prepared to meet a partner half-way, compromise is your most successful option. On the work front, advance and achieve - retreat, and you'll be watching someone else achieve. Your choice.

Cancer (June 22-July 22)

The heavens suggest that the 10th December is significant (in a good way), although I just can't pin down why! Financially the picture is bright, trust your intuition to guide you, it's working to your advantage and you won't go far wrong.

Leo (July 23-Aug 22)

You have been mulling over an idea, but perhaps you're not quite ready to commit just yet. There's still a little while before the new year - then you really must decide.

Virgo (Aug 22 - Sept. 23)

You say the right thing at the right time. But what is perhaps even better is that you avoid saying the wrong thing or to saying too much. Your use of silence is genius especially around the 17th.

Libra (Sept. 24 -Oct. 23)

December is a time for expressing your real desires, feelings and the love you feel for others. Your fun-loving, or dramatic side is accentuated. Sports, games, entertainment, and creative activities are all well starred.

Scorpio (Oct. 24 - Nov. 22)

You may go through quite a bit of money, but if you can stay focused, you'll be able to bring in quite a bit too. You can achieve an enormous amount at this time because you'll put your heart and soul into whatever you do.

Sagittarius (Nov. 23 -Dec. 21)

Just because someone has a good idea doesn't mean it's a good idea for you, too. Be wary of signing up for new responsibilities, services or even credit. Weigh up your options especially around the 11th and 12th.

Capricorn (Dec 22.- Jan. 20)

Allow the past to guide you into the present. Everything you are today is a result of who you were yesterday and you're old enough to look back with a smile ... when you believe in you, everyone else does, too. The stars line up for a wonderful Christmas.

Aquarius (Jan 21 - Feb 19)

Your opportunities will be numerous and exciting. The next five weeks bring home improvements and possible lifestyle upgrades. You get to meet people in authority and make a favorable impression.

Pisces (Feb. 20-Mar. 20)

The best is yet to come. This isn't optimism — it's the truth. Instead of waiting for 2018 to begin - you may as well start celebrating now.

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 January 2018 "What's On" section, is no later than the 15th December 2017.



"Fantastic Beasts and Where to Find Them" - Saturday 16th December at 7.30 pm

Swanland Village Association are delighted to announce the film showing at 7.30 on Saturday 16th December will be the amazing "Fantastic Beasts and Where to Find Them", at Swanland Village Hall. Set in 1926 New York City, this film follows soft-spoken, awkward magizoologist Newt Scamander (Eddie Redmayne) as he attempts to return all of the escaped magical creatures to the zoo inside his briefcase.

Newt has been sent, with Dumbledore's blessing, to research a textbook he's writing about different fantastic beasts. He's introverted and a bit clumsy, but he has an earnest passion for weird and potentially dangerous creatures, not unlike Hagrid. If you enjoyed Harry Potter come and see the prequel. Tickets available at the door are £4 adults and £2 schoolchildren. For more details please see <http://www.swanlandvillagehall.info/forthcoming-events.htm>.

We would like to thank all the readers who have supported Swanland Screen and Swanland Live Shows during 2017 and would like to wish them all a very Happy Christmas and we look forward to welcoming you again during 2018. Watch this space.

Sudoku Answer from page 12

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

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Sheltered housing consultation is extended

East Riding of Yorkshire Council is extending its consultation on sheltered housing proposals and organising extra roadshows as a response to feedback so tenants have even more chance to have their say.

The council is proposing a range of improvements to sheltered housing and associated services based on the feedback it received from residents in the first stage of a consultation process last year.

The suggestions include providing a more tailored service for tenants based on their individual needs by replacing the role of wardens with two new types of support and contact which would offer a more comprehensive service.

Currently, all sheltered housing tenants pay for a warden service whether they need it or not. The proposals would offer a fairer model, with tenants able to choose the level of support they want.

The new support service would also be available to the wider community rather than just sheltered housing tenants so it would enable more people to live independently in their own home for longer. It would also offer more 24/7 coverage to respond to emergency calls quicker.

Other proposals include improvements to sheltered housing stock and initiatives to address issues of social isolation and loneliness.

The second stage of the consultation was scheduled to end on 31 October but this has now been extended to 15 December in response to feedback so tenants have even more time to have their say on the proposals.

Councillor Symon Fraser, portfolio holder for asset management, housing and the environment at East Riding of Yorkshire Council, said: "We've had a good response to the consultation and offer a big thank you to everyone who has taken part so far.

"However, we want to make sure we reach as many people as possible, face-to-face, to answer questions and to help them be part

of the process.

"We've listened to all the feedback so far and people have lots of questions about the proposals so we think it's important to extend the deadline and make further effort to speak to tenants so they can have their say on how we improve sheltered housing and support services.

"We held 20 drop-in sessions at sheltered housing schemes across the East Riding and we are now organising roadshows to visit more schemes so that we can hear from tenants who may not have taken part so far."

Every sheltered housing property received a questionnaire and about 900 completed forms have been received by the council, which Cllr Fraser said was a good response rate of about 50% - but the council wants to make sure that every tenant has as much opportunity as possible to air their views.

If any tenants would like more information about the proposals, or to request another consultation form, please email tenants.participation@eastriding.gov.uk or telephone the tenants' participation team on 01482 396301.

Cottingham Calendars by John Dewing now on sale at Barkers

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past ten years, has produced an A4 full colour calendar for 2018 with a marvellous selection of Cottingham Views.

The calendar is now on sale for £6.99 at Barkers, Hallgate, Cottingham.

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He's Coming - A Christmas Story

by Peter Railton, Local Author and Historian

The following Christmas did not see any other large-scale surprise presents, but it was one that has stayed in my memory, because my cousin Margaret came with Grandma on Christmas Eve and stayed over Christmas Day.

Being an only child, the presence of someone to play with was a great experience - sometimes tinged with a little jealousy, especially where pedal cars are concerned.

As I have explained already, Margaret and I were the same age, both of us just five-years-old that particular Christmas before the war. My Dad had written to his mother inviting her to stay with us over Christmas - few people had the luxury of a telephone then - and Grandma had written back a few days later accepting the offer, due partly to the fact that her daughter and husband had been invited to stay with his mother, who was a widow on her own and, therefore, Grandma would have been on her own too. Margaret did not want to go to the 'other Grandmas', she preferred to be with 'Nannie' as she called her and in any case a visit to our house and someone to play with was a great attraction. Grandma had indicated the situation, but knew that it would be alright to bring Margaret along.

I cannot remember whether they came by train or bus, however, they duly arrived in the late afternoon of Christmas Eve in time for tea. The living room was decorated with paper chains, some bought and some home-made, holly behind the picture rails and a small artificial Christmas tree adorned the sideboard cupboard with a string of twelve coloured fairy lights, twined among the branches with the tinsel and glass baubles.

Such excitement as we gathered around the table which normally accommodated four people, but a 'leaf' could be pulled-out at one end for two more and we all got seated, I had to sit on a stool as there were not enough chairs to go round, but I did not care - Grandma and Margaret were there, it was Christmas Eve, and two five-year-olds fairly quivered with delight at the thought of Father Christmas calling at the house during the night.

"I think I'd better leave a meat sandwich and one or two mince pies and jam tarts for Father Christmas," Mum said, "he's bound to be hungry when he gets here". Grandma and Dad agreed, "oh, yes, we must leave him something - he'd probably like a glass of wine too". Little did we realise it, that Dad was laying-in a stock of goodies for himself after he had come down the chimney - such an exhausting job!

The wireless was switched on after tea, and there was a programme of Christmas Carols in which we joined in with the best of our various abilities during the clearing of the table and the washing up. "Let's go into the front room Eileen," Grandma suggested, "and you can play carols on the piano and we can sing the ones we know best." This idea met with approval and we adjourned to the front room with its real Christmas tree in the bay window and holly around the picture rail.

Dad lit the little coloured candles in their holders clipped to the tree branches and we settled into the settee and armchair near the coal fire which Mum had lit earlier. She had an excellent voice and was a member of several choirs, and a good pianist. "Away in a Manger", "Once in Royal David's City", "Good King Wenceslas", all received due recognition, but when it got to Handel's "Messiah" our enthusiasm waned, and Margaret and I went back to the living room and got some toys out of the cupboard near the fireplace. Eventually, the "Messiah" gave way to chatting and a sort of peace prevailed.

Suddenly, I heard a different sound - bells - yes bells - jingling bells! "Can you hear that?", I asked Margaret, she was not sure but she said that she thought she did. I was convinced, "he's coming and we're not in bed!" I ran into the front room in such a panic that I startled the three of them. "Whatever is the matter Peter?", Mum asked. "I can hear the bells on Father Christmas's sledge," I gasped. "He's here, I can hear the bells." "Oh, well in that case, we had better get you both to bed then," was the general conclusion. Warm pyjamas were got out of the airing cupboard - Grandma helped Margaret and Mum helped me to get ready for bed amid demands from two five-year-olds to "hurry up - he's nearly here!"

Then there was the inevitable confusion of which dolls or teddies should a five-year-old little girl take to bed, (I experienced this confusion again in later years as a dad, and then as a grandad). A decision was made - they were all to go, (sounds familiar). I was almost shaking with impatience - no such choice for me - faithful old teddy was my companion (I still have him in the loft). "Come on Margaret, come on," I demanded, trying to reach the high knob on the hallway door.

Mum opened it and I ran to the staircase feeling sure that the great man would meet me in the hallway. Grandma followed with Margaret, now really alarmed, up the stairs to the front bedroom where a coal fire in the small grate greeted us.

"Now Peter, you come round to the window side where Daddy usually sleeps and Margaret can get in at this side where I usually sleep," Mum instructed. I thought this rather unfair - Margaret was near the nice warm fire, whilst I was on the far side near the window. I would probably complain in normal circumstances, but these were not normal circumstances - we had to get in, lay still and keep quiet; Father Christmas does not bring toys to noisy children. A quick glance to make sure our pillow-cases were at the end of the bed, kisses from Mum and Grandma and numerous "night, nights", back and forth, the bedroom door closed and we were left alone in a silent, warm, cosy place with just the occasional crackle of the coal fire as it sent reflections of the flames behind the fire-guard dancing on the ceiling and lit up the faces of several dolls at the end of the bed.

We lay still, straining our ears for more bells, but heard none. Eventually I must have dozed off, because I was suddenly awakened by Margaret's voice calling "Nannie, Nannie" over and over again. "I say, I say, I say, what's all this about," demanded Grandma, as she came upstairs. "Has he been yet," asked Margaret, close to tears. "No, he has not and he won't if you shout about like that," she warned. "Now go to sleep - you've woken Peter up you see," More kisses, more 'night, nights' and silence again - for a while, then "Nannie, Nannie", up the stairs again came Grandma, "now what's the matter madam, "I'm frightened of the dark", Margaret almost cried.

"Nonsense, it's not dark in here, the fire is still burning, go to sleep or else Father Christmas won't come at all". Silence again - then "Nannie, Nannie", I was fed up with this threat to my Christmas presents and gave her a kick under the sheets - well, of course that made things worse than ever. "Peter's kicking me", she wailed. "I'm not surprised with you making all that noise," replied a now irritated Grandma. "Now go to sleep and stop all this fussing or else Father Christmas will go straight passed this house if he hears you making all that noise.

That must have done the trick, because the next thing I remember was waking up next morning and feeling relieved and excited as I saw the bulging pillow-cases at the end of the bed. "Wake up Margaret, wake up, he's been, look!". A sleepy Margaret sat up in bed, and of course sounded off with "Nannie, Nannie", waking up my parents in the middle bedroom and Grandma in the small one. "Come and look, Father Christmas has been".

The three of them duly arrived, still in night clothes and marvelled at the sight of two well-filled pillow-cases. "Well, he came after all when you stopped shouting, Margaret. I thought he wouldn't because of all your noise. Never mind, open up the cases and let's all see what he has brought you."

I cannot remember what was in those cases now, I can only remember the joy and delight that I felt as we opened them up and the bed gradually became covered with presents wrapped in coloured paper with our names on little tags. The adults went to get dressed and Margaret and I were eventually prised away from our presents to be dressed too.

Downstairs, the fire glowed in the grate and again flames lit up the room, this time reflecting on the decorations and the glass baubles on the little tree on the sideboard. The plate with its sandwiches and tarts was empty and so was the wine glass. Father Christmas must have been pleased with the refreshments - perhaps all three of them were after the hubbub from the front bedroom, and the bells I heard? I don't know, but I heard them plainly and always associate bells with a very happy pre-war Christmas for two five-year-olds.

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Are you ready for this year's Beverley Festival of Christmas?

The historic market town of Beverley will be the place to celebrate the festive season as it prepares to host its annual Festival of Christmas on Sunday, 10 December.

Each year, on the second Sunday in December, the centre of the town is transformed into a magical wonderland for Christmas shoppers with over 120 stalls selling all manner of Christmas gifts and locally produced food and drink.

The festival takes place from 10am-4pm and will open with the Christmas Parade, which sets off from Wednesday Market to Saturday Market and will be led by Santa with his sleigh and reindeer.

There will be four traditional Victorian Christmas Markets nestled within Saturday Market, Wednesday Market, North Bar Within and Flemingate Shopping Centre.

As well as stalls selling festive stocking fillers there will be a range of family entertainment including live music, dancing, carols and more.

There will also be a lot of fun things for the kids to do, including face painting, traditional Victorian fairground rides, Santa's grotto and pantomime performances. There's even something extra for the grownups, with the Nordic tipi bar in Flemingate Shopping Centre.

Councillor Richard Burton, cabinet portfolio holder for leisure, tourism and culture at East Riding of Yorkshire Council, said: "The Beverley Festival of Christmas is one of the East Riding's most popular events and attracted around 60,000 visitors in 2016.

"The Beverley Festival of Christmas has plenty to offer outside of the event too. The town has some impressive architecture, such as Beverley Minster and St Mary's Church, and a wealth of restaurants and independent shops which are perfect for those last minute presents."

If you would like to find out more about the Beverley Festival of Christmas, visit www.beverleyfestivalofchristmas.co.uk.

IMPORTANT NOTICE! Cottingham Singers change of date for Charity Concert

Due to unforeseen circumstances, the Cottingham Singers Christmas Concert, will now take place on **WEDNESDAY 13th DECEMBER**, at 7.30pm (NOT 6th December), at Bricknell Avenue Methodist Church.

Tickets are available on the door, priced £4.50 (including refreshments). Any enquiries, please phone Janet Burton on 01482 442894. Come along and listen to and join in with some well known carols, Our guest choir is Hedon Mixed Voices Choir.

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

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4th International Animal Trainers Conference at Twycross Zoo

I have just come back from a well-earned break away from work attending this four-day conference in the Midlands. It's a bit like coming home now, re-meeting delegates from all over the UK and Internationally who have become friends! It certainly is a meeting of great minds and expertise in animal training, and an absolute pleasure to listen to and watch examples of their work across all species.

The presentations were as varied as ever, ranging from domestic pets (especially dog training) to captive species in zoos from around the world. Witnessing, and being educated in, the great work in conservation in the wild and how people dedicate their lives to helping endangered animals and saving environments internationally.

Sometimes it feels so vast. So many animals in so many places stretched to near breaking point because of human conurbation, farming, mining and industry. Each individual person and each organisation, no matter how tiny, are making a difference but the world is working against wild animals everywhere. They certainly pay the price especially when it comes to pollution.

Us humans urgently need to have a massive rethink when it comes to packaging. Undegradable

plastic bags and wrapping do more to harm marine wildlife than anything else. The seas are a mess. Its horrifyingly sad to see just what harm we are doing. It could all change though and easily. Simply by banning plastic shopping bags worldwide would make a huge contribution to cleaning up the seas and saving much suffering in marine animals, fish and birds. We have the technology to make all plastic bio degradable so why don't we? Changing human behaviour is always the key to improving every aspect of animal welfare from ethical training techniques to education in care, husbandry and environmental responsibility.

This year I presented my work with horses to conference. I used three examples of how I train using behavioural science, to make enormous changes to very damaged or fearful horses. I showed how horses can be trained to participate in painful veterinary procedures instead of using force and restraint. I showed how we can introduce games to desensitise fearful horses to noises and movements so they can then become calmer and less reactive to environmental triggers. I also presented my work with a very traumatised blind and partially paralysed pony called Headway and how he now lives a calm, fulfilled life where he is in control. I will write all about him in my next article.

The slide is from my presentation. Its where I begin with each horse and where I hope to make the main changes during training. This slide would be no different in training any animal anywhere. It is the animal training industry which will eventually change the horse industry. Young people being educated in the science of animal behaviour and learning will filter through into the horse world. The UK Equine education industry is still in the dark ages and does not teach, train or operate their yards using any of the above. As in all things we must start somewhere. I feel a bit like a pioneer being the first commercial yard in the UK to train horses this way. Change happen slowly but it does happen eventually, science cannot be ignored-she says with hope in her heart!



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Celebrate Christmas with the East Riding of Yorkshire Band

On Saturday, 16th December, the fantastic Christmas Band Concert presented by the **East Riding of Yorkshire Band** will be held at St. Mary's Church, Cottingham, at 7.00 p.m. A truly memorable night of traditional music played by an exceptional Brass Band. Tickets are on sale now at £8.50 each (£7 concessions) Please obtain your tickets early – they are available now Tel. 01482 847367.

Or email: dwhincup@dwhincup.karoo.co.uk.

Save the dates: The members of Haltemprice Lions have organised two dates in February, events in which you may be interested. On Thursday, 15th February, 2018, an evening of music has been arranged at the Guildhall, Hull, in memory of one of our former members, Norman Benson who died earlier this year. Norman had not only an interest in listening to and enjoying music, but was an accomplished singer and musician in his own right.

"Thursday Night is Music Night" will be a wonderful programme of music from Opera to popular musicals and performed by a number of artistes including

Nick Sales (tenor) Sharon Nicholson-Skeggs, Kelvin Osmond, Caroline Dyson and Dorcas Leather on the piano together with the members of "Opera 17".

Tickets, priced at £9.00 each are available now on the above contacts.

A **"Murder Mystery"** experience has been organised for the evening of Saturday, 24th February, 2018. An evening of fun and mystery presented by the **Cottingham Little Theatre** where everyone, players and audience are involved. Have supper, enjoy the play, detect the murderer and win prizes.

Further details in the January issue of the *Cottingham Times*.



DISCOVER CHRISTMAS

Sunday 10th & 17th December
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Cottingham Little Theatre



By the time you read this "The Snow Queen" will be over. We had a fantastic run – four sell-out performances - but now it's all finished and we're taking down the set. It always feels sad as the scenery gets broken down and put back into storage; the costumes are put away and various props go back to their rightful owners and the magic – of this particular production anyway – has vanished. Still, it was good while it lasted, and now we move on to the next show which is - our fabulous Murder Mystery Evening!

"Who Killed the Ship's Captain?"

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It's 1912 and three months after the sinking of the Titanic, there's more trouble at sea! Edward Pearson, captain of the passenger ship "The Celebration" is becoming increasingly unreliable - but who would want him dead? As tension rises in the Passenger Lounge, can the 'Blue Triangle Shipping line' survive the iceberg-sized scandal that's about to hit it?

As always, you will watch our well-rehearsed team of actors perform (script in hand) two acts of the Murder Mystery, during which you will have to work out 'Whodunnit'. After a break for supper our hapless detective will reveal the culprit(s) and there will be prizes for the team or teams which get the right answers. A buffet supper is included but bring your own grog to assist with your deliberations!

Performances are on Saturday 3rd & Sunday 4th February 2018 at the Darby & Joan Hall, starting at 7.00pm for a 7.30pm start. Tickets cost £10 and are on sale from Monday 11th December by calling Lynda on 849655 or 07955 138061. These evenings sell out very quickly: make sure you don't miss out!

Sitting Pretty

Our May 2017 production will be "Sitting Pretty" by Amy Rosenthal, a wonderful bitter-sweet comedy from the very talented daughter of Jack Rosenthal and Maureen Lipman: *Sisters Nina and Nancy share a flat. Nina is brisk, dynamic and gainfully employed. Nancy is plump, self-conscious and suddenly redundant. Urged to find a hobby, Nancy unwittingly stumbles into a job modelling for evening classes – but life models pose nude! Initially horrified, she is unexpectedly liberated by the experience. But what will happen when Nina discovers what Nancy HASN'T been covering up?*

Auditions for "Sitting Pretty" will be held in the Small Hall in the Darby & Joan Hall on Thursday 14th December at 7.30pm. For more information please contact the show's director, Lynda Danby, on 849655.

And don't forget our regular play readings – held in the back room at The King Billy at 7.00pm (for a 7.15pm start). The next reading is on Monday 5 February and will be "Now You Know" by Michael Frayne. *Ex-petty criminal Terry runs a charity which campaigns for freedom of information, until he receives information about a cover up and discovers that EVERYONE has something to hide!* A thoughtful and enjoyable comedy by a very well known writer.

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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 **0900 am** for the autumn and winter 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 10th December.

Fridaythorpe Circular

A. Fridaythorpe – Gills farm – Brideham Dale – Wayrham Dale – Greenwich Dale – Tun dale - Glebe Farm _ Holm Dale - Fridaythorpe

B. Fridaythorpe – Gills farm – Brideham Dale – Wayrham Dale – Greenwich Dale – Glebe Farm _ Holm Dale - Fridaythorpe

Just one walk this month. There is an exciting walking programme set for 2018. Hope to see you all there.

Happy Christmas and a Prosperous New Year to one and all.

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

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix walkers.

We are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

We take a break now for the festive season with walks starting again in 2018. Why not join us in the New Year.

For further information please ring Dulcie Hartley 01482 509000.

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Do You Have, or Care for Someone with Memory Problems?

CAREGIVERS PRO - MMD is a European funded research project to develop new ways to help people living with memory problems and their supporters.

The research team at the University of Hull are looking for

200 people from across Hull and the East Riding to take part in a Europe-wide study. This study will develop and test ways that digital technology can make life better for people living with memory problems and the people who help them.

Some of the people who volunteer to help will be given a free touch-screen computer (a tablet device) and training to use it, and will be visited by researchers every six months to find out whether the technology is helping them. No expertise in technology devices is required! If you are over 50 years old and have memory problems, or you care for someone who does, and you would both like to participate in this study, then please contact the Humber NHS Foundation Trust research team by telephoning 01482 301844 or email HNF-TR.ResearchTeam@nhs.net.



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Cottingham Centre opens after £500,000 investment

East Riding of Yorkshire Council is delighted to announce that The Cottingham Centre, a £500,000 project to provide a number of council services under one roof, opened to the local community on Monday, 6 November 2017, following remodelling and refurbishment work.

The centre offers an integrated library and customer service centre as well as registration and celebratory services.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "This is very exciting news for Cottingham. I am delighted that once again our prudent financial management over many years means we are able to invest in significant improvements in the town, to provide a much better facility for both library and customer service users".

The Cottingham Registration Office is open Monday to Friday for the registration of births, marriages and deaths and the delivery of marriage, civil partnership, private citizenship, naming, and renewal of vows ceremonies. Nationality document checking and change of name services are also offered at this office.

The new integrated library and customer service centre will be open 29.5 hours a week, allowing residents to undertake a wide variety of transactions at their own convenience while, at the same time, being able to use self-service provision and access information via public access terminals.

The opening of the new centre will see the continuation of the

two successful Reading Groups (on the first Tuesday and Friday of each month) and the reintroduction of the popular Reminiscence group, knitting group, Bounce and Rhyme (for babies and toddlers), Teen Reading Group and Chatterbooks (younger reading groups). Returning too will be the ever popular Summer Reading Challenge throughout the summer holidays and after school Code Clubs.

The opening hours of the new library and customer service centre will be as follows:

Monday	9:30am to 4:30pm
Tuesday	9:30am to 4:30pm
Wednesday	Closed
Thursday	9:30am to 6:30pm
Friday	9:30am to 1:00 pm
Saturday	9:30am to 12:30pm

The centre is the latest community hub to be developed in key communities across the East Riding and is part of the council's drive to improve access to services in a cost effective manner.



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Richard Durrant Candlelit Christmas Concert with Amy Karoura and Nick Pym

Richard Durrant will be making a welcome return to Beverley for a Candlelit Christmas Concert at the Toll Gavel United Church, Beverley on Thursday 14th December at 7.30 pm.

For many music lovers across the UK Christmas doesn't properly begin without attending one of Richard's Candlelit Christmas concerts.

This year Richard is once again joined by master folk fiddler Nick Pynn and singer Amy Kakoura, two great musicians who help take this show into the heart of Christmas.

From the oldest song in the Oxford Book of Carols to Fairytale of New York on ukulele, this is a concert full of surprises and midwinter charm. With the evocative, wintry sound of early music, favourite carols and pure, celebratory folk tunes these concerts have become a much loved part of Christmas for audiences throughout the United Kingdom.

Tickets cost Adults £15, Concessions £13 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 01482 395320 or visit events.eastriding.gov.uk.

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Little Weighon Village Hall WE ARE OPEN!

Little Weighon Village Hall has turned from an ugly duckling to a Swan! IT IS NOW OPEN

The celebration and opening was on 26th November for the village to see inside for the first time. New kitchen, new store room, new toilets, insulated, decorated and ready for use.

We now have a multi-purpose room for mobile hairdressers, chiropractors, chiropodists to use for times selected by them for a regular user, once a week or once a month. Room for clubs, or small committee meetings. The main hall can be used as a large size or split into two. Cookery lessons in the kitchen.

We have a website with all the information you need on it. Prices, morning afternoon or evening bookings. (littleweighonvillagehall.org.uk)

The kitchen is a dream. Having a wedding? Cater yourselves or use a caterer. It is a joy to use.

Not having a wedding. How about a party? We are so excited by all the possibilities for clubs of various sizes. Two halls or one big one as you choose.

With many thanks to the Big Lottery and also to Howdens Kitchens we look forward to seeing you. Not forgetting the fund raising done by the village. The hard work the Trustees put in as well. We celebrate you all.

Council approves an eighth year of free Christmas parking

East Riding of Yorkshire Council's Cabinet has approved free parking for the four weekends in December running up to Christmas.

The popular scheme, which the council has run for the past eight years, will apply to all council-run on-street and off-street car parks.

Pay and display machines in these locations will be clearly marked to let shoppers know there is no charge for the weekends of 2-3, 9-10, 16-17 and 23-24 December, from 8am on Saturday until 8am on Monday.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "Thanks to the council's strong financial management, free parking in the run up to Christmas will again be offered in the East Riding.

"This scheme provides real and tangible benefits for the local economy by providing a timely boost at what is an important time of the year for traders. It also helps our residents and visitors to the area who are preparing for the festive season."

Whilst parking charges are suspended, motorists are advised that normal parking rules still apply, such as those around disabled parking bays, maximum stays and controlled parking zones (CPZ).

East Riding Archives now on Zazzle - offering perfect gift solutions

East Riding Archives now offers a selection of historic East Yorkshire images through the online gift-ordering website, Zazzle.

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With products ranging from homeware to tech accessories, there's a vintage gift for everyone this Christmas. People can browse the collections for high quality bespoke local history themed items such as cushions, tea towels, jigsaws, hip flasks, even smartphone cases and laptop covers.

Archivist Sam Bartle said: "It's brilliant for us to be able to offer this kind of service to customers at Christmas. People take great pride in their past and value its historical interest. Being able to print historic images on to products allows the public to display their passion in a functional yet imaginative way.

"Choose from historic designs such as old Beverley on cushions; the launch of Bridlington lifeboat in 1900 on a jigsaw; or Flamborough Lighthouse as it was in 1910, etched onto a USB flash drive. With an impressive range of stylish vintage shopping bags, you can also be seen with your own piece of the past."

"This all comes as part of East Riding Archives' ongoing efforts to make its collections more widely available to larger audiences in an increasingly digital world."

The website can be found at www.zazzle.co.uk/eastridingarchives.

Beverley: a scandalous town!

The latest in Beverley Guildhall's series of exhibitions about Beverley's history is perfectly scandalous!

The exhibition, which opens on Friday 24 November, is entitled "It all happened in Beverley!" and presents a selection of the scandals and catastrophes that have besieged the town over the years.

Fiona Jenkinson, curator of the Community Museum in the Guildhall, said: "I am sure that any town of similar size and age must have been subject to a similar range of catastrophic and scandalous occurrences, but when so many of them are presented together you start to wonder how the town is still standing.

"In this exhibition, we present a range of different situations - for example, did you know that Beverley used to have not one but two of its own MPs? That ended in 1868 when the town was disfranchised because of its history of bribery and corruption. Other situations include the Countess who married her coachman, a number of fires (including one in 1188 that nearly destroyed the whole town), a couple of disgraceful murders and many others."

Fiona added: "We would also like to take this opportunity to present our new computer interactive in the Guildhall, in which we have compiled all our past exhibitions and lots of ongoing research, including 3D models of the medieval Guildhall. This is constantly being updated so it is something for visitors to return to again and again."

"It all happened in Beverley! A history of scandals and catastrophes" opens on Friday, 24 November and runs until 16 March, 2018.

The Guildhall is located in Register Square next to the main post office. It is open from 10am to 4pm every Friday, and from 10am to 1pm every Wednesday, but will be closed between Christmas and New Year.

There will be an additional opening on Sunday, 10 December for the Festival of Christmas, with refreshments in the parlour and activities for children in the courtroom. Admission is always free.

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Hull City ambassador opens new pitch for Cottingham sporting teams

Hundreds of sport lovers can now enjoy a brand new 3G pitch in Cottingham after a local business worked hand in hand with a local authority to make the project possible.

King George V Playing Fields in Cottingham has not had an all-weather football pitch for years after its Astroturf became tired and eventually condemned.

The loss of recreational space meant East Riding Rangers Football Club, which has 14 teams of all ages, including 160 children, had to relocate to other pitches in the East Riding, particularly in the winter months.



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Since then, £35,000 has been secured by East Riding of Yorkshire Council as a commuted sum to cover the cost of the new pitch.

Sewell Construction also donated thousands of pounds worth of work to prepare the ground before the new pitch was laid and offered management time, labour and materials free of charge.

Now, Hull City Ambassador and former Hull City star Dean Windass has officially opened the pitch and said it will make a real difference to those who use it.

He said: "This is great, especially for the kids. The quality of the pitch plays a big part in the quality of their game and I'm really pleased to be asked to come along to open it.

"The facilities are fantastic now and I wish we'd had this kind of pitch when I was a kid.

"It will definitely help them to grow and improve their skills."

Alongside football teams, it is hoped a walking football group will be re-established and other community groups, teams and schools will book the space.

Alicia Mail, Club Secretary at East Riding Rangers, said: "For the last two to three years, the old Astroturf has been out of use and too dangerous to use, as it started to break and moss grew on it. All of our teams in the winter had to use other pitches elsewhere.

"We spoke to East Riding of Yorkshire Council and this fantastic award was allocated to the club. But when it came down to it, we didn't realise there was sand underneath the pitch and it had to be removed before a new pitch could be laid.

"Then Sewell Construction offered to do this work for us, which meant the project could go ahead.

"We are so excited about it, so grateful and we are bowled over by the support.

"To know people are out there and willing to do things like this for community groups is amazing, and to have Dean officially open the facility is wonderful."

Barbara Wilkinson, a member of the Friends of King George V Playing Fields, said: "This is the best thing to happen to us for years.

"It's going to make such a difference. It always used to be busy and we hope it will be again."

Councillor Andy Burton, Portfolio Holder for Economic Investment and Planning Delivery at East Riding of Yorkshire Council, said: "I am delighted that the system of commuted sums has allowed such great partnership work with the local authority, private business and a local sports club to enable such a great facility to be completed.

"It will make an enormous difference to East Riding Rangers Football Club, as well as the residents of the local area."

Geoff Smith, Contract Manager at Sewell Construction, said the business was pleased to help and leave a positive legacy.

"We invest in the communities we work in and we are absolutely delighted to be able to give back in this way," he said.

"Giving back is part of our culture and values, and offering our expertise and practical support is really important to us. We listen, support our partners and bring our skills to help solve problems, and we're passionate about leaving a positive legacy.

"We hope people will be able to benefit from the pitch for many years to come."



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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.

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www.cottinghamtimes.co.uk - December 43

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

Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

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

Women's Problems:

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

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Celebrate the festive season with East Riding Leisure

East Riding Leisure will be celebrating the festive season with a range of special offers for a limited period only.

A one - month Premier membership is available for £19.50 – saving over £13 on the normal price. This includes the full premier package of exercise classes, gym, swim and sports hall use, and is available at all ten East Riding Leisure Centres. This is a seasonal promotion, running until 31 December only, and could make the perfect Christmas gift.

‘Merry Fitness’ also includes other offers, with full details available on the East Riding Leisure website.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: “What better than the gift of Merry Fitness at Christmas? I hope that this special offer will encourage lots of people to take advantage of these great membership packages, to help improve their overall health and wellbeing.”

For full details, and news of all facilities and special events and offers at East Riding leisure centres, visit <http://leisure.eastriding.gov.uk/promotions/merry-fitness/> or visit your local East Riding leisure centre.

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Crossword solution from page 14



**Try to avoid over-eating at
Christmas time**

Are you one of those people who maintain a steady weight throughout the year but then put on extra pounds once Christmas arrives in all of its splendour?

Perhaps your weakness is too much eggnog, or the sauce that accompanies the shrimp cocktails? Or maybe your eyes widen a little too much and your mouth begins to water whenever you see cookies in the shape of Santa Claus's decorated with red sprinkles?

Let's be honest, the festive season is a wonderful time of the year for giving and for spending time with family and close friends. It is also a time for parties and over-indulgence in food and drink. If the thought of an office Christmas party, or a gathering among friends or loved ones has you worrying about going up a dress size then you need to learn ways to have fun but not take in too many calories. Read on for some ways to maintain your weight during the season of being merry!

When it comes to eating during the holidays, over-eating is often part of the course. It is also not uncommon for people to eat foods that they might not be inclined to eat as much of at other times of the year. To avoid this, prevent yourself from over-consuming and taking in too many unwanted calories at a party, or when going to someones house for a Christmas meal, eat a healthy snack beforehand. Arriving on an empty stomach is a recipe for an overconsumption disaster!

It is especially difficult to pass-up food when it is brought around on trays or when it sits looking so appetizing on a buffet table. Look for snacks that are low in fat. Some examples of these include a selection of tasty fruit, rice crackers, pretzels and fat free biscuits. If you are a dipper at heart then look to a delicious and low fat dip such as ricotta cheese mixed with a sweet chili sauce.

Be wary of dipping too much however. Sometimes it is not the food at parties that is fattening and full of calories but the dips and sauces that are in accompaniment to them. For example shrimp is often served at Christmas celebrations. Shrimp on its own is not fattening but when you start dipping it the caloric count begins to rise.

Do not forget about the liquid calories you consume at this festive time of the year as well. Mixed drinks are particularly high in calories as are anything that contains an abundance of sugar. Instead of Grand Marnier or Crème de Menthe, choose spiced tea (with a smidgen of rum) or mineral water.

Enjoy the holidays!

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- ATAG IC 40 kw - **£2049**



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This deal is STRICTLY first-come, first-served and MUST be ordered in December 2017 to qualify. Installation MUST take place before January 31st 2018

T's & C's apply, ask for details.

Vaillant Combi to Combi boiler prices supplied & fitted with a horizontal flue.

Up to 10 YEARS WARRANTY

Vaillant EcoTec Pro 24kw	£1,559
Vaillant EcoTec Pro 30kw	£1,729
Vaillant EcoTec Plus 35kw	£1,989

BIG 7 YEAR manufacturers parts & labour warranty, on the Ideal Logic+ 'A' rated condensing Combi boiler.

IDEAL BOILER PRICES (7 Year Warranty)

Logic+ 24kw Combi Supplied & Fitted	- £1369
Logic+ 30kw Combi Supplied & Fitted	- £1469
Logic+ 35kw Combi Supplied & Fitted	- £1569

And introducing Ideal Boilers' flagship Combi, The Vogue, with a **8 YEAR (10 YEARS** with an **IDEAL** Filter) manufacturers parts & labour warranty.

Vogue 26kw Combi Supplied & Fitted	- £1619
Vogue 32kw Combi Supplied & Fitted	- £1719
Vogue 40kw Combi Supplied & Fitted	- £1849

Before you ask.....there is NO VAT to pay on any of our services!

With each of the above boilers, you also get:

FREE Central Heating **POWERFLUSH** (Ideal, Vaillant and Atag Boilers Only) Using Magnacleanse, The Latest Flushing Technology.

FREE Wireless Programmable Room Thermostat (Ideal, Vaillant and Atag Boilers only)

FREE Gas Safety Check

FREE Boiler Registration With Building Control

Central Heating Powerflushing

We use the latest in Powerflushing technology called The Magnacleanse from Adey. Our machines collect the dirt instead of sending it back around your heating system.

We use the best cleaning and inhibitor chemicals and prices are:

Up To and including 10 radiators - £249

Up to and including 20 radiators - £299

These Powerflushing prices apply whether you use natural gas, LPG or oil.

All major credit cards accepted :: Apple Pay



We welcome...



worldpay



Email: logicheatingltd@gmail.com :: Gas Safe 579830 :: Vaillant & Ideal Boilers Accredited Installers

*Prices and offers are subject to change

Christmas at Coletta & Tyson

VISIT SANTA'S GROTTO & REINDEER

everyday until 23rd December

Grotto open 11am - 4pm

£7 per child

Reindeer here all day
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7TH 14TH 21ST^{DEC}

£10.99 EACH

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7TH 14TH 21ST

FREE MULLED WINE

BREAKFAST WITH SANTA SATURDAY

2ND 9TH 16TH^{DEC}

£10.99 EACH

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Our new festive menu in the Oasis Cafe is sure to tickle your taste buds. From a Festive Afternoon Tea to a traditional roast turkey dinner.

GET A FREE SLICE OF CAKE

when you buy a starter & main from the Christmas Meal Menu



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